

# Special Olympics Basketball

## Coaches Quick Start Guide



### Footwork

Footwork is an essential part of both offense and defensive movement on the court. The ability to move and change directions or stop quickly is critical to success on the basketball court. While specific footwork is outlined in several drills, this section gives some basic drills that will also be helpful.

#### Skill Progression – Footwork

Your Athlete Can	Never	Sometimes	Often
Run forward, then run backward	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Slide right, then slide left (step one foot to side, then step with other foot replacing first foot)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hop on one foot, then hop on the other	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Skip (step then hop on that foot, step with other foot then hop on that foot)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cut (run diagonally for three steps, plant and push off the outside foot to change directions, turn hips to face desired direction and run three steps in that direction)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Stop (perform a two-step stop and later a jump-stop on the whistle)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pivot (put weight on the ball of one stationary foot; other foot steps as the body circles around the pivot point)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Totals</b>			

#### Key Words

- Head Up
- Elbows Bent With Hands Up (Ready)
- Run On Balls of Feet
- Get Low To Stop
- Pivot
- Slide



### **Agility Footwork Activities**

Before doing the activity, demonstrate the skill. All athletes then do the skill in their places. When performing the two-step stop or the jump-stop, the athletes are to stop in no more than two steps, or a step to a jump-stop upon hearing the whistle. A game can be played, such as “Red Light, Green Light.”

1. Line team up at the baseline in equal rows of four athletes across.
2. Coach starts the first row.
3. Athletes perform one of the above two footwork activities down the court, stopping at the free throw line, half court, far free-throw line and far baseline.
4. As soon as the athletes pass the closest free-throw line, the coach starts the next row.
5. Coaches perform the footwork activities alongside the athletes, verbally and physically prompting as necessary.
6. Once at the far baseline, the coaches help line up the rows to return with the same footwork activity.



#### **Coaching Tips**

- Especially suitable for warm-up
- Once ball handling skills are learned, do a series of footwork drills while dribbling