



sports & recreation for all (dis)abilities



BASKETBALL INSTRUCTION



STRETCHING

1. Stand & touch your toes
2. Stand with legs crossed & touch your toes
3. Stand on one leg, hold opposite foot behind you
4. One arm across your chest, pull with other arm

DYNAMIC WARM UP

1. Light jog - down and back x5
2. High knee to opposite elbow, skip a step between
3. Jogging with high knees
4. Jog a little faster! x5

DRIBBLING

Remember to look where you're going and stay low. Keep one arm up to protect you from defense

1. Dribble down and back with left hand, right hand, and alternating. Start slow and work to go quicker
2. Zig zag dribble around cones/water bottles with right hand, left hand, and alternating.
3. Want a challenge? Try dribbling behind your back or between your legs - in place or while walking

PASSING

Remember to step forward, use your hands for follow through. Practice all passes x10

1. Chest pass - aim for your partner's chest
2. Bounce pass - bounce to your partner, the ball should bounce a little more than halfway between you
3. Overhead pass - use both hands over your head and aim for your partner's chest
4. Baseball pass - use one hand overhead and throw to your partner.

SHOOTING

Your shooting hand should span across the ball and opposite hand on the side of the ball acting as a guide. When you shoot, be sure to follow through with your shooting hand.

1. If you don't have a goal, practice your form while shooting in place
2. Practice shooting from two spots, 5 times on each spot going side to side. Have someone help rebound!

DEFENSE

Stay low with your knees bent, hands out to the side, and shuffle side to side. Practice against someone!

OFFENSE DRILLS

Dribble from one cone to another, then towards the basket to shoot a layup or jump shot.

ONE-ON-ONE

One player rolls the ball to the other. When that player gets the ball, the game starts. The player who rolled the ball is on defense.

GAMES

[How to play HORSE](#)
[How to play Around The World](#)

CHALLENGES

1. Dribble straight down and back, alternating hands, as many as you can in ONE minute.
2. Dribble zig zag down and back, alternating hands as many as you can in ONE minute.



Thank you, Coach David and Coach Sarah!