

BALL SHOOTING



A Guide for
adaptedSPORTS™
Coaches



Ball Shooting: A Guide for adaptedSPORTS™ Coaches
By Ron Lykins
First Edition

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FOREWORD

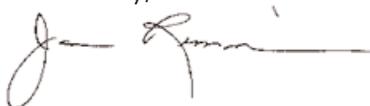
For the majority of American students with disabilities, being a part of the tradition of competitive school sports is just a dream. Unfortunately, our society's mindset has been that physical disability equates to ill health, thus pushing the idea of physical "ability" off the court.

Through its award-winning model, the American Association of adaptedSPORTS™ Programs has broken through this fallacy. Moreover, they have shown it is possible to provide an environment of fitness within our education system that allows kids with physical disabilities to reap the benefits of physical activity through competitive school sports.

NCPAD is proud to endorse ***Ball Shooting: A Guide for adaptedSPORTS™*** Coaches developed by the American Association of adaptedSPORTS Programs as part of their adaptedSPORTS™ guidebook series. It is a great resource for anyone looking for ways to encourage health and fitness through wheelchair sports.

We congratulate the Association for all their work on behalf of students with physical disabilities and visual impairments, and their support of our belief that "exercise is for EVERY body."

Sincerely,



James H. Rimmer, Ph.D., Professor
University of Illinois at Chicago
National Center on Physical Activity
and Disability (MC 626)
Department of Disability and Human Development
College of Applied Health Sciences

PREFACE

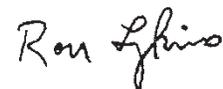
I've been with the American Association of adaptedSPORTS™ Programs since it was incorporated in 1996 and am proud to be a part of an organization that has become known as the United States' most innovative provider of interscholastic athletic programs for youth with physical disabilities or visual impairments.

Throughout my coaching career, I have had the privilege of working with many outstanding coaches and players. The ideas contained within the adaptedSPORTS™ Coaching Guides represent the cumulative experiences in an ever-growing body of knowledge that was in its infancy 10 years ago.

My ultimate goal with AAASP has always been to make sure that every child who wants to play adapted sports has a well-trained and knowledgeable coach who will help them develop into a well-rounded athlete. I am proud of what we are able to present within the adaptedSPORTS™ Coaching Guides, as well as our sports rule books and our professional coaches training program.

I hope you find our resources helpful in your quest to help these deserving young athletes.

Sincerely,



RON LYKINS
AAASP Director of Training
U.S.A. Paralympic Coach

Please go to www.adaptedsports.org or call 404 294 0070 to sign up for certification, schedule a workshop or order any of our publications.

BALL SHOOTING: A GUIDE FOR adaptedSPORTS™ COACHES

There are two ways to shoot a basketball from the wheelchair, with two hands or with one. Players who do not have the strength to shoot with one hand use a two-handed shot.

Two-handed Shot

To shoot a two-handed shot effectively, the players must position the wheelchair and shoulders square to the basket. Both hands are placed on either side of the ball with fingers pointing forward and the ball resting on the fingertips and pads of the hands. The ball is brought up from the lap to the chest (Figs. 1 and 2).

Notice how the fingers are pointing upward. The elbows are close to the players' sides (Fig. 3). The arms extend upward and outward (Fig. 3 and 4). As the elbows become fully extended, the wrists snap forward and the shot comes off the fingers (Fig. 3 and 4).



Figure 1



Figure 2



Figure 3

Two-handed Shot



Figure 4



Figure 5

The follow-through provides backspin on the shot. Figure 5 illustrates a follow-through propelled outward instead of upward.

One-handed Shot

Stronger players use a one-handed shot. The shot process starts from above the thighs. The ball is brought up over the shooting shoulder (Figs. 6 and 7). The shooting hand is positioned under the ball.

The hand is comfortably spread with the ball resting on the fingertips and pad of the hand. The guide hand is on the side of the ball and the thumb is facing the shooter. The wrist is cocked. The elbow is positioned under the ball in the same plane as the wrist (Fig. 8).

Both the elbow and wrist of the shooting arm must point toward the basket. This is done by putting the wheelchair at an angle or turning the body toward the basket (Figs. 9 and 10). Figure 11 illustrates a follow-through propelled outward instead of upward.



Figure 6
One-handed Shot



Figure 7



Figure 8



Figure 9

At the end of the arm extension, the wrist is flexed downward with the fingers pointing toward the basket. The head should be kept straight with the eyes focused on the target. The shooter should aim for the middle of the basket.

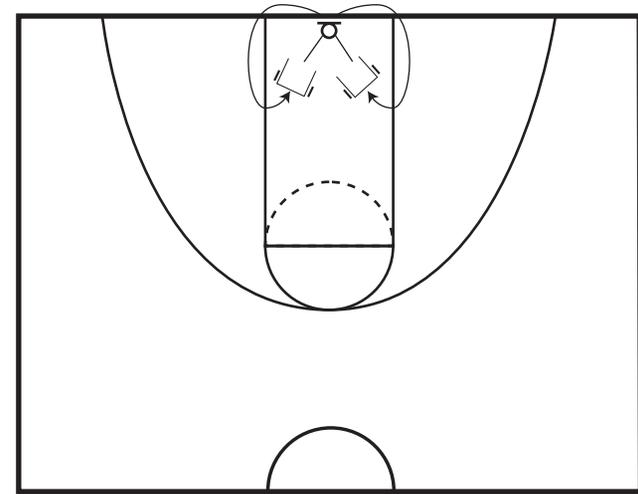


Diagram 1

Mikan Drill

The Mikan Drill is used to see how many lay-ups a player can make in a predetermined time.

The player starts on the right side of the basket and shoots a lay-up. The player gets their own rebound and shoots a lay-up from the left side. Players continue to alternate shooting from the right and left sides (Diagram 1).

Older players should shoot right- and left-handed. Coaches determine the duration of the drill and should record each player's score.

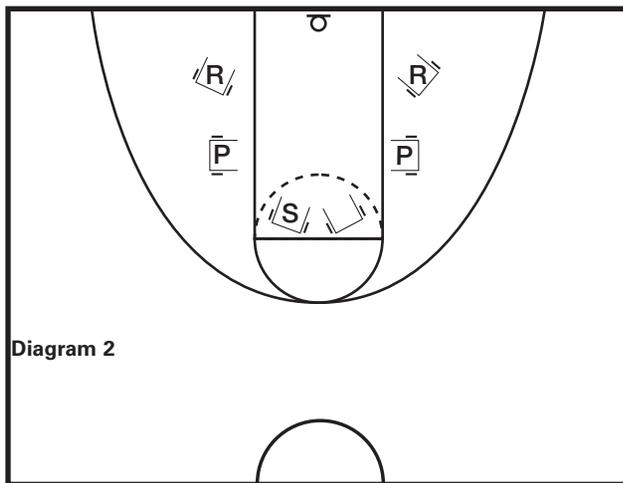
Two-spot Shooting Drill

The player starts at one elbow of the free-throw line. After shooting the basketball, the player moves to the other elbow and shoots. The player keeps alternating spots for the duration of the drill.

One shooter, two passers, two rebounders, and two balls are needed (Diagram 2). Rotate clockwise until everyone has shot one time.

Younger players can shoot from the hash marks. Coaches determine the duration of the drill and should record each player's score.

This drill can be moved to other areas of the court (Diagram 3 and 4).



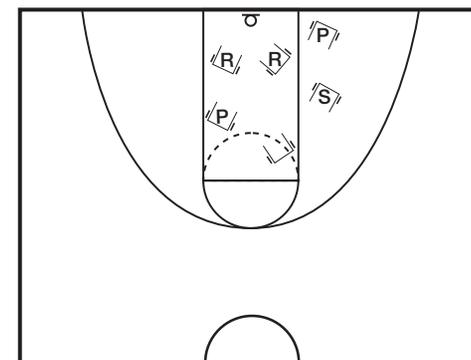
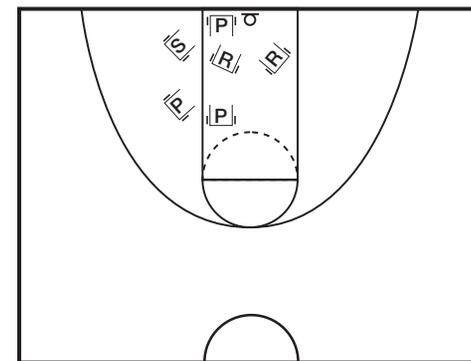
Four-corner Lay-up Drill

This is a continuous lay-up drill performed by a minimum of eight players. Players line up as shown in Diagrams 3 and 4.

The ball starts out in the rebounding line. As Player 1 from the shooting line cuts to the basket, they receive a pass from Player 2. Player 1 shoots the ball and Player 2 rebounds the shot and passes it to Player 3 in the outlet line.

Player Three passes it to Player 4 as they cut parallel to the half-court line. Player Four passes the ball to Player 5 as they cut to the basket for a lay-up.

Players should rotate to the line where they passed the ball. Halfway through the drill, switch the shooting line for the shots on the other side of the basket.



Knockout Shooting Drill

The players should form a line at the hash mark and the first three players in line should have a basketball (Diagrams 5 and 6).

Player 1 shoots the ball. If the shot is made, they get the rebound and pass it to the first player in line who does not have a ball. Then Player 1 goes to the end of the line. If the shot is missed, Player 1 must get the rebound and make a short shot before the next person (Player 2) in line makes the shot from the hash mark.

If Player 1 makes the short shot before Player 2 makes their shot, Player 1 gets the rebound, passes to the next person in line, and goes to the end of the line.

If Player 1 makes a shot before Player 2, then Player 2 is out of the drill. The drill continues until one player is remaining.

This drill can take place anywhere on the court. Coaches should organize players by skill or age.

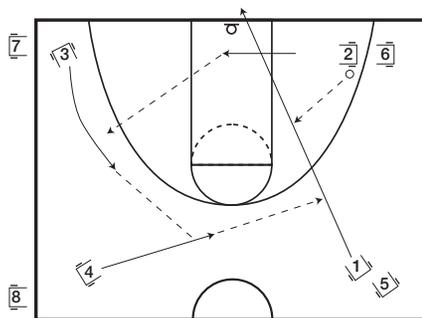


Diagram 5

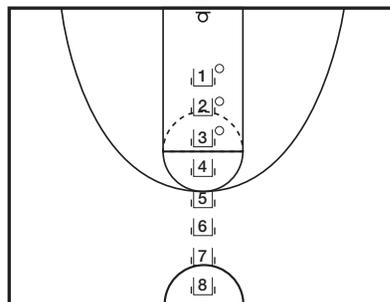


Diagram 6

Four-corner Passing Drill

This drill requires a minimum of eight players. Two players are positioned at both elbows and blocks. There is one ball in the corner opposite of the other.

Player 1 passes to Player 2 and moves toward them for a return pass. After Player 1 catches the return pass, they take a position in front of Player 2 and move toward Player 2 for a return pass. After Player 1 catches the return pass, they take a position in front of Player 2 and hand off the ball to Player 2.

Player 1 goes to the end of Player 2's line. Players 3 and 4 perform the same action simultaneously. The action (clockwise or counterclockwise) is repeated from corner to corner in the same direction (Diagram 7).

When players are able to pass two balls proficiently, a third ball can be added. When the players can pass three balls proficiently, the coach can direct the players to change direction by calling out "Change!" At this command, the three players with the ball reverse the direction of the action so that the ball movement is reversed.

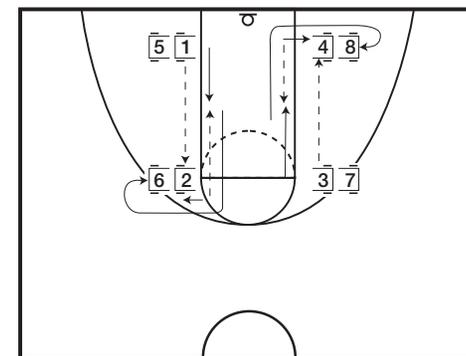


Diagram 7

Notes

AAASP Vision

AAASP envisions a society where sports for youth with physical disabilities or visual impairments are a common and vital part of America's education system.

About AAASP

AAASP works with state high school associations, state departments of education, school systems and community agencies about incorporating adapted sports into their athletic offerings. AAASP also produces training publications and videos and provides professional training and certification to coaches, and secondary and post-secondary educators who oversee the athletic development of these students.

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PROGRAMS

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