

Special Olympics Basketball

Coaches Quick Start Guide



Rebounding

Skill Progression – Rebounding

Your Athlete Can	Never	Sometimes	Often
Attempt to catch in any manner a basketball that is tossed into the air	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Catch a ball that is tossed into the air	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Attempt to catch in any manner a ball that rebounds off the backboard	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Track the ball as it is shot at the basket	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Turn to face the basket and take ready position for rebounding	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Catch the ball in any manner after it rebounds off the backboard and bounces once on the floor	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Catch the ball with hands only after it rebounds off the backboard and bounces once on the floor	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Catch the ball in the air with hands only after it rebounds off the backboard	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Move to “box out” an opponent before jumping for a rebound	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Participate in team rebounding drills	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Totals			

Key Words

- See the Ball
- Go Get the Ball



Rebounding Drills

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 him/her 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.

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 and Jump

Jumping and Grabbing a Ball

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

NOTE: For more Drills refer to the Full Basketball Coaching Guide at www.specialolympics.org