

Special Olympics Basketball Coaching Drills



Topics:

- Dribbling
- Shooting
- Passing
- Catching
- Rebounding
- Defending



Dribbling Drills



**Special
Olympics**



Stationary Dribbling

Dribbling

Perform while standing in place or simply moving with the ball.

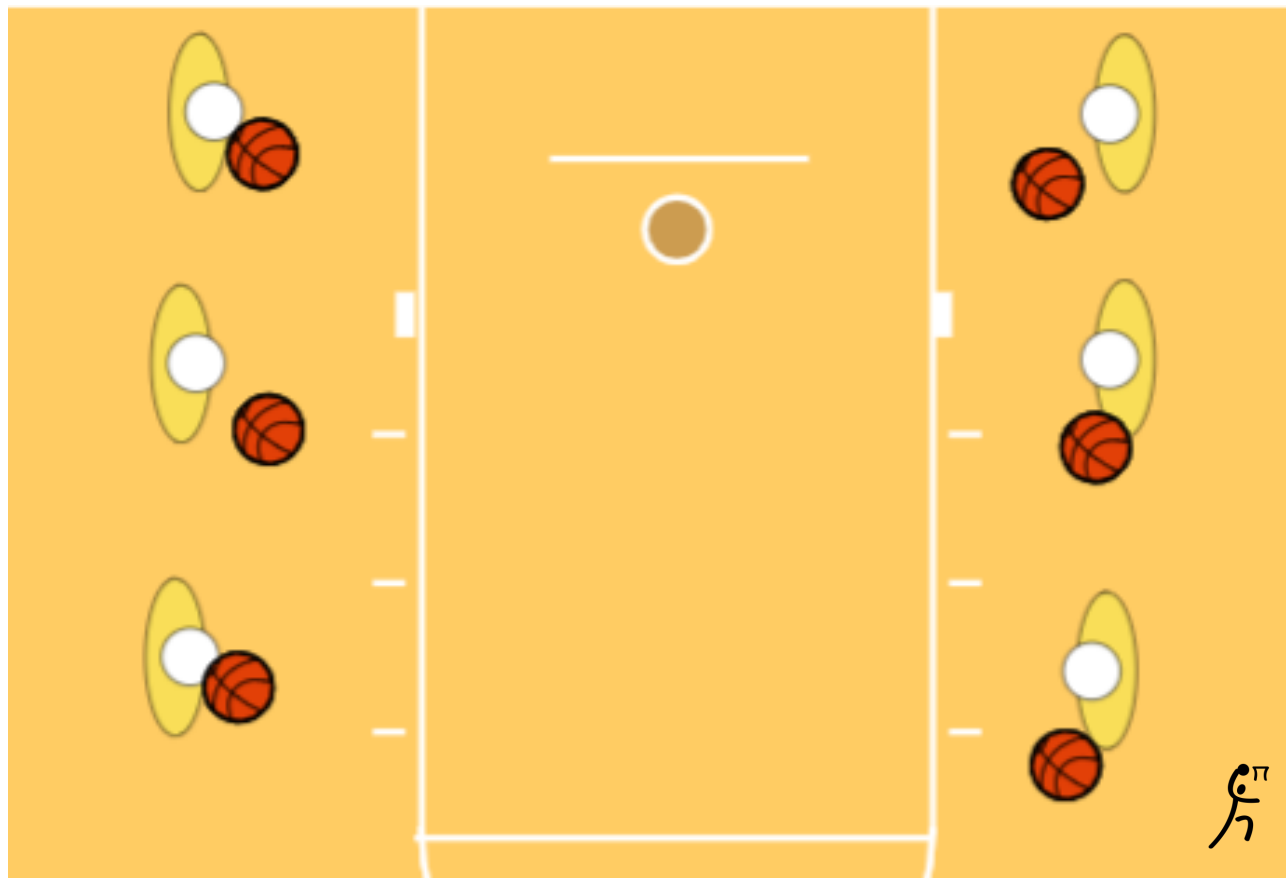
Reps: Three sets of ten dribbles with each hand

Purpose of the Drill

- Develop ability and confidence in dribbling
- Teach athletes that once they catch a ball they have been dribbling, they must pass it

Steps

1. Start dribbling with one hand only and count out loud to ten with the right hand and then to ten with the left hand.
2. If the athlete has to catch the ball with both hands to control it, he or she must then pass it to the coach or another player (this prevents a "double dribble" call)
3. The coach or other player then passes the ball back to the athlete to begin again.
4. This may also be done in a circle with several athletes. Each time an athlete either completes 10 dribbles with each hand OR has to catch the ball with two hands, that athlete passes to another player in the circle.



Stationary Dribbling in Multiple Positions

Dribbling

Perform while standing, then kneeling, and finally sitting.

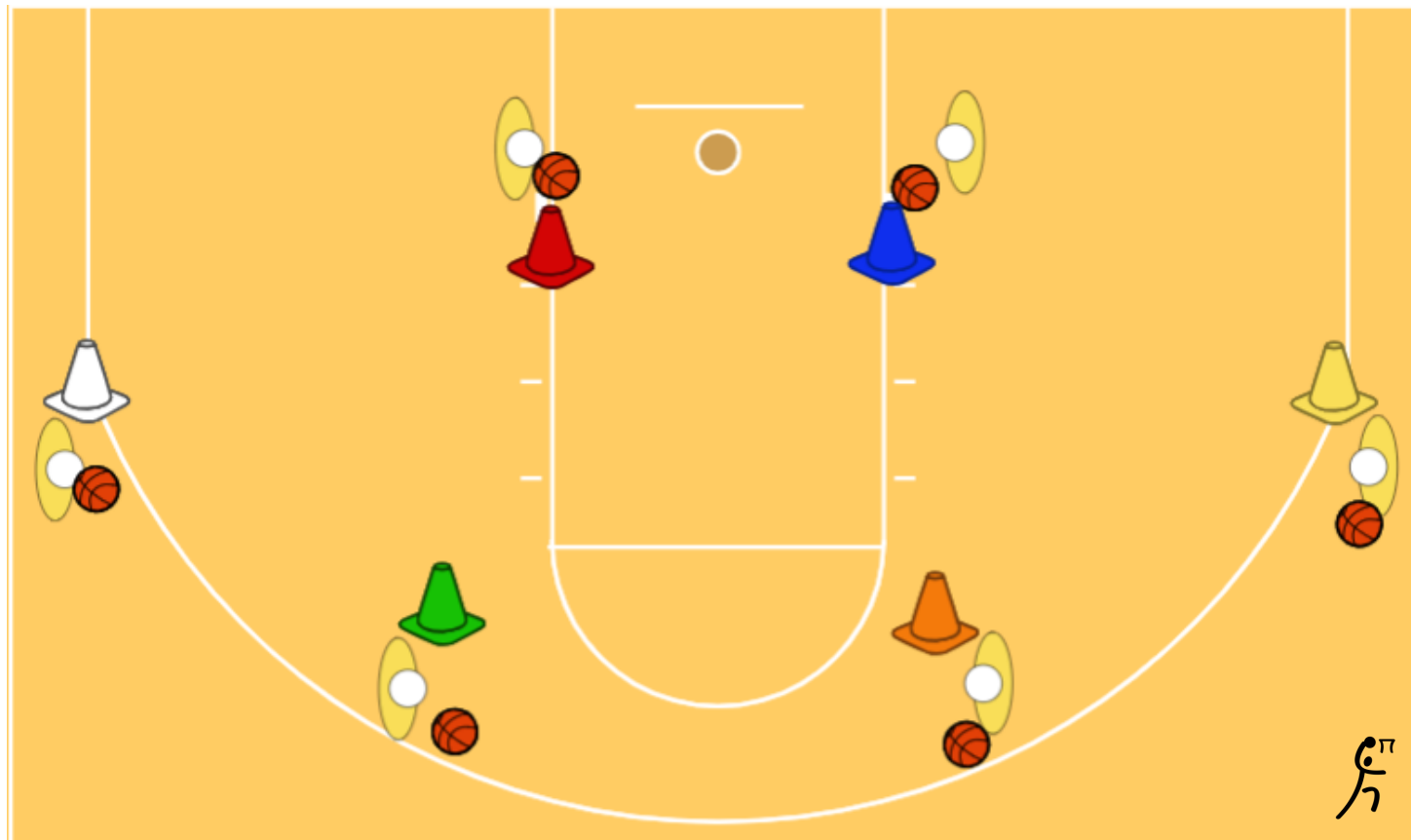
Reps: Three sets of ten dribbles in each position with each hand

Purpose of the Drill

- Develop ability and confidence in dribbling
- Develop ability to switch hands while dribbling

Steps

1. Start dribbling and count out loud to ten with the right hand and then to ten with the left hand.
2. Then keep dribbling as you kneel on the floor (ten with the right and ten with the left hand).
3. Then move from kneeling to sitting on the floor and count to ten again with each hand.



Dribbling while Moving Forward

Dribbling

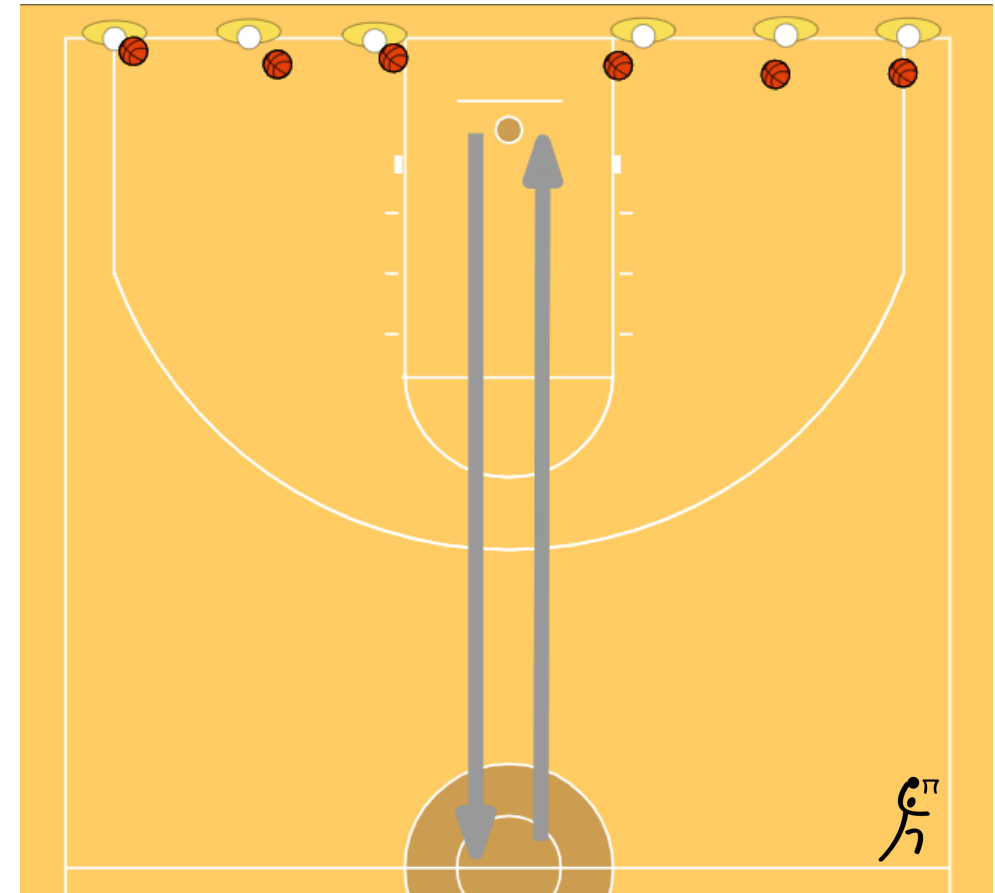
Reps: Two round trips; each round trip is from baseline to the far baseline and back

Purpose of the Drill

- Develop skill of controlling and protecting the ball while moving
- As confidence grows, the athlete can add speed to the dribble as well as the skill of stopping

Steps

1. Stand in place and dribble the ball three times.
2. Push the ball slightly forward and walk forward.
3. Keep head and eyes looking forward, not down.
4. Gradually add speed and more forward push to the ball.



Alternate Hands

5-4-3-2-1-Dribble

Dribbling

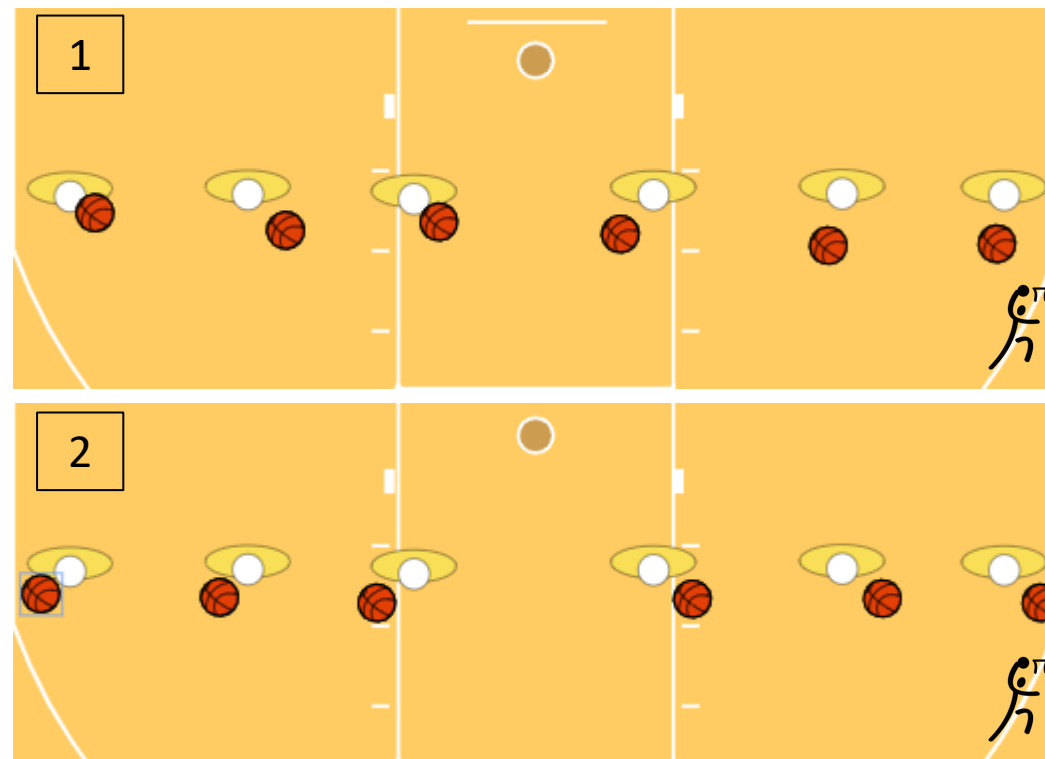
Reps: Three sets of 5-4-3-2-1 as described below.

Purpose of the Drill

- Practice switching dribbling hands
- Developing body and ball awareness as the ball shifts from side to side

Steps

1. Stand in place and dribble the ball five times.
2. Bounce the ball in front of the body and over to the other hand.
3. Dribble the ball five times with the other hand.
4. Bounce the ball back over to the first hand and perform four dribbles with each hand, without stopping.
5. Repeat the pattern, each time doing one fewer dribble on each side.
6. Once this is mastered, you can have athletes reverse the process and increase the number of dribbles on each side back up to five.



Dribble and Slide

Dribbling

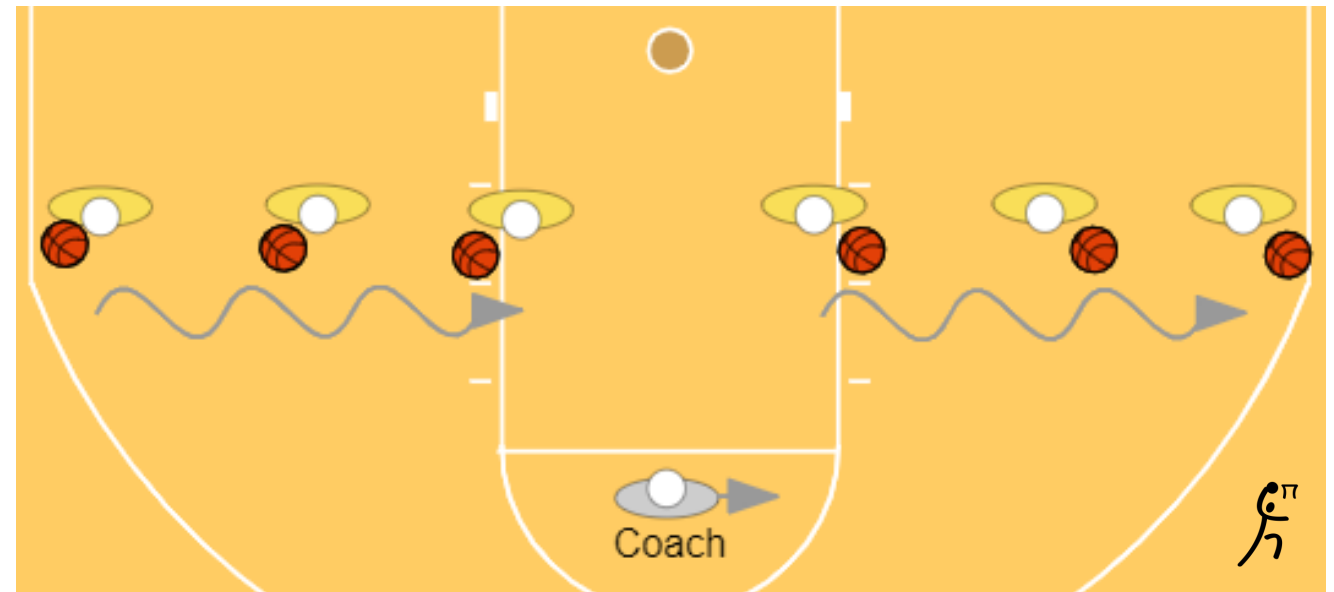
Reps: Two to three rounds of 30-60 seconds per practice

Purpose of the Drill

- Practice dribbling and moving the ball intentionally
- Practice keeping focus on other players instead of the ball while dribbling

Steps

1. Each player has a basketball and lines up with space between players, but so all can see the coach.
2. Players start dribbling in place.
3. The coach now uses arm movements (think airline stewards showing where the exits are on a plane) to direct the group to move left, right, to the back and to the front.
4. For fun, try a diagonal or a snaking pattern back – have fun with the hand signals!
5. Make sure athletes are using correct footwork and are keeping knees bent and heads up.



Dribble and Slide

Dribbling

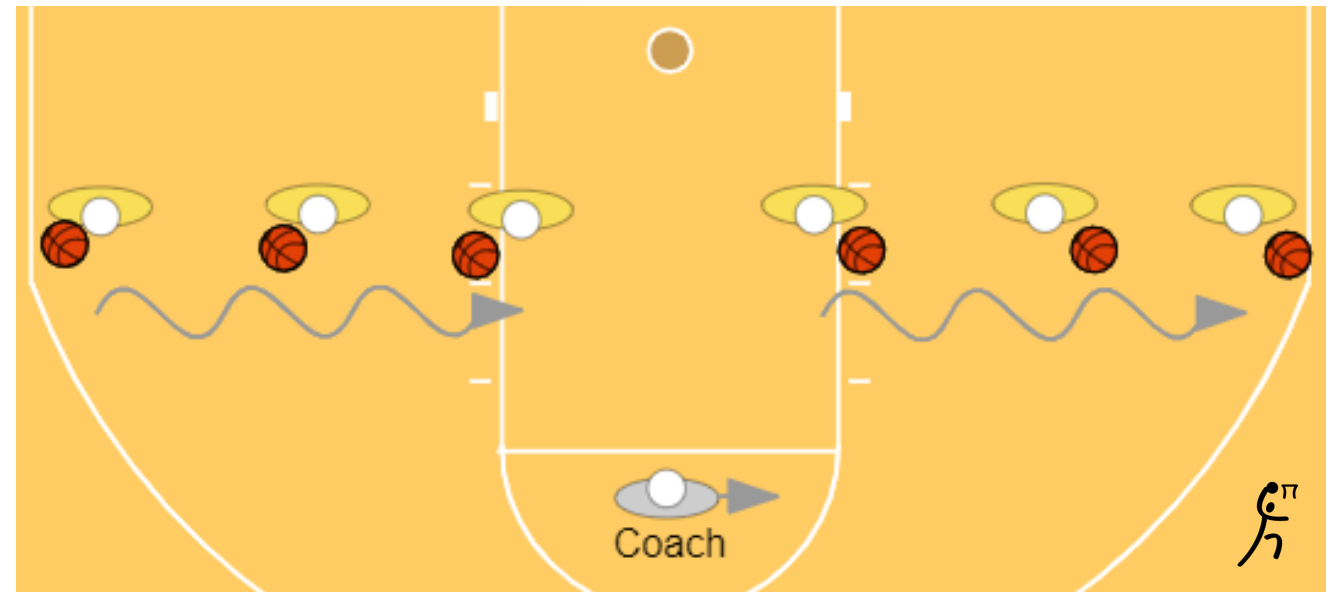
Reps: Two to three rounds of 30-60 seconds per practice

Purpose of the Drill

- Practice dribbling and moving the ball intentionally
- Practice keeping focus on other players instead of the ball while dribbling

Steps

1. Each player has a basketball and lines up with space between players, but so all can see the coach.
2. Players start dribbling in place.
3. The coach now uses arm movements (think airline stewards showing where the exits are on a plane) to direct the group to move left, right, to the back and to the front.
4. For fun, try a diagonal or a snaking pattern back – have fun with the hand signals!
5. Make sure athletes are using correct footwork and are keeping knees bent and heads up.



Mini-Basketball: Dribbling Tag

Dribbling

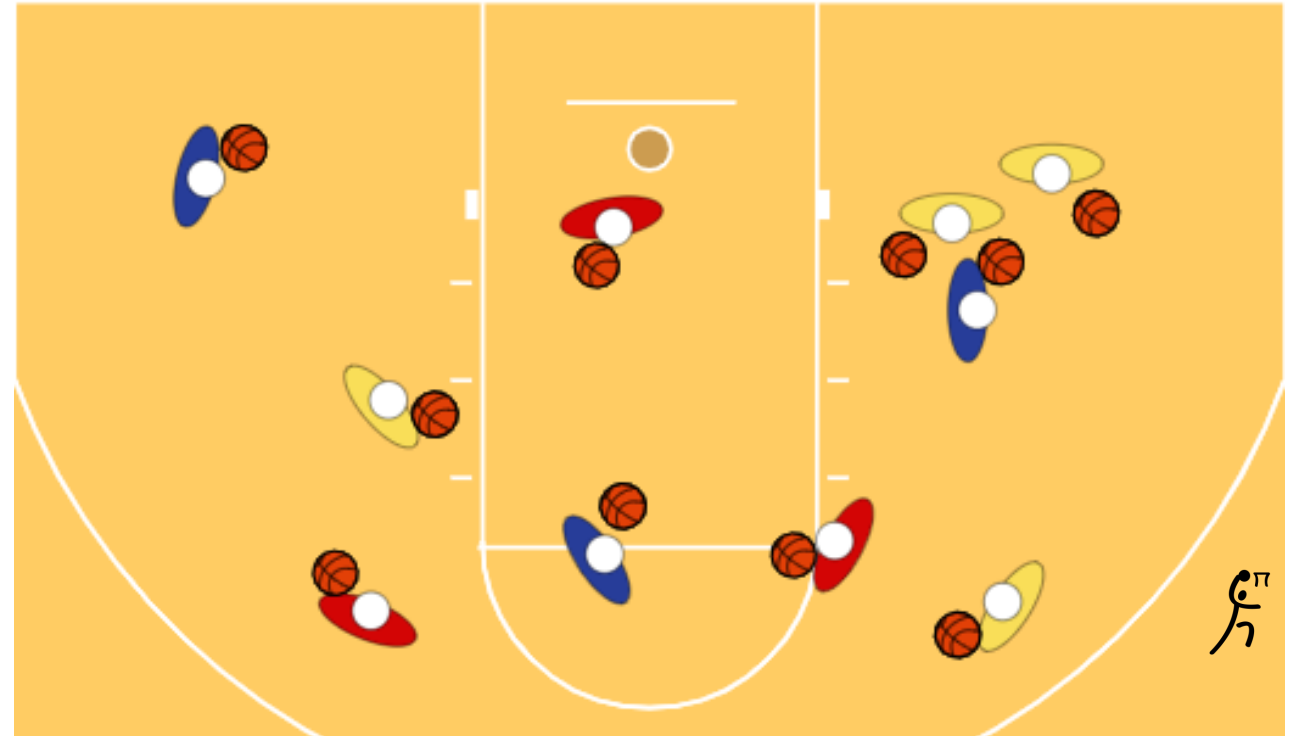
Reps: Two to three rounds per practice

Purpose of the Drill

- Practice dribbling and protecting the ball
- Practice trying to legally steal the ball from an opponent

Steps

1. The group is divided into no fewer than two teams of two athletes each.
2. Each player has a ball and wears a scrimmage vest for team identification.
3. The area of the court depends upon the size and ability level of the group. The lower the ability level, the fewer the athletes. If there are two athletes, a jump ball circle can be used. If there are four to six athletes, the area inside the three-point arc and baseline can be used.
4. The coach signals the athletes to begin dribbling. Each athlete must keep the ball bouncing and protected while trying to tip an opponent's basketball away or outside the arc and the baseline.
5. If anyone stops his/her dribble, or the basketball goes outside the boundaries, those athletes are out of the game.
6. If a foul occurs, the ball handler stays and continues playing while the opponent is out of the game.
7. Play Dribble Tag for 1-2 minutes.
8. The team with the most athletes left dribbling inside the arc at the end of the time period wins.
9. A best-of-three game series can be played to heighten competition.



Hot Griddle Dribble

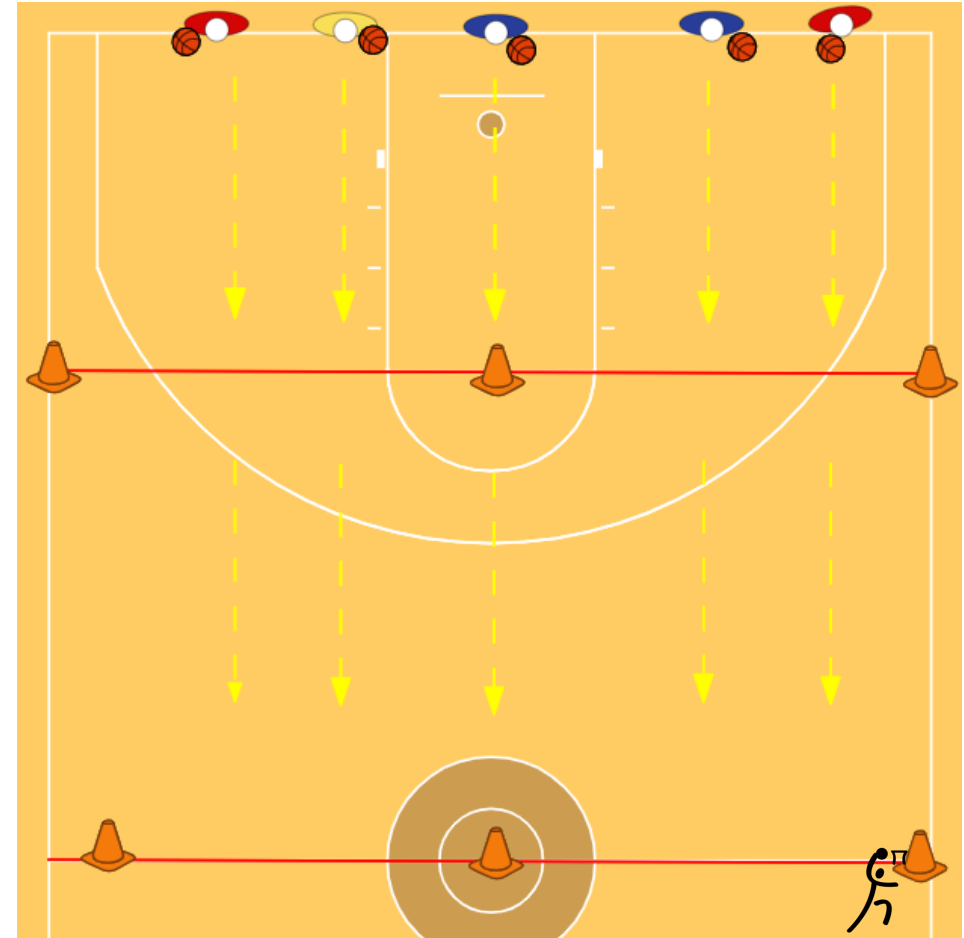
Reps: Two trips up and down the length of the court, stopping at the free-throw lines (extended), half court line and base lines.

Purpose of the Drill

- Practice changing from speed dribble to stationary dribble
- Practice keeping balance and setting up fake move or pass from a dribble

Steps

1. Start at the base line and fast-dribble up to the first free-throw line.
2. At that line, stop running and keep the dribble alive.
3. While stationary at the stopping point, start moving your feet quickly up and down, in place (as if on a hot griddle).
4. Hold that movement for 10 seconds and move on to the mid court line and repeat.
5. Repeat again at the other free-throw line and then again at the far baseline.
6. Turn around and repeat on the way back.



Protect the Ball While Dribbling

Dribbling

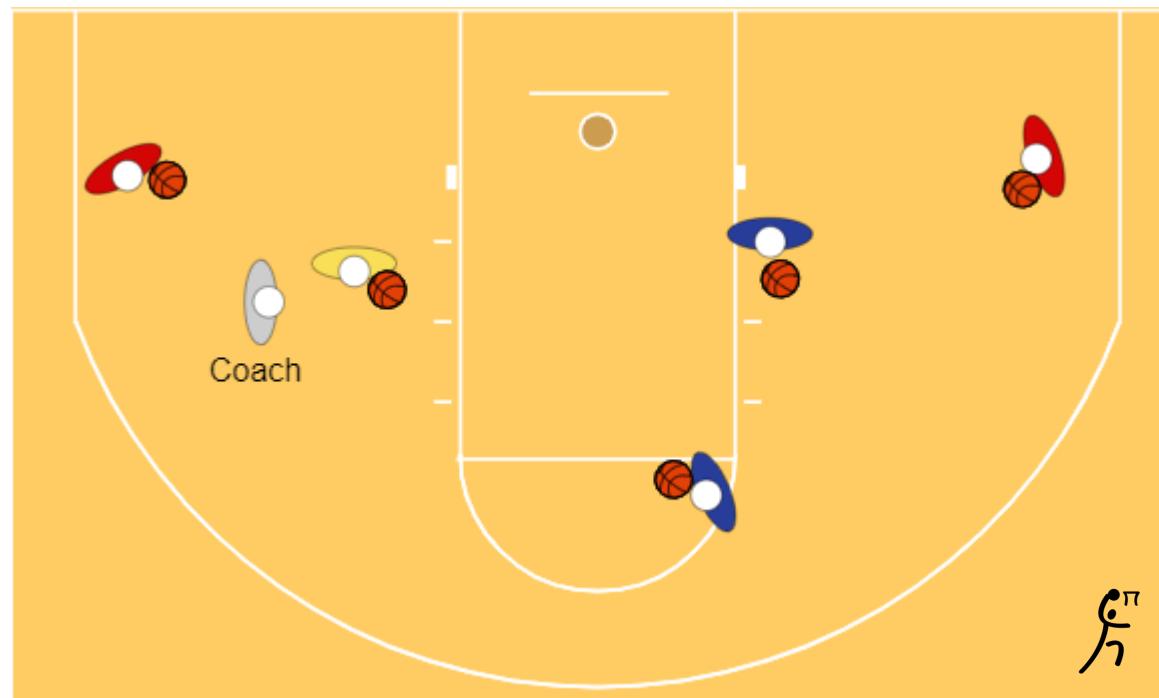
Reps: Two to three rounds with a coach

Purpose

- Practice dribbling and protecting the ball
- Practice moving while keeping the ball from an opponent

Steps

1. Have athletes work one-on-one with a coach or assistant.
2. Athlete starts dribbling in place.
3. Coach takes the unprotected ball to show what we do NOT want to happen.
4. Coach instructs athlete to keep their body between the ball and the defender, with an arm bent to further shield the ball.
5. Now the coach moves around while the athlete continues to dribble, making sure the athlete moves the body to keep it between the ball and the coach.
6. Finally, the athlete is instructed to move forward and back or side to side while keeping the ball protected.



Shooting Drills



**Special
Olympics**



Shoot to Self - Shoot to Wall - Shoot to Partner

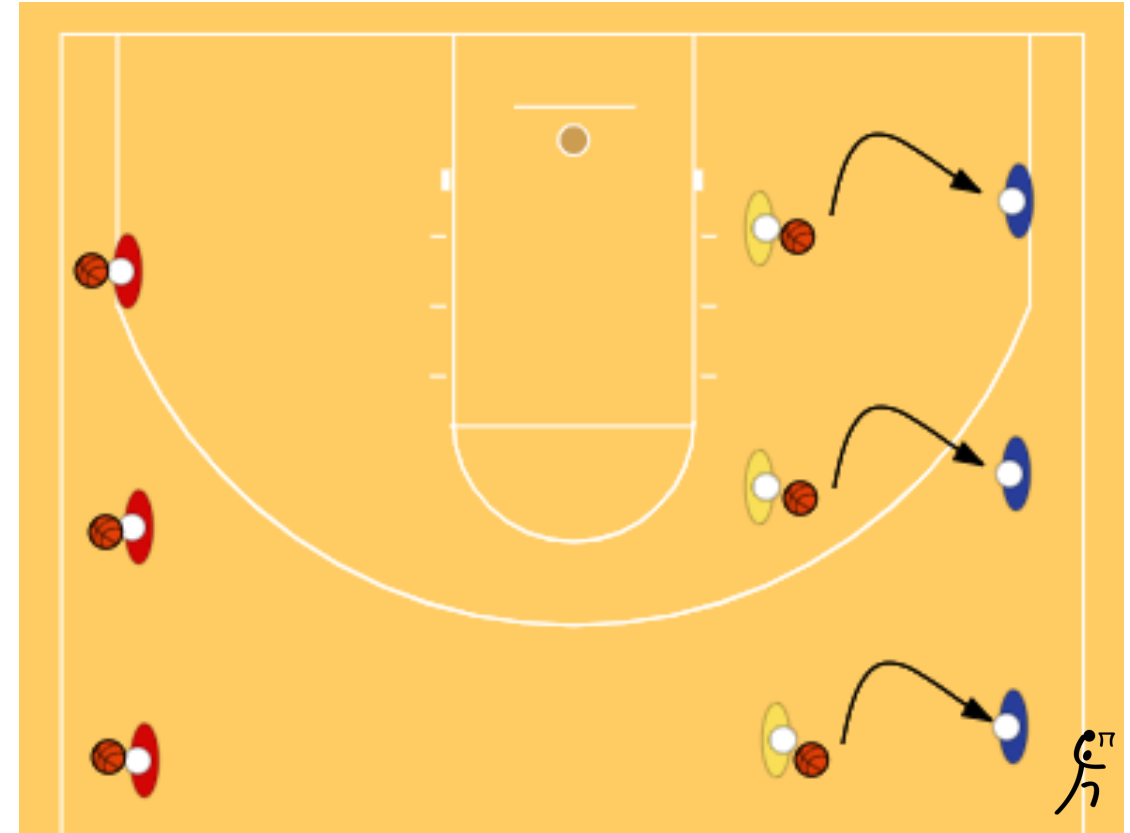
Reps: Three sets of ten shots each to self and wall

Purpose of the drill:

To master the technique of using the whole body from bottom to top in each shot: Start with a balanced stance, then bent knees, then smooth motion up through back, shoulders and shooting arm; finally, let the ball roll off finger pads and follow through with the shooting hand.

Steps:

1. Focus on good form, not on the basket.
2. Place ball in proper shooting position in hands and up to face.
3. Bend legs and then extend them while shooting above head.
4. Knees, elbow, wrist and hand extend in sequence.
5. Follow Through.
6. Shoot ten to self; then shoot ten to wall or partner.
7. Emphasize good form.

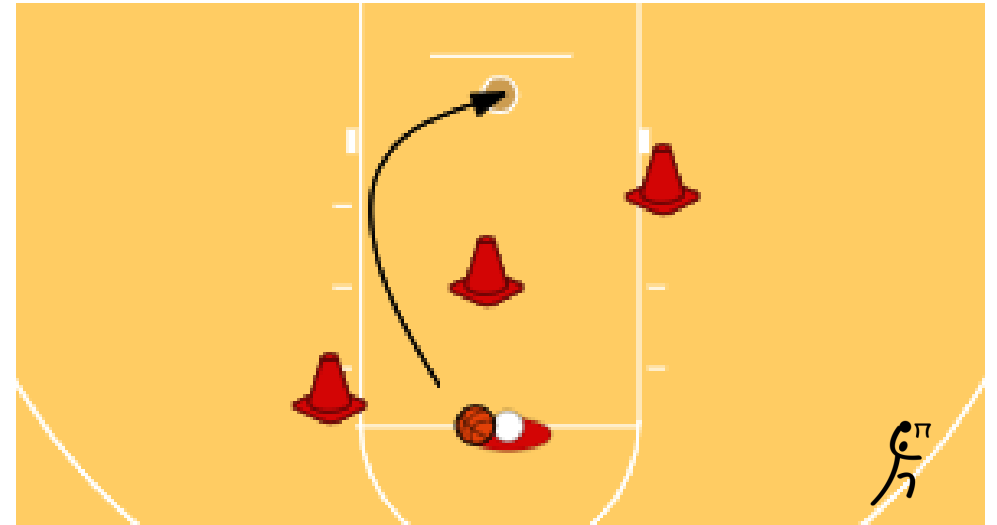


One-Handed Set Shot

Teaching a One-Handed Set Shot

1. Hold the ball in good dribbling position.
2. Bring the ball up to the shooting position. The shooting hand is behind and slightly under the ball; the non-shooting hand is to the side of the ball; thumbs are up and apart from one another.
3. Face the basket and look over the ball, focusing on the target.
4. Keep the shooting-side leg slightly forward.
5. Bend knees; lift elbow and extend shooting arm toward basket.
6. Release the ball by snapping the shooting hand down, rolling the ball off the fingertips to impart lift and backspin to the ball.
7. During this Follow Through, hand and arm form a Gooseneck. Key Words

- High
- See the Basket over the Ball
- Follow Through (Gooseneck)



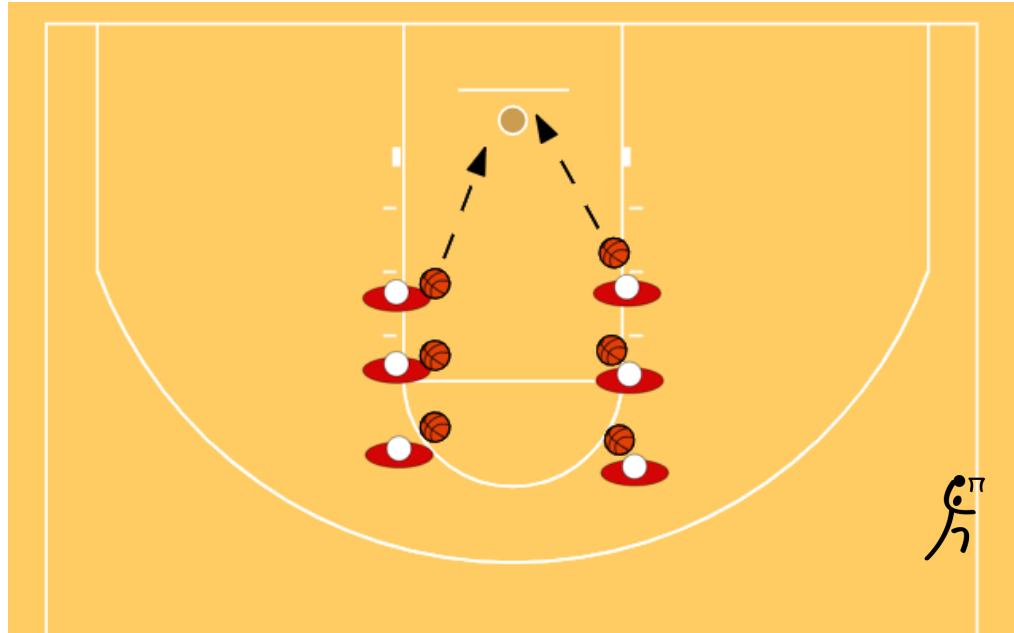
Lay-Up

Teaching a Lay-Up Using the Backboard

1. Face the front of the backboard and stand two steps away and to the right of the rim for a right-handed shooter.
2. Pick the ball up to chest height in proper shooting position.
3. Sight the target over the ball. Focus on the top right corner of the square on backboard for a right-hander.
4. Step forward onto right foot, then left foot.
5. Raise the shooting-side knee as the ball is lifted to the forehead.
6. Extend body toward basket off left foot.
7. Gently lay the ball up against the backboard on the top right corner of the square.
8. Land on both feet under the backboard.

Key Words

- Softly Lay the Ball Up On the Backboard



Coaching Tips

✎ For lower ability athletes, a step leading to a two-foot takeoff gives more power and body control. Mark the top corners of the square on the backboard with red tape. Left-handed athletes approach the basket on the left side. They start by stepping on the left foot, then the right foot as they raise the left knee and ball, preparing to shoot. Once the motion and shot can be performed, practice approaching the lay-up from a walking dribble, from a running dribble and from receiving a pass.

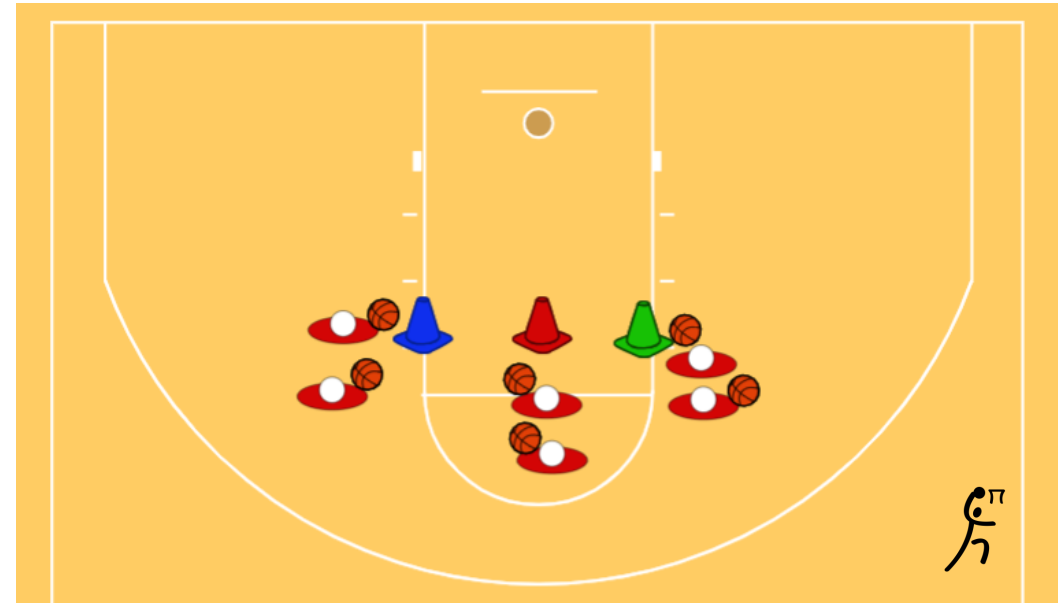
Jump-Shot

Teaching Shooting a Jump Shot

1. Hold the basketball in proper hand position (shooting hand is behind and slightly under the ball, non-shooting hand is on the side of the ball supporting it).
2. Face and focus on the basket.
3. Bend knees slightly.
4. Raise the ball above forehead (shooting-hand side of head) as the legs extend and jump straight up off feet.
5. Release the non-shooting hand from the ball as the ball is shot toward the basket (elbow, wrist and hand extend in rhythmical sequence).
6. Land on the floor and track the ball to the basket.

Key Words

- Bend and Extend
- Reach For Basket



Shoot to Lower Basket Then Regular Basket

Athletes with average to moderate ability – can move to get behind the ball and can catch/pass the ball – are now ready for this drill. As skills improve, the coach increases the demand:

- The coach places the basketball on the floor for the athlete, who picks it up, brings his/her shooting-side leg under the ball, places the ball in front of the face, and shoots.
- The coach bounce passes the ball to the athlete, who takes one step to catch it, brings his/her shooting-side leg under the ball, places the ball in front of the face, and shoots.
- The coach chest passes the ball to the athlete, who takes one step to catch it, brings his/her shooting-side leg under the ball, places the ball in front of the face, and shoots.
- The coach varies passes to the athlete, who takes one step to catch the ball, brings his/her shooting-side leg under the ball, places the ball in front of the face, and shoots.

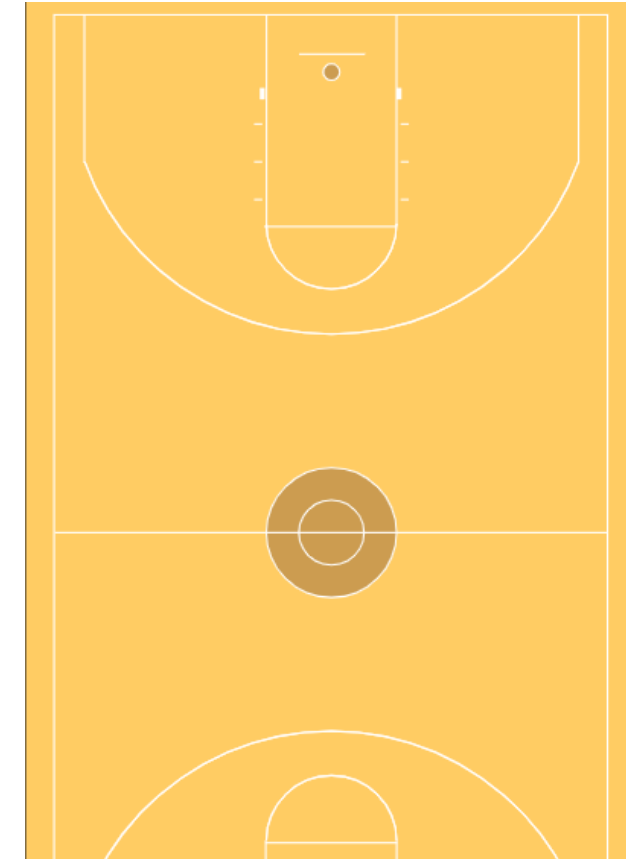
Reps: Four shots per athlete in line; go through the line three times

Purpose:

- Improve shooting technique through repetition
- Improve quickness in shooting

Steps

1. Line up two to four athletes behind one another at the side of the basket.
2. Hand the ball to first shooter, making sure that the athlete receives it in proper hand placement.
3. The athlete brings the ball up to the face and shoots it.
4. Each athlete takes two to three shots, then rotates to the end of the line.
5. While in the line, each athlete holds a pretend ball and mimics the shooter.



Rapid Fire Shooting

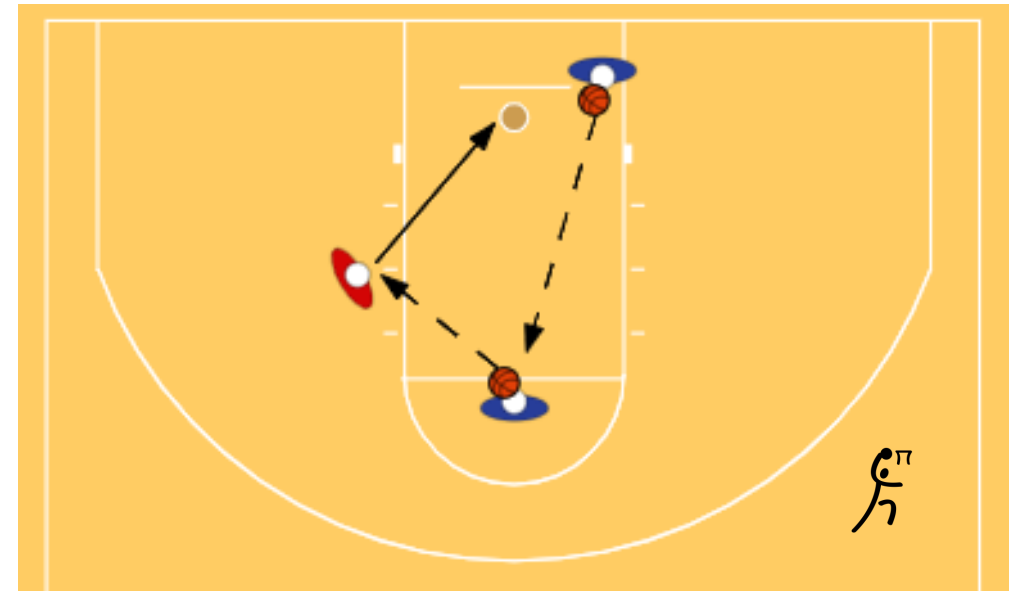
For athletes who can shoot, use the following drills that add more movement. Make sure the shooter turns to face the basket before shooting. On the turn, the ball is brought up to the face into proper shooting position. This drill can be done at any spot. For example, if the athlete shoots from in front of the basket, the passer is at the side. The rebounder is always underneath. In addition, the rebounder does not always have to be a coach; for a team drill, have athletes rotate to all positions; shooter to rebounder to passer to shooter, etc.

Steps:

1. One athlete (the shooter) is within his/her shooting range to the side and 1-2 meters from and facing the basket.
2. Another athlete (the passer) is at the middle of the free-throw line or at the top of the key.
3. Coach, or another athlete, is under the basket with back to basket (the rebounder).
4. The rebounder and the passer each have a basketball.
5. Passer bounce passes ball to the shooter.
6. As soon as the passer passes his/her basketball, the rebounder calls the passer's name and passes to the passer.
7. The shooter shoots, and the rebounder rebounds the shot.
8. Rebounder always rebounds; only the passer passes to the shooter; the shooter continues shooting for 30-45 seconds.
9. After the time period, the athletes rotate to the next position in the triangle.
10. Count how many shots are made, and record individually.

Key Words:

- See the Basket
- Down and Up
- Follow Through (Gooseneck)
- Step and Push
- Pass to the Target
- Bounce Pass



Mini-Basketball: Shooting under Pressure

This is a team-against-the-defender drill. The amount of pressure is geared to the ability of each athlete. A coach or volunteer can do this better than another athlete. Plus, the coach does not want to set up a drill that goes against what he/she is teaching. For example, a teammate would never pass and then defend another teammate. In addition, the coach can change to different shooting positions on the floor.

Reps: Three rotations of 60 for each three- to four- person team

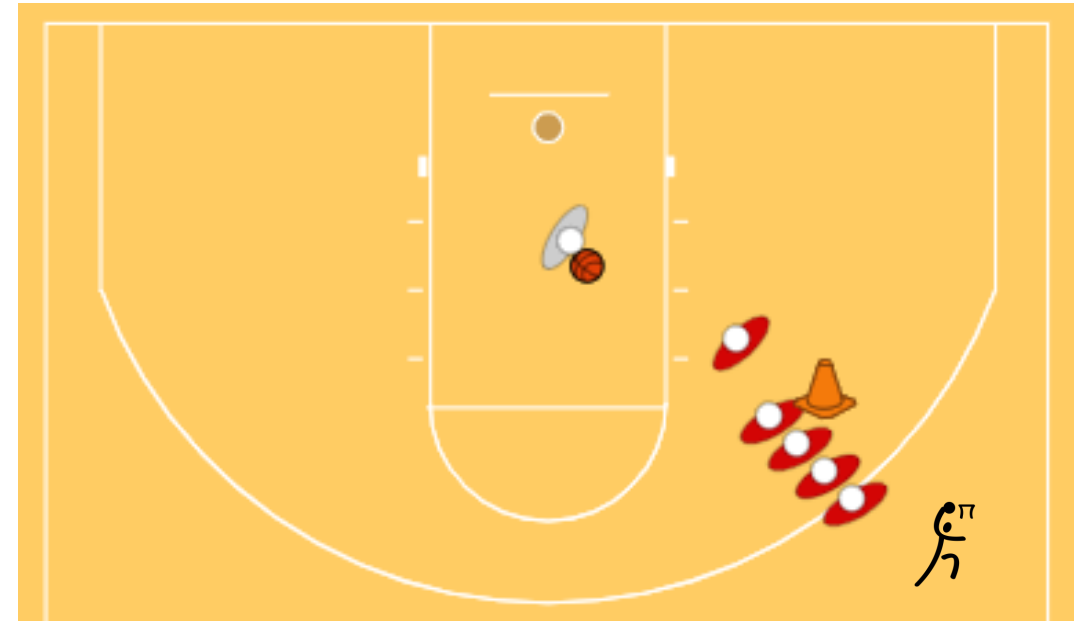
Purpose:

Develop confidence in shooting over a defender

Improve quickness in shooting

Steps:

1. Two to three equal ability athletes are at each basket.
2. One athlete is the shooter, who takes a position within shooting range to side and front of the basket.
3. Other athletes line up behind the shooter.
4. Coach is passive defender.
5. The coach starts the drill by bounce passing the ball to the shooter.
6. Shooter steps to receive it, brings shooting side leg under the ball, then brings the ball up to shooting position and shoots the ball over "hands up" type pressure from the coach.
7. Shooter follows for the offensive rebound and shot, then goes to the end of the athletes' line.
8. Coach repeats the drill with each of the other athletes, one at a time.
9. Count how many baskets each team makes in 60 seconds. Repeat drill, trying to improve on team scores.



On Your Back Shooting

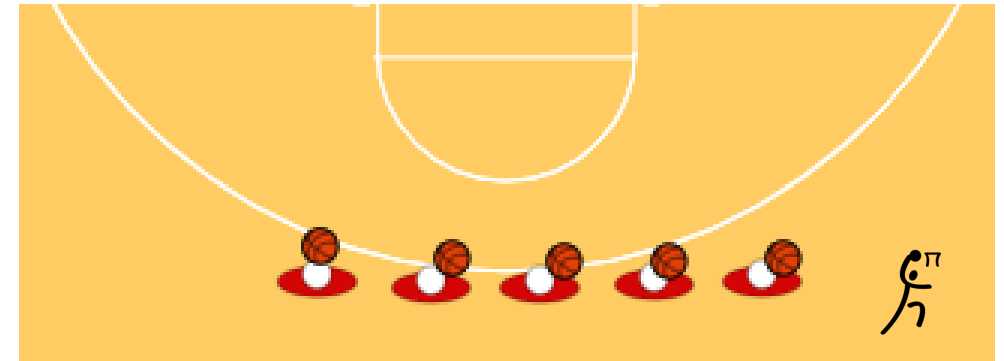
Reps: Two 30-second trials – or time how long it takes to get 5 in a row

Purpose:

- Perfect technique of having shooting hand behind the ball and proper elbow/shoulder alignment
- Work on release over fingertips and follow through
- Practice catching the ball as it returns and getting lined up to shoot again

Steps:

1. Athlete lies on back with the ball above the shooting shoulder.
2. Athlete holds the ball with shooting hand behind the ball and index finger at the midpoint of the ball.
3. Make sure the elbow is lined up between the ball and the shoulder – not sticking out to the side.
4. Athlete shoots the ball straight up in the air with full elbow extension and follow through.
5. The ball should go up and come back directly into athlete's hands so they can catch it and repeat the shot.



Eyes Wide Shut Shooting Drill

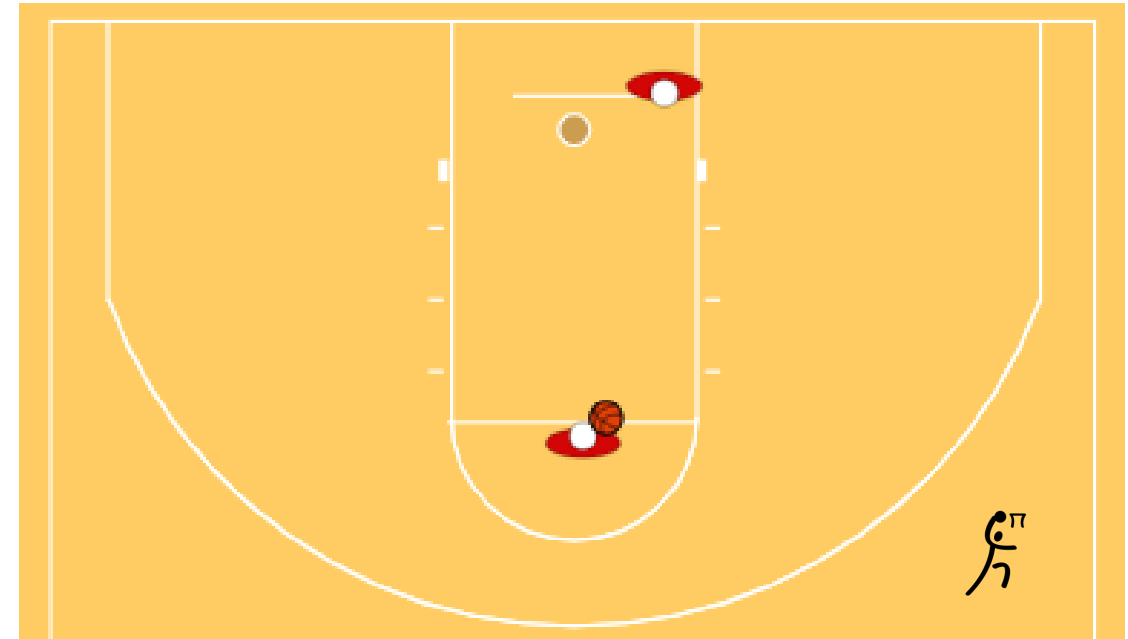
Reps: Two sets of 20 free throws with athletes working in teams of two

Purpose:

- To teach kinesthetic (physical) memory of how to shoot the ball without visual distractions
- Develop the ability to ignore visual distractions while shooting

Steps:

1. Have one athlete be a shooter and a second athlete as the rebounder.
2. The shooting athlete positions himself/herself at the free-throw line and visualizes a successful free throw – then closes his/her eyes.
3. The shooter shoots a basket with eyes closed, attempting to keep proper form and follow through.
4. The rebounder rebounds the ball and tells the shooter what happened, i.e., “You shot too hard or too soft,” “It went to the left,” etc.
5. This is repeated for 20 shots, with the rebounder keeping track of the number of successful attempts.
6. At the end of 20 shots, the athletes switch places and repeat the drill.



One Dribble Lay-ups

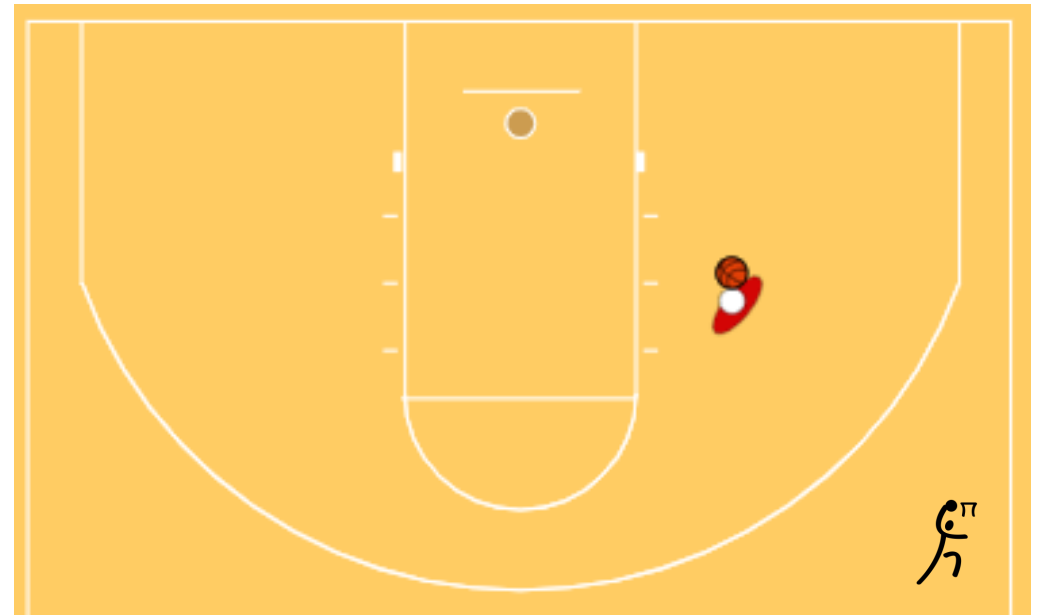
Reps: Two 30-second drills per athlete or until athlete achieves five consecutive lay-ups

Purpose:

- Develop a shot close to the basket
- Practice footwork close to the basket

Steps:

1. Athlete starts in a balanced stance at the middle hash mark on the side of the lane that is athlete's strong side.
2. Strong leg (pivot foot) should be back and weaker leg front.
3. Dribble with the strong hand and take a small step with the weak-side foot.
4. Pick the ball up at about knee height as the strong leg comes forward.
5. Move straight up and through the shot in a strong-hand lay-up, putting the ball high above the box on the backboard.
6. Land in balance and catch the ball either as it comes through the net or as a rebound.
7. Then repeat the drill using the weak side.



Shooting

Shoot and Move

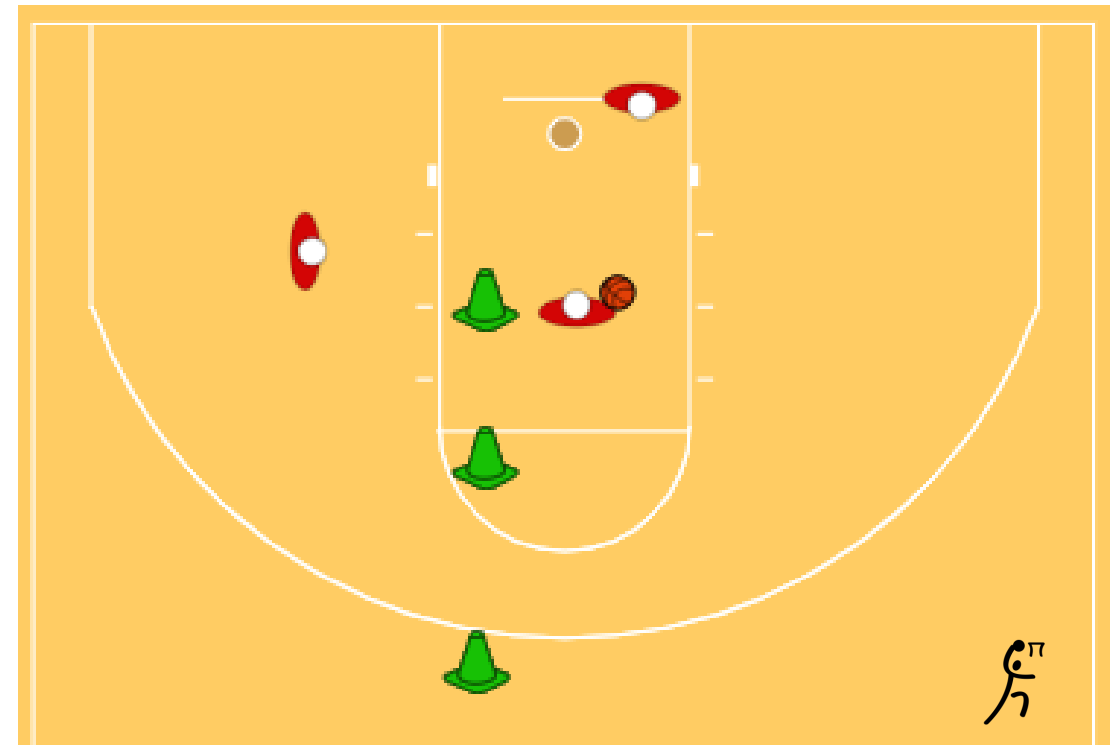
Reps: Two sets of shooting 20 seconds from each of three positions

Purpose:

- Develop the ability to catch and shoot in one motion with a quick release

Steps:

1. Three players are assigned to each group (or two players and a coach), with a whistle and stopwatch.
2. Establish marks on the floor at 2.5 meters (9 feet), 4.5 meters (15 feet) and behind the 3-point line (cones work well for this).
3. Have one athlete (or coach) with a stopwatch and whistle, one athlete as a rebounder and one athlete as the shooter.
4. The drill starts when the timer blows the whistle.
5. The rebounder starts by passing (chest pass) to the shooter, who is already in shooting position at the 9-foot mark.
6. The rebounder keeps passing balls to the shooter at the 9-foot mark until the timer blows the whistle (at 20 seconds).
7. The shooter moves back to the 15-foot mark and continues shooting until the next whistle (20 seconds again).
8. Finally, the shooter moves behind the 3-point line and continues shooting until the final whistle (20 seconds).
9. Rebounder keeps track of successful baskets.
10. Athletes switch places and repeat the drill.



Passing Drills



**Special
Olympics**



Passing

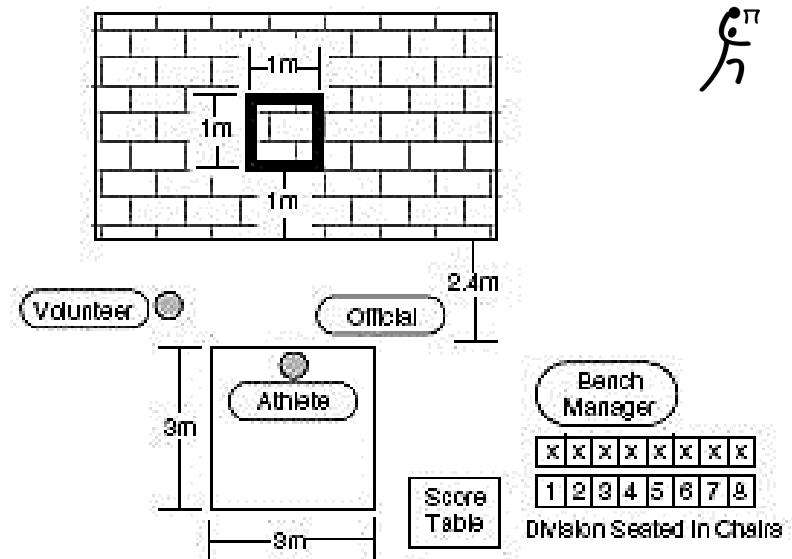
Target Pass

(Individual Skill Competition – but can also be used as a drill)

In the Target Pass, the athlete passes the ball to a target that is 2.4 meters (7 feet) away. The athlete receives points according to the accuracy of his or her pass and a catch or trap.

Teaching the Target Pass

1. Pick up the ball with proper hand placement (dominant hand on top, other hand on side). Coach can physically prompt as necessary.
2. Push the ball (as in a dribble) forward toward the wall. The athlete is actually performing a bounce pass to the wall. The coach will initially catch the ball as it returns from the wall.
3. Add a step to give more force to the pass as the athlete continues to bounce pass to the wall. Keep hand up and eyes on the ball. The passing hand's palm will provide a target for a catch.
4. Set up the Target Pass, adding the target to the wall. Step and push pass the ball to the target (inside the square), not the floor. Step and Reach For Square. The coach is still catching the ball as it comes off the wall.
5. To work on the catch, turn the athlete to face away from the wall. Physically prompt the catching position – the passing hand's palm faces the coach with fingers up forming a target; other hand is to the side with fingers pointing to the side, and only the thumb is up. Catch a bounce pass – Feel for Ball and Gather It or Relax And Give.
6. Go back to the wall; the athlete passes one ball at a time to the wall, aiming at the target. Encourage the athlete to catch the return or trap the ball against the body or the floor.
7. Gradually remove the prompts.



Key Words

- Key Step And Reach For The Square
- Key Relax And Give

Loose Ball Recovery

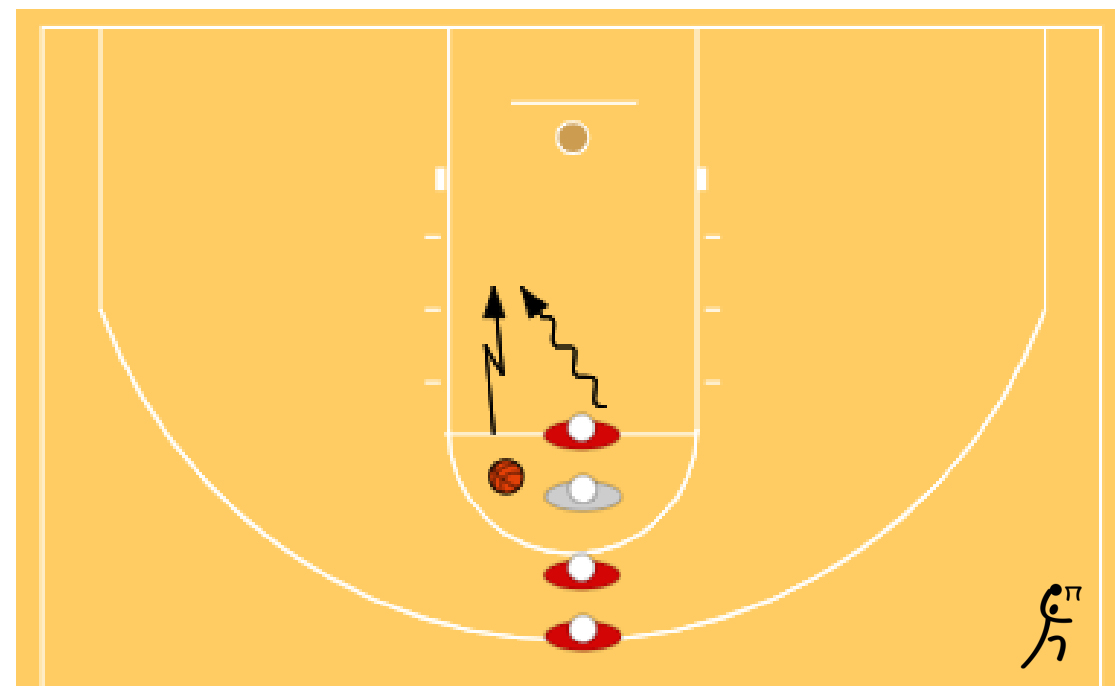
Reps: Each athlete gets three times at the front of the line.

Purpose of the Drill:

- Develop visual tracking skill
- Teaches “move to the ball”

Steps:

1. Coach divides athletes into as many equal-ability groups as there are coaches or assistants.
2. Athletes in each group line up one behind the other.
3. The coach instructs first athlete to Give A Target and be ready to move.
4. The coach rolls or bounces the ball to the left or right of the athlete.
5. The athlete moves to get behind the ball, catches it, passes it back to the coach, and returns to his/her position.
6. Drill is repeated so that each athlete gets three to five attempts before going to the end of the line.
7. The emphasis is on movement and tracking.
8. Each athlete has an individual goal of recovering more than he/she did each previous time.



Key Words

- Move to Get Behind the Ball
- Go Get the Ball
- Give a Target

Passing

Passing under Pressure (Keep away)

Athletes with average to moderate ability – who can move to get behind the ball and can catch pass the ball – who are now ready for this drill.

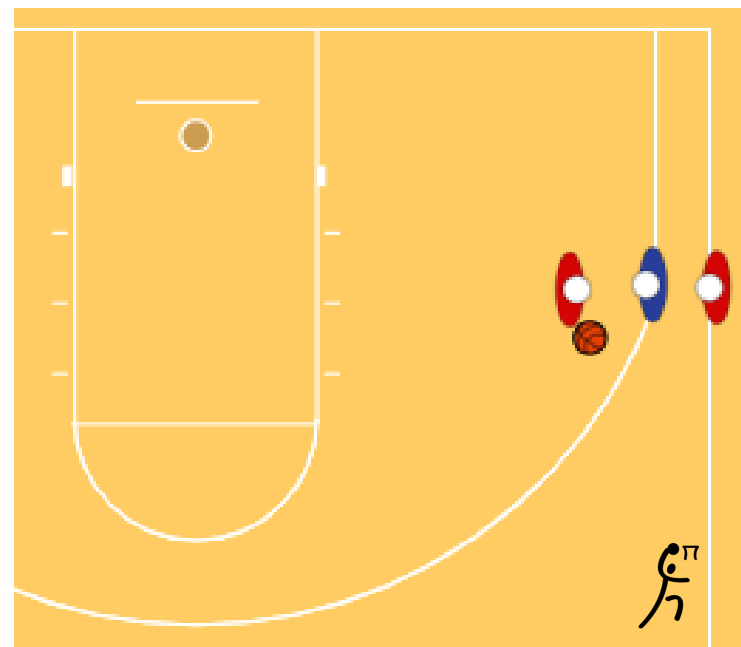
Reps: Three rounds of 1- to 2-minute games

Purpose:

- Develop quick passes to avoid steals
- Teaches players to move to get open for a pass

Steps:

1. The coach divides the group into pairs.
2. Partners stand the width of the lane apart, facing each other.
3. Passing and receiving are practiced using all passes: chest and one-handed bounce passes plus one-handed and overhead passes.
4. A defender is added to each group.
5. The ball starts with one teammate versus the defender.
6. The athlete with the ball looks for the OPEN DOOR and passes to his/her teammate.
7. If the pass is not deflected or stolen, the defender turns and moves to defend against the athlete who has the ball.
8. When the defender makes a steal or deflects the ball, he/she becomes a teammate passer.
9. The person whose pass was deflected or stolen becomes the next offensive teammate.
10. Drill continues for 1-2 minutes.



Key Words

- 🔑 Look for the Open Door
- 🔑 Give a Target
- 🔑 Move to Get Behind the Ball

Passing

Mini-Basketball: Two-on-One (in the backcourt)

The focus is on passing and catching as well as moving to get open. It is not on shooting. As the skill level increases, the defender can try to score after a steal. The offense attempts to recover and defend. The drill now becomes a transition drill as well as a skill drill.

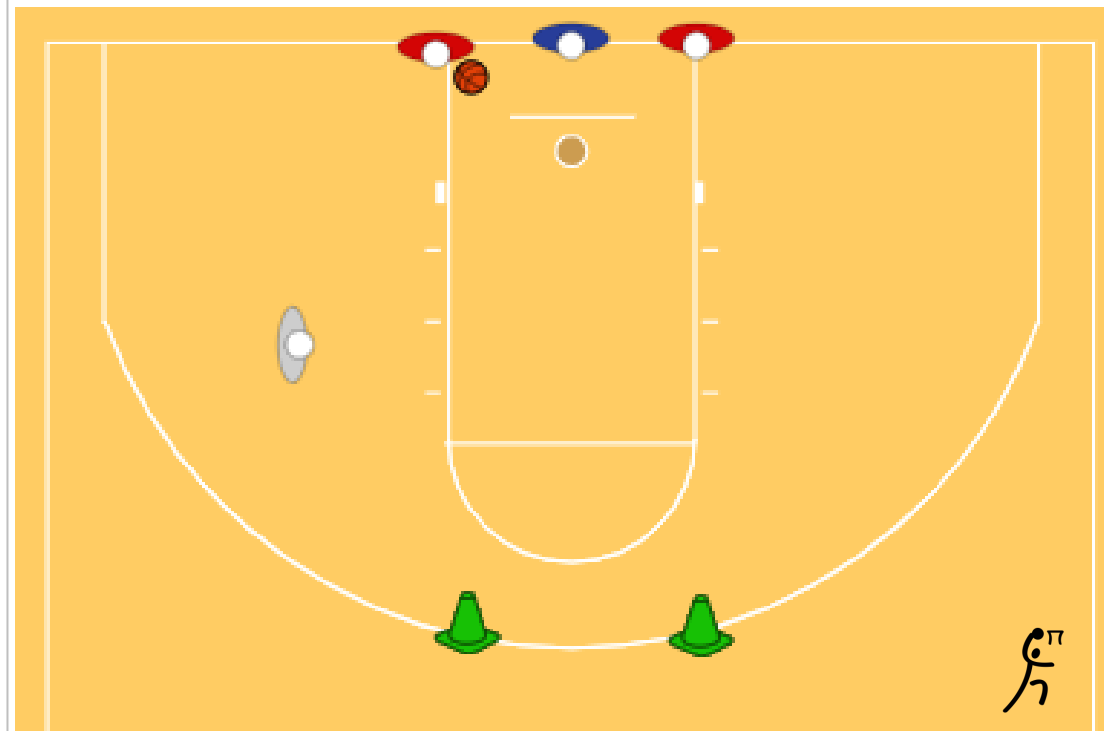
Reps: One round of two to three possessions for each team

Purpose:

- Develop teamwork and movement against a defender
- Teaches moving the ball up the court

Steps:

1. The coach pairs the athletes into equal teams.
2. Two offense athletes and two defenders are at the end line.
3. The coach stands near them and gives the ball to the offense (team A).
4. The goal is for the offense to get the ball to the division line without it being stolen or turned over.
5. One of the other two athletes (team B) becomes a defender – they take a position between the players on offense on the court.
6. As players advance the ball, the coach follows the play, verbally and physically prompting when necessary.
7. As soon as the defense steals the ball, the coach calls the athlete's name, and the athlete throws the ball to the coach.
8. Count the number of successful passes.
9. Each team will have two to three possessions.
10. Team with highest number of successful passes wins.
11. The rotation is defense/rest off court/offense/defense/etc.



Passing

Mini-Basketball: Two-on-Two (in the backcourt)

The above drill can be made more challenging when it is two-on-two in the backcourt. The offense is challenged to move more effectively to get open as well as to advance the ball. As the skill level increases, the defenders can try to score after a steal. The offense attempts to recover and defend. The drill now becomes a transition drill as well as a skill drill.

Steps:

1. Two defenders take positions between offenders at the division line.
2. The drill is conducted as above.



Passing

Partner Pass

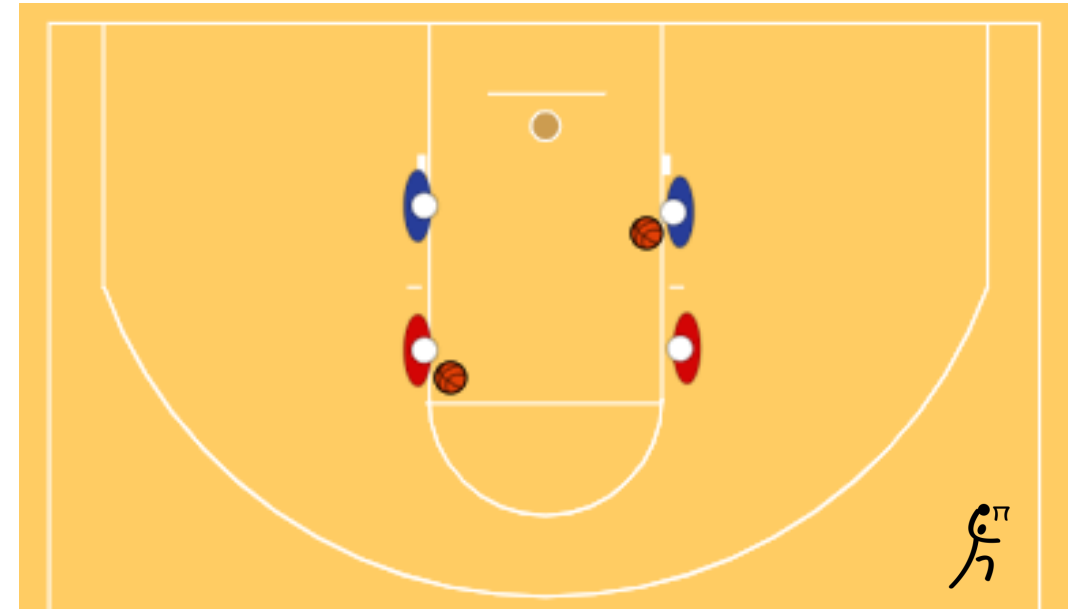
Reps: Three trials of 30 seconds each

Purpose:

- Developing accurate and fast passes
- Teaches teamwork

Steps:

1. Divide athletes into teams of two – keeping athletes of similar skill together.
2. One athlete has a ball and is positioned a set distance from a partner.
3. The first athlete chest passes the ball to partner.
4. The second athlete steps up to catch the pass and immediately passes it back to the partner.
5. The first athlete steps up to catch the pass and bounce passes it back to the partner.
6. This repeats as long as the athletes can keep the passes going while alternating pass types (bounce, chest, overhead, one-arm).



Passing

Partner Pass and Dash

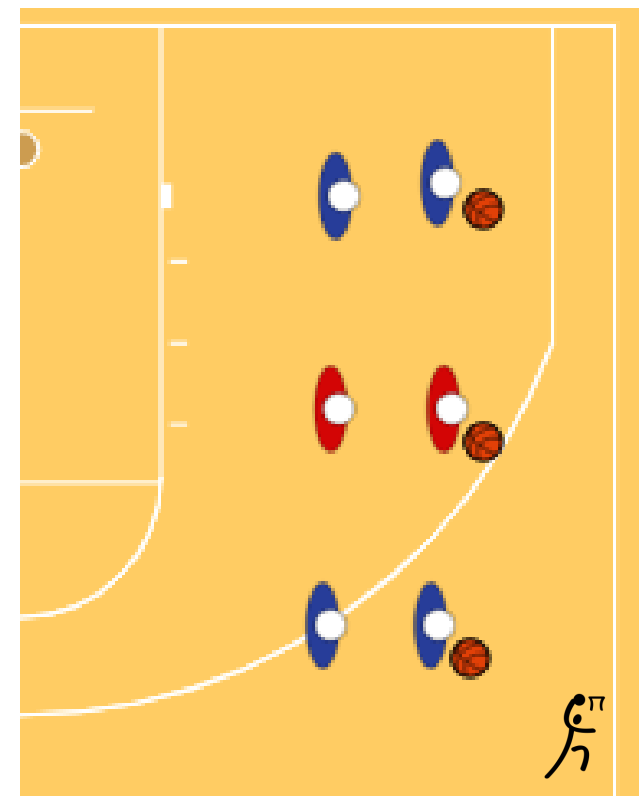
Reps: Three trials of 30 seconds each

Purpose:

- Developing accurate and fast passes
- Teaches athletes to move out after a pass and to move in to catch a pass
- Develops proper footwork for sliding into and away from plays
- Teaches teamwork

Steps:

1. Divide athletes into teams of two – keeping athletes of similar skill together.
2. One athlete has a ball and is positioned a set distance from a wall (3 meters/9-12 feet is recommended).
3. The second athlete is positioned immediately behind the first.
4. The first athlete chest passes the ball to the wall and immediately slides to the right.
5. The second athlete steps up to catch the pass and immediately passes it back to the wall and slides to the left.
6. The first athlete slides back to the center to catch the pass, passes it back to the wall and then slides to the left.
7. This repeats as long as the athletes can keep the passes going while alternating sliding to the right and then left after each pass.



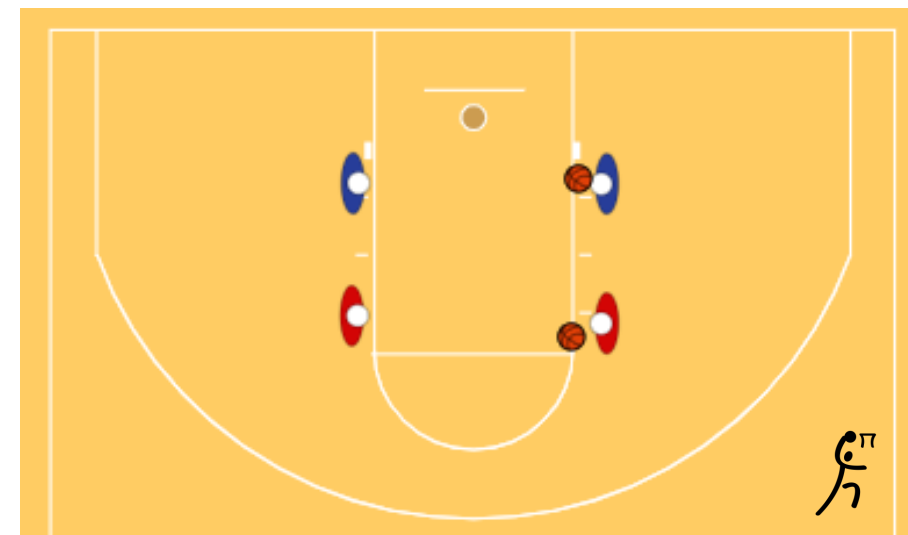
Passing

Two-Handed Bounce Pass

1. Hold a basketball with both hands, at chest height and under the chin.
2. Position the hands at the side of the ball, fingers pointing to target and thumbs behind the ball.
3. Step forward with one foot toward the intended target.
4. Extend elbows and push the ball forcefully toward a spot on the floor halfway to the target.
5. Release the ball by snapping hands forward so the palms face out and the thumbs point toward the floor.
6. Follow through toward the spot; track the ball to the target.

Key Words

- Step and Push
- Follow Through



Coaching Tips

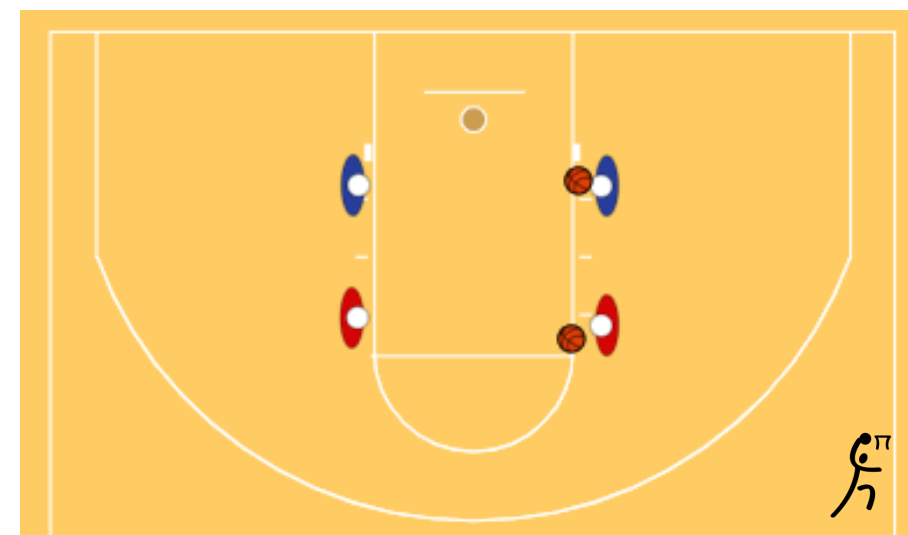
- ✏ For athletes with lower ability, mark a spot on the floor that is halfway between two athletes facing each other. Have the passer aim at the spot so it will bounce up to the height of the other athlete's chest.

Teaching One-Handed Pass

1. Hold the basketball in dribbling position, with one hand on top of the ball and the other on the side.
2. Pick up the ball and place it to the side of the body.
3. Rest the elbow of the passing hand near the hip; the passing hand is behind the ball.
4. Step forward toward the target.
5. Release the ball by snapping the passing hand toward the target.

Key Words

- Step and Push
- Hand Behind
- Open Door
- Follow Through



Coaching Tips

- ✓ Explain that this pass is used to pass around an opponent who is pressuring the athlete. The ball is protected with the body, slightly turned away from the defender, and with the opposite arm, elbow out. The athlete looks for the Open Door and then passes through it.
- ✓ The pass can be an aerial pass or a bounce pass.

Catching

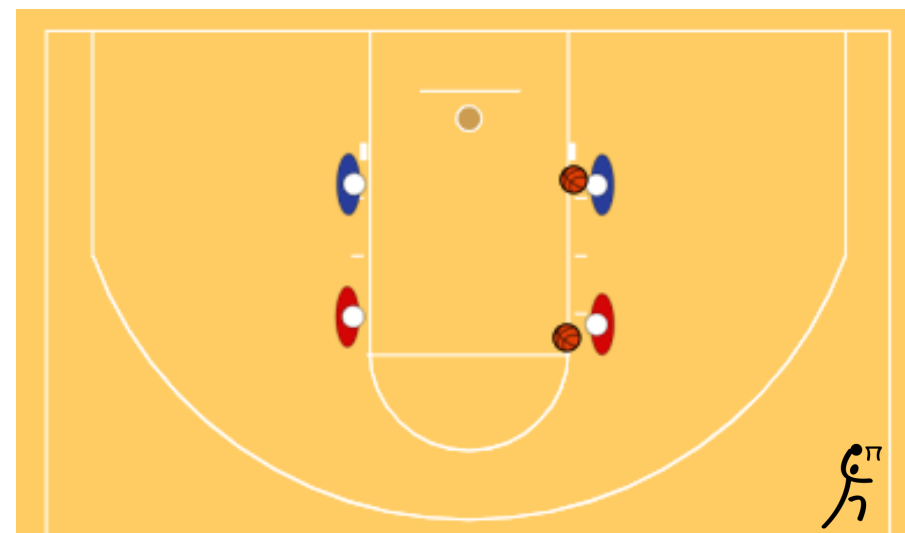
While catching is obviously part of the passing skill (it isn't a good pass if it isn't caught!), here are some tips to break down the catching skill for instruction.

Partner Passing

1. Partners stand 2 meters apart with one ball between them.
2. Pass the ball back and forth, working on good form (Step And Push).
3. Make 10 bounce passes.
4. Make 10 passes in the air.

Key Words

- 🔑 Step
- 🔑 Push



Catching Drills



**Special
Olympics**



Catching

Catching

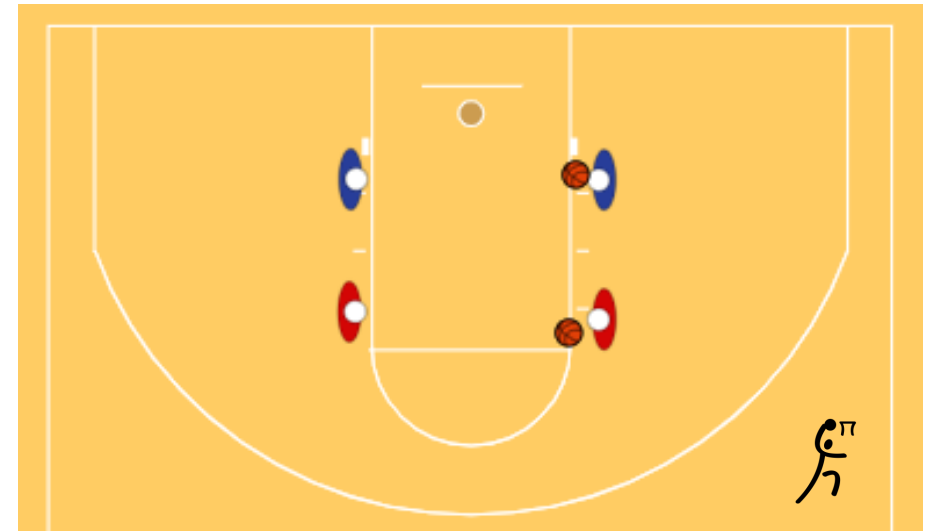
While catching is obviously part of the passing skill (it isn't a good pass if it isn't caught!), here are some tips to break down the catching skill for instruction.

Partner Passing

1. Partners stand 2 meters apart with one ball between them.
2. Pass the ball back and forth, working on good form (Step And Push).
3. Make 10 bounce passes.
4. Make 10 passes in the air.

Key Words

- Step
- Push



Rebounding Drills



**Special
Olympics**



Rebounding

Jumping

If athlete still does not jump off floor, physically and visually prompt the movement by putting the athlete in the proper position and moving them through the jumping movement. If athlete still does not jump off floor, coaches can stand next to the athlete to model jumping, leading with their arms up in the air. On "Ready," make sure the athlete is balanced with head over feet. On "Bend," make sure the athlete maintains balance while bending at the knees. On "Jump," model pushing up through the knees to arms extended up as if to grab a rebound. If progress is slow, be sure to look for small victories in each phase of the jump progression.

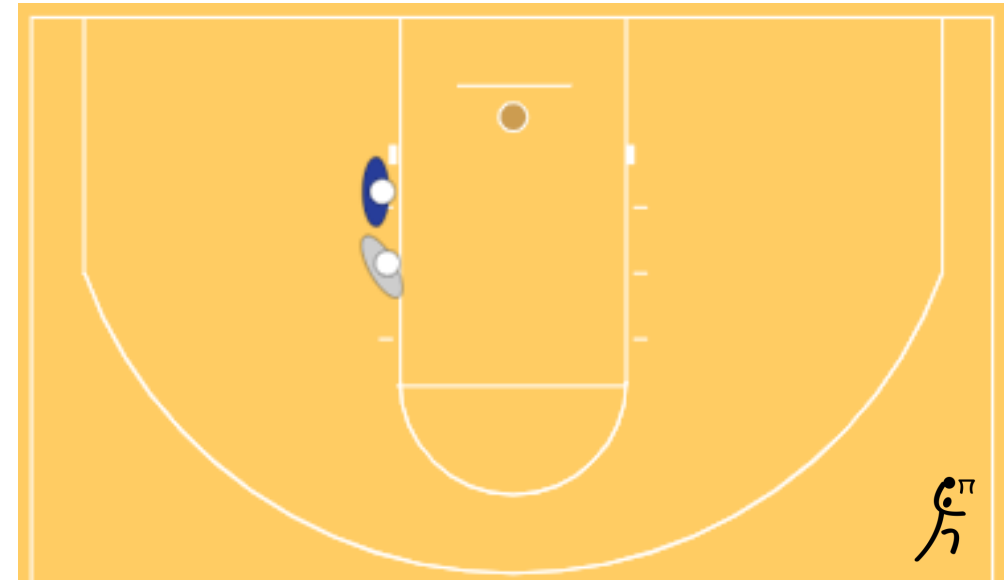
Reps: Two sets of ten jumps each

Purpose of the Drill:

- Develop basic jumping skill

Steps:

1. Coach demonstrates; athletes watch, and then perform.
2. Take a position with legs bent, elbows at sides and hands up.
3. Bend legs and extend, sending body off floor into the air with arms overhead.



Key Words

- Bend
- Jump

Rebounding

Repetitive Jumping

Reps: Three sets of ten jumps

Purpose:

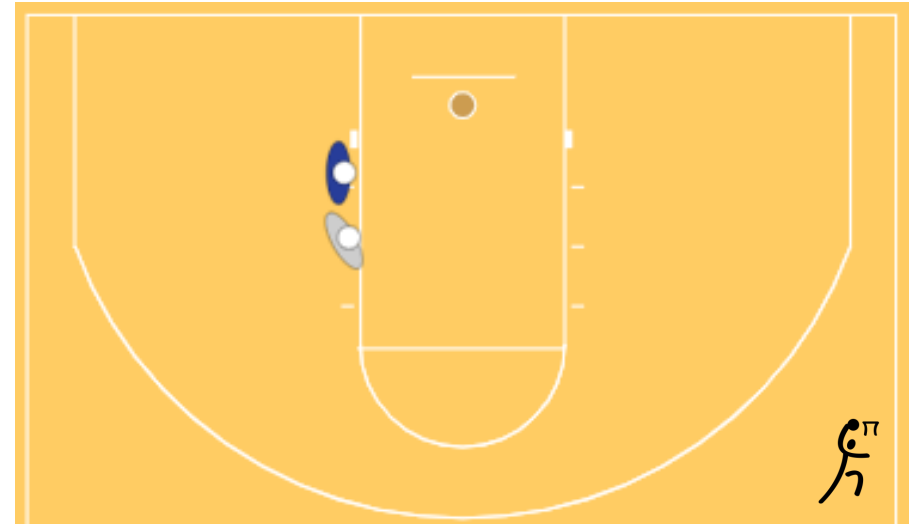
- Practice maintaining balance between jumps
- Build endurance for repeated rebound attempts

Steps:

1. Take proper body position.
2. Bend and jump.
3. Land under control and on balance, cat-like.
4. Repeat nine more jumps in succession.

Key Words

- Bend
- Jump
- Land like a cat



Rebounding

Jumping and Grabbing a Ball

Reps: Three out of five attempts

Purpose:

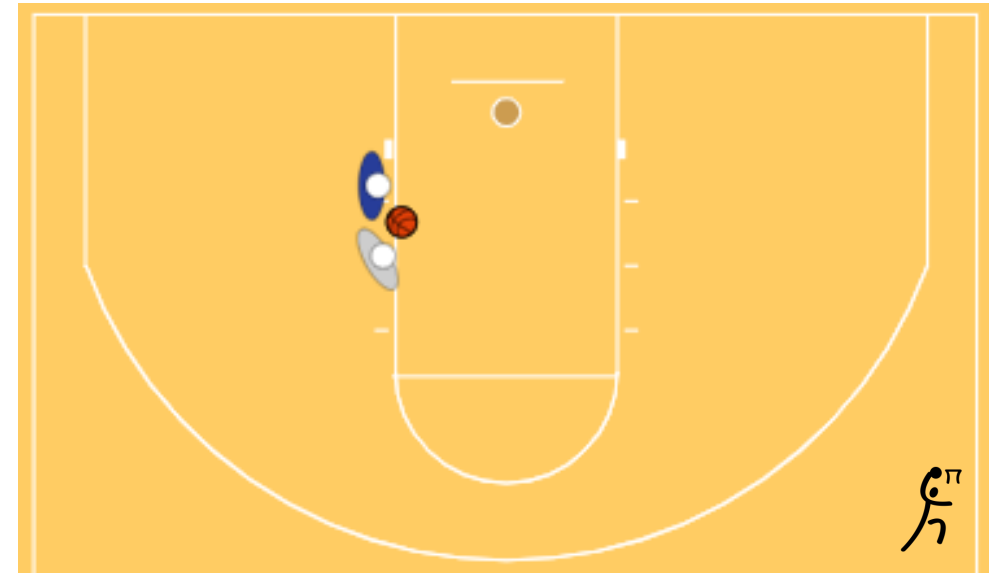
- Develop reach and grab skills
- Practice control and protecting the ball while coming down with a rebound

Steps:

1. Hold a ball up and out of the athlete's reach. If you aren't tall enough to hold the ball out of reach, a slight toss works.
2. Instruct the athlete to "Rebound the Ball."
3. Athlete jumps, grabs the ball and places it under his/her chin with elbows out.

Key Words

- See the ball
- Rebound



Rebounding a Tossed Ball

For the average ability athlete who can track and go to the ball, the following drill is appropriate. As with other drills, practice follows demonstration.

Reps: Depending on the formation you choose, each athlete in each position at least twice

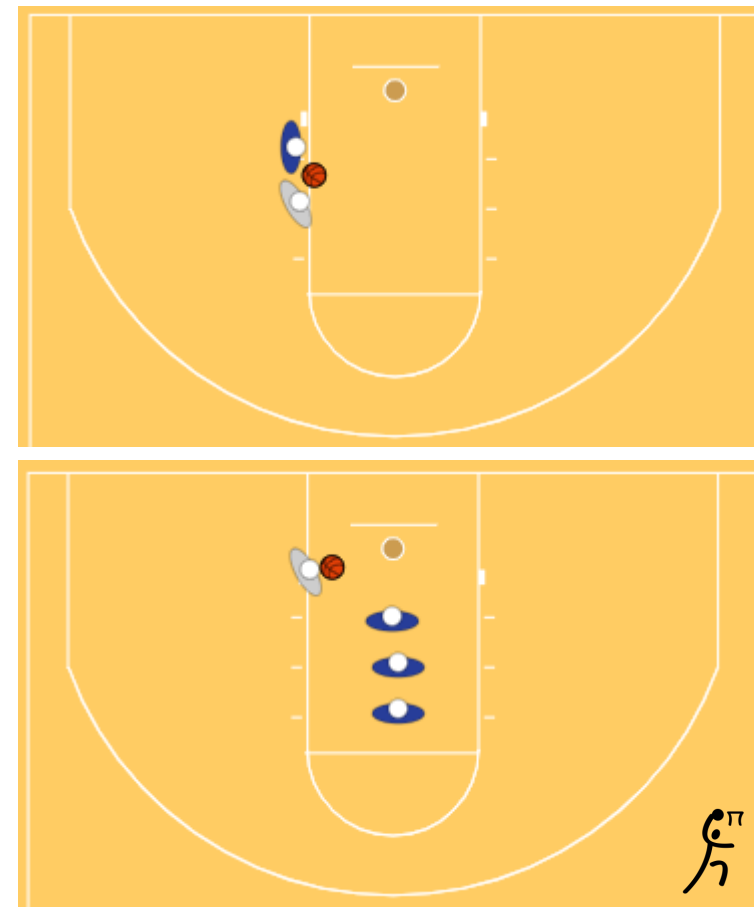
Purpose:

- Progression of skills necessary for rebounding, from jumping through boxing out an opponent.
- Game simulation helps put skills into a competition context

Steps:

1. Instruct the athlete to "Rebound the Ball."
 1. Toss a ball in the air.
 2. The athlete takes a step, goes to the ball and pulls it to his/her chest with elbows out.
 3. Rebound at least three of five attempts.
2. Two to three athletes now stand in a single-file line in front of and facing the basket.
 1. Coach stands under the basket with his/her back to the basket.
 2. Coach tosses the ball backward and upward to bounce off the backboard.
 3. Each athlete initially gets three attempts to rebound before rotating to the end of the line.
3. Same as the previous drill, add a pivot to the outside and a pass out to a waiting teammate.
 1. After the pass out, rotate athletes – re-bouncer to outlet to outlet to end of line.
4. Add a coach-defender who pressures the rebound and the outlet pass.
 1. The athlete is forced into position (block out) with coach-defender behind.
 2. Athlete must pass or dribble out and pass to outlet while being defended, like in a game.

Rebounding



Rebounding

Two-Line Block Out

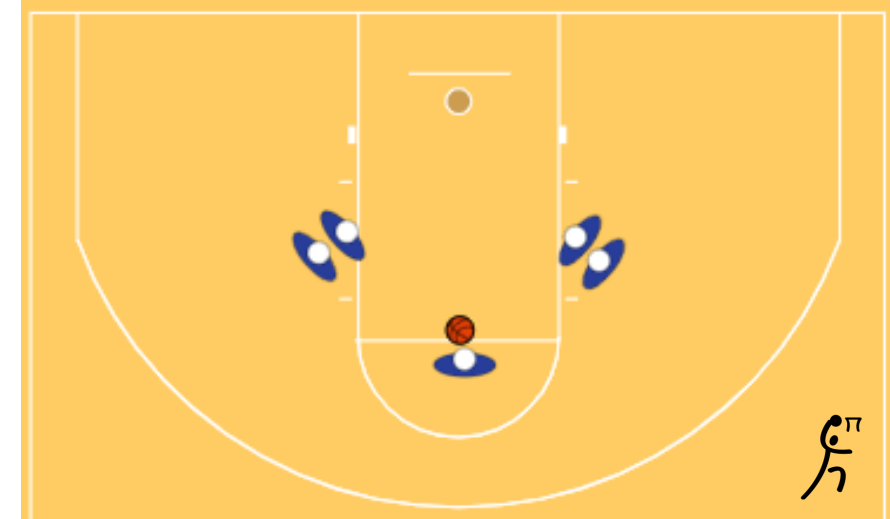
Reps: Each athlete in each position at least three times

Purpose:

- Simulate game experience of rebounding in a crowd
- Reinforce boxing out opponents as part of the rebound move

Steps:

1. The coach or shooter has the ball in the middle of free-throw line.
2. Two athletes take positions on either side of the lane at the second mark; an additional two athletes are at the same mark, but farther off the lane.
3. The athletes at the two spots closest to the basket are defenders and take proper defensive position. The athletes farther off the lane are offensive players.
4. The shooter shoots; defenders call SHOT, turn, step to block or box out the offense, which includes the shooter. Defenders pivot backward, putting their buttocks next to the opponents' thighs, elbows out, hands up. All then go for the rebound based on where the ball comes off the rim or backboard.
5. Rotate athletes among positions.
6. As athletes' skills increase, add more speed to the drill, quickly going from offense to defense.



Mini-Basketball: Rebound Ball

This is an excellent game for encouraging assertive play. It also uses all the skills in a game-like situation, but without a full team. Athletes can learn to effectively move to the ball under pressure with this drill.

Reps: Practice each day for 3-5 minutes

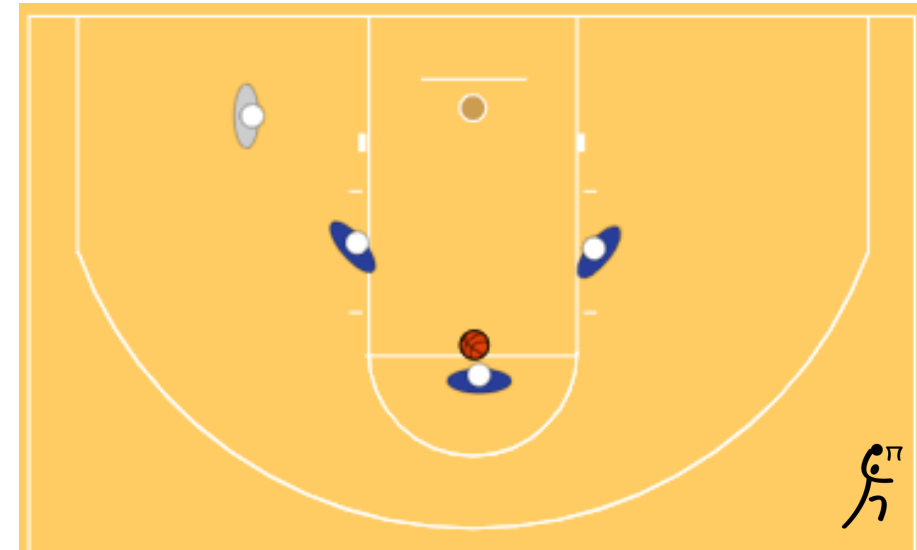
Purpose:

- Exposure to competing for a rebound
- Develop quick reaction time

Steps:

1. The coach divides the athletes into groups of three to four athletes per basket, keeping athletes of similar ability together.
2. Two to three athletes (rebounders) stand in front of the basket.
3. A shooter stands within shooting range in front of the free-throw line.
4. After the ball is shot, each re-bouncer goes for the ball.
5. On the rebound, the athlete who gets the ball yells Ball and passes it to the coach, who calls Outlet.
6. The game continues until one of the rebounders gets two to three rebounds. That person becomes the next shooter.
7. The former shooter becomes a rebounder.
8. The game continues for 2-3 minutes.

Rebounding



Defending Drills



**Special
Olympics**



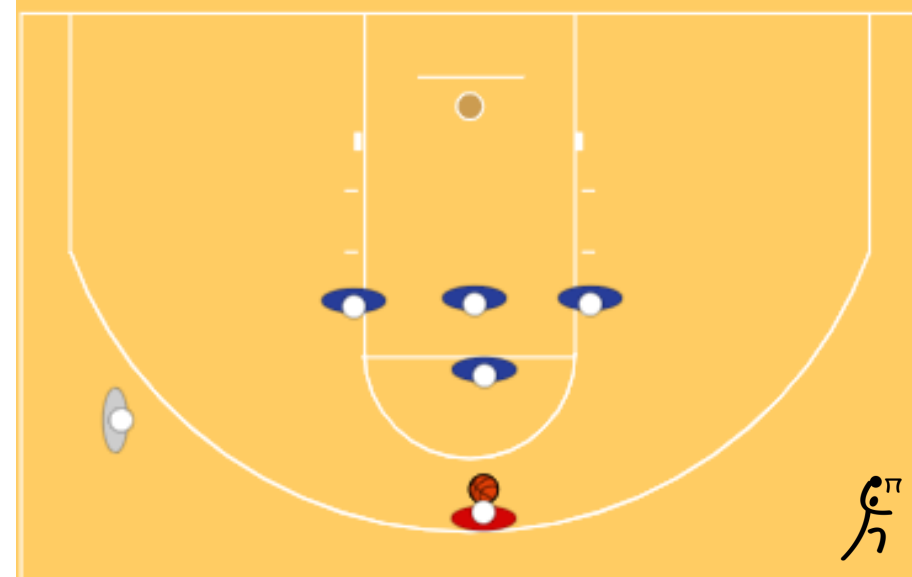
Defending

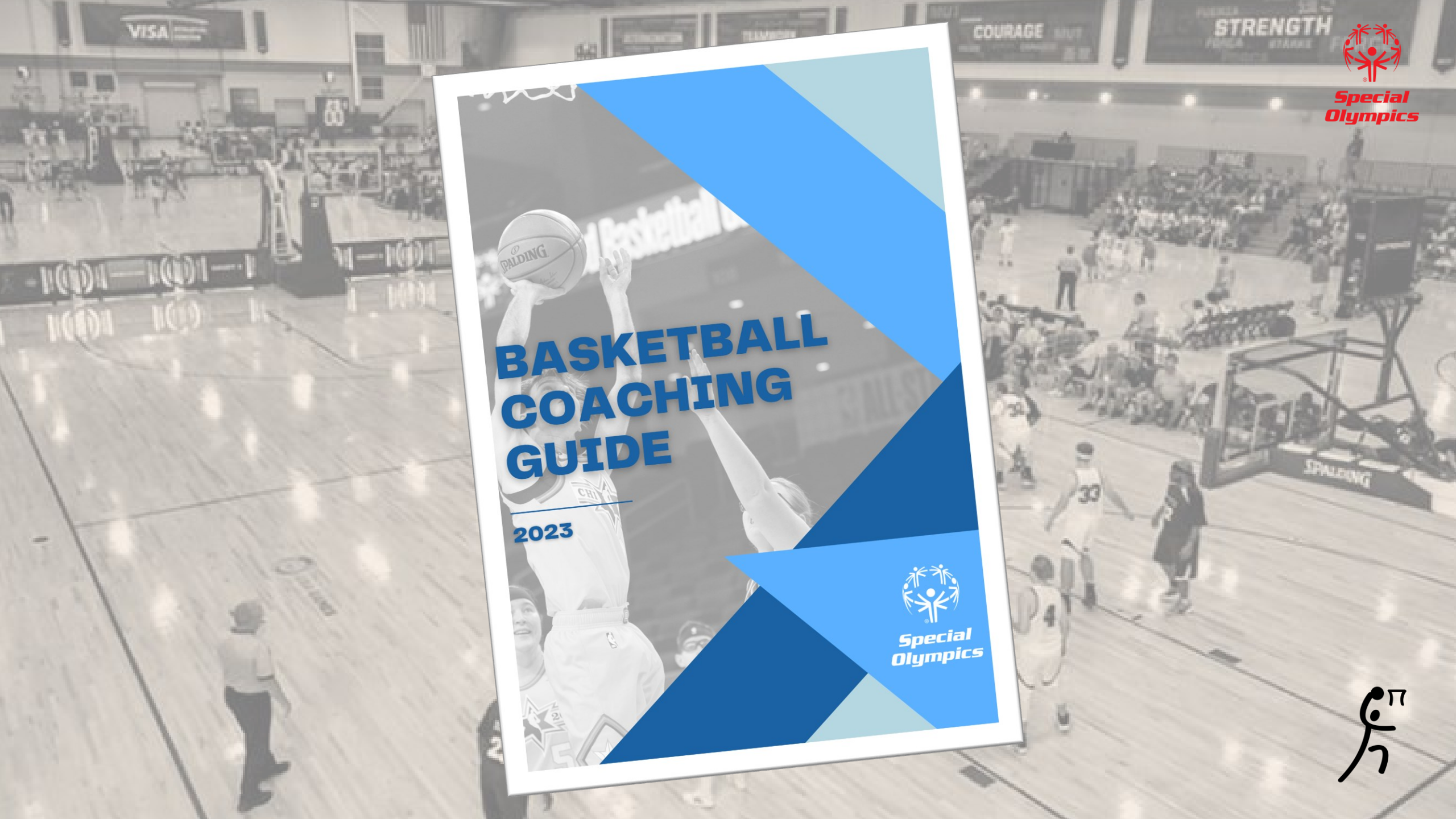
“Ike Like Mike”

1. Athletes spread out in the gym, at least arm's length from one another. All athletes will move in the same way and in the same direction as the leader. Coach can also point direction of the movement and say key words as athletes follow the leader.
2. Now the leader defends a player who has a basketball. All athletes will move in the same way and in the same direction as the leader.
3. The goal for each athlete is to do cued footwork skills, not getting caught off balance, three times in a row.
4. Three times equals one point; the first athlete to accumulate five points becomes the next leader.

Key Words

- See the ball
- Slide





**Special
Olympics**

BASKETBALL COACHING GUIDE

2023



**Special
Olympics**

