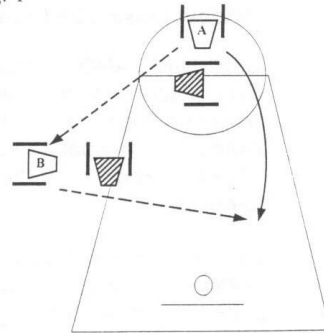


Wheelchair Basketball Drills

Give and Go Drill (Fig. 1)

A passes ball to B
 A's defender watches the ball
 A moves past defender by going behind his back
 B passes ball back to A **IF** free
 A shoots

Fig. 1



The Simple Pick

B moves behind the defender marking A (Fig. 2)
 A moves to the left after B has position (Fig. 3)
 A can now continue to basket

If the defender marking B decides to block A, B can run through and shoot (Fig. 4)

Fig. 2

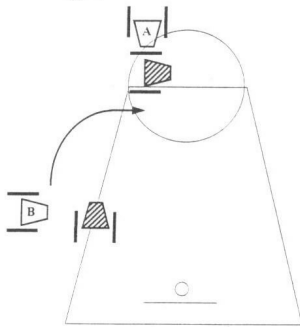


Fig. 3

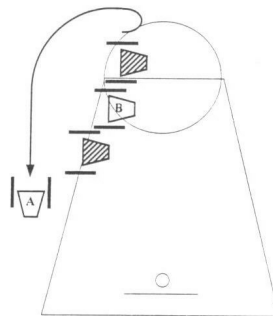
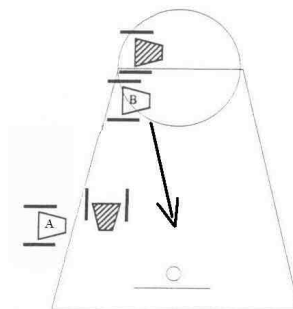


Fig. 4



The Roll

B attacker pushes across the area (Fig. 5). If his defender keeps up with him, B attacker can turn as soon as they have passed under the basket and then has shooting position (Fig. 6). Then attacker A passes him the ball.

Fig. 5

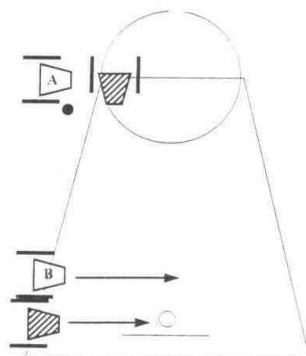
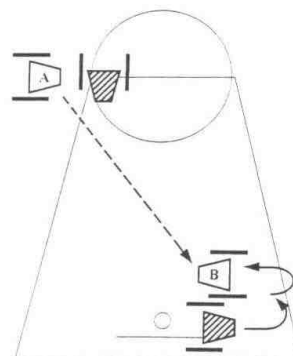


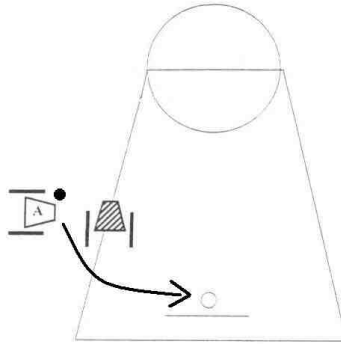
Fig. 6



The Fake Shot

Attacker A moves defender higher up the key (so there is room to push behind him), and pretends to shot (going through the normal procedure). When the defender is preparing to follow the shot (which he will likely do), attacker A pushing behind him and shoots a lay-up (Fig. 7)

Fig. 7



The Fake Drive

Attacker B drives with the ball towards the gap behind his defender (Fig. 8). When the defender sees this he should spin around and cover the gap. When he does this, attacker A gets past his defender (this can be done by a dummy, turning his chair one way, which will commit the defender to that direction, then quickly turning the other way and going in), and goes into shoot a lay-up. Attacker B then quickly passes him the ball (Fig. 9).

Fig. 8

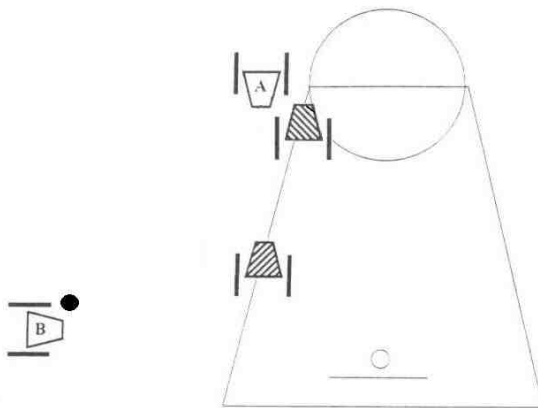


Fig. 9

