

DRILL BOOK

Basketball Training

A GUIDE FOR TEACHERS

SCHOOLS
PARTNERSHIP
PROGRAM

SPECIAL OLYMPICS
NORTHERN CALIFORNIA
NEVADA



This book belongs to:

Basketball Training

WINTER SPORT

Training begins – December/January
Competition – February/March

- 6–8 weeks of training.
- Strive for two or three, 20–30 minute practices per week.
- Practice sessions should include time spent on warm-up, general fitness, sport-skill development, and competition-specific situations.
- Attend a multi-school basketball competition held at the end of the training season.



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SAMPLE PRACTICE SESSION

Warm-up:

5 minutes of an easy stretch, walk or jog, and explanation of the day's practice.

Sport Specific Skills:

5–10 minutes of ball handling, dribbling, passing, or shooting drills (see following pages for specific instructions).

Competition Situations:

10–15 minutes of simulated game/competition situations, or additional time on skill development.

It is important that athletes learn what is expected in a competition, the rules they will follow, sportsmanship, and how they contribute to the competition. This conversation can be carried back into the classroom for further teaching.



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DRIBBLING

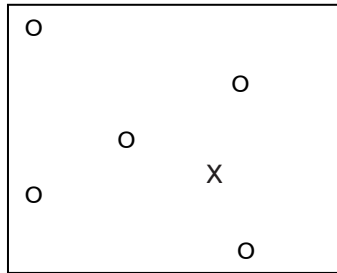
Coaching Tips

- Bend legs, standing with feet about shoulder-width apart.
- Keep head and eyes UP.
- Non-dribbling arm is bent, firm and away from the body to protect the ball.
- Dribble ball no higher than waist-high.

Dribbling Tag

Equipment: Basketball court or similar area with boundary lines; one ball per student.

O = students with ball
X = student without ball



Activity:

Each student has a ball and is confined within half court. One student is "it" and does not have a ball. The student who is "it" tries to steal the ball from the other players, who are continually dribbling the ball. Once a player has their ball stolen, or dribbles outside of the designated area, they become "it."

Variations include containing the game to a smaller area, such as the 3-point arc; or a larger area, such as the entire court.



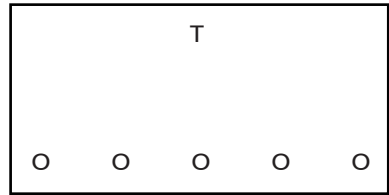
Basketball Training

DRIBBLING

Red Light, Green Light

Equipment: One ball per student.

T = teacher
O = student with ball



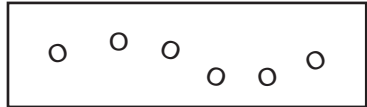
Activity:

Each student has a ball and lines up along the baseline. Teacher (or a student) stands at half court. Teacher yells out “green light” and students dribble forward with the ball. When teacher yells out “red light,” students must hold their ball and freeze. If a student keeps moving after “red light,” they must go back to the baseline and start over. Repeat until one or all students have made it to the teacher.

Dribble Snake

Equipment: One ball per student.

O = students with ball



Activity:

Students line up single file each with a ball. The student in the front of the line dribbles the ball randomly around the court, while the others follow in line. When the teacher blows the whistle, the student in the back has to dribble to the front of the line while the other students continue to dribble and move. To make the game more challenging, have a time limit to get to the front.



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PASSING

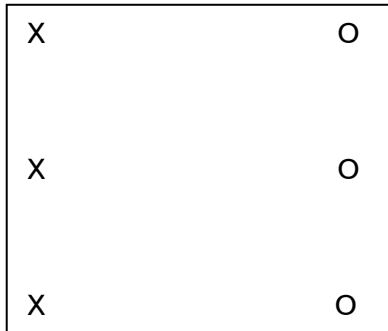
Coaching Tips

- Step forward with one foot toward the intended target and pass.
- Snap wrists and hold follow through toward receiver when passing.
- Passer should aim for the receiving student's chest (for chest pass).
- Encourage catching athlete to give a target (i.e., hold up hands), and move toward the passed ball.

Partner Pass

Equipment: One ball for every two students.

O = students with ball
X = students without ball



Activity:

Students will pass the ball back and forth with a partner. Once players have mastered passing from a certain distance, have one partner step back to make the passing distance greater.



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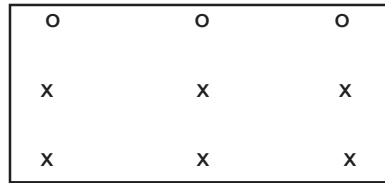
PASSING

Monkey in the Middle

Equipment: One ball for every three students.

X = students without ball

O = students with ball



Activity:

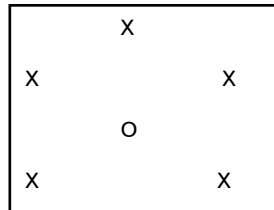
Students are divided into groups of three. Each group has one ball. One student in each group is designated as the defender. The other two students in the group line up as in the Partner Pass drill. The defender tries to steal the ball as the other two students pass it back and forth. When the defender gains possession of the ball, positions rotate and the defender switches places with the student who lost the ball. If needed, have the students rotate positions when the whistle is blown.

Ring of Fire

Equipment: One ball.

X = students without ball

O = students with ball



Activity:

Students make a large circle on the court. One student stands in the middle of the circle with the ball. The student in the center makes a pass to a student in the circle and then receives it back from that student. The student in the center then pivots and passes to the next student in the circle. The student in the center repeats this several times around the circle. Once the student in the center has made several passes, switch and put a new student in the center.



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SHOOTING

Coaching Tips

- *Square body toward the basket, bend knees, lift elbow of shooting arm and extend arm toward basket.*
- *Snap wrist and hold follow through after shot.*
- *Shoot for the backboard. It gives a softer shot and a greater margin for error.*
- *For younger athletes, try shooting to a partner, coach, or a target on the wall.*

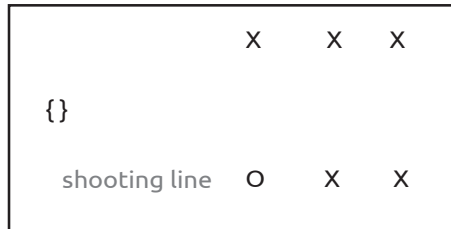
Shooting Drill

Equipment: One ball.

{ } = basket

O = student with ball

X = students without ball



Activity:

Students start in two lines at half court. The student in the front (closest to the basket in the shooting line) has the ball and dribbles down to the basket and shoots a lay-up or jump shot. The first student in the other line rebounds the ball and dribbles it to the next student in the shooting line.



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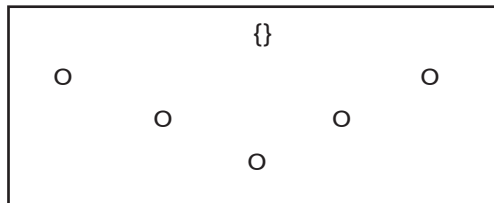
SHOOTING

Around the World

Equipment: Four or five basketballs.

{ } = basket

O = shooting locations



Activity:

Place one basketball at each of the 4 to 5 shooting locations around the key. Have one student go at a time: that student should move quickly to each basketball and shoot the ball. One or two students will rebound. Alternatively, spots on the floor can be marked in tape, and a designated student can pass the ball to the shooter as they arrive at each mark.



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BASIC BASKETBALL RULES

1. Five players per team on the court at one time.
2. Game is 15 minutes (two 7½ minute halves) with a running clock for each half. (Can vary.)
3. Basket scores two points; free throw scores one point.
4. Unlimited time-outs, including for substitutions.
5. Substitutions may be made freely on a dead ball (when the whistle has been blown); alternatively, a coach may call for a substitution when their team has the ball.
6. Out-of-bounds balls will be in-bounded by a player from the team that did not touch the ball last.
7. Athletes not playing must sit on benches or chairs set up on the sideline. All coaches and aides must stay on the sidelines, unless a player needs assistance or a time-out is called.
8. Athletes must stop play when the whistle is blown.
9. Referee's discretion on fouls, double dribbling, and traveling. Referee may stop game to allow for teaching time after fouls.
10. No backcourt press. Defense must allow offense to bring ball to at least half court after basket or defensive rebound. (Can vary with level.)
11. No jewelry or watches worn during games, except for medical reasons.
12. After five fouls, a player is expelled from the game. If a player is expelled from the game, this player may not re-enter the game. Another player can be substituted in at the next deadball.



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BASKETBALL GLOSSARY

Backboard: The board that the basket is attached to.

All backboards have a square marked on them; aiming for the square can improve the chances of a shot going in.

Baseline: The end lines of a basketball court. This does not include the sidelines.

Dead Ball: Occurs when there is a stoppage in the game (i.e. the referee blows the whistle, the ball goes out of bounds, a player scores).

Defense: The team without possession of the ball that is trying to keep the other team from scoring a basket.

Double Dribble: A player stops dribbling and then attempts to dribble again at a later point; can also occur when a player attempts to dribble with both hands at the same time.

Foul: The act of making illegal physical contact with another player.

Free-Throw Line: The line at the top of the key that runs parallel to the baseline. It is usually 15 feet from the middle of the rim to the free throw line.

Free Throw: A “free” shot taken from the free throw line after a foul has been committed by the opposing team.

Key: The keyhole-shaped area extending from the baseline under the basket to just beyond the free throw line.

Lay-Up: A short, usually one-handed, shot from under the basket.

Offense: The team that has possession of the ball and is attempting to score points.

Rebound: Occurs when a player retrieves the ball after a shot attempt.

Squaring Up: A player is squared up when they are facing the basket, with shoulders parallel to the basket.

Three-Point Shot: A shot that is taken from behind the 3-point arc (half circle line).

Traveling: A player takes too many steps without dribbling the ball.





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Unified Sports®

What is Unified Sports?



Unified Sports® joins students with and without intellectual disabilities on the same sports team. Whether you are already participating in the Special Olympics Schools Partnership Program or just getting started, why not try Unified Sports... it is easy to do and the results are AMAZING!

How can you start Unified Sports in your school?

- Students are grouped into teams with similar or equal numbers of special education and general education students.
- Games are played with slightly modified rules, to ensure meaningful inclusion for ALL students.
- Special Olympics can help you create appropriate rule modifications.
- Practices are held at a convenient time for all students:
 - During inclusive PE
 - Lunchtime
 - Scheduled time during the school day
 - After school





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Unified Sports®

What does Unified Sports do for your school?

- Allows all students, regardless of ability level, the opportunity to share their talents with the school and community.
- Teach teamwork and the value of inclusion in all aspects of life.
- Builds lasting relationships between students with and without intellectual disabilities.
- Creates a school climate of acceptance and respect.
- Expands the opportunities for all students to compete in their school's athletics program.

To find out more about how to get started:

www.sonc.org/unified-sports



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For more training & educational resources:

SchoolsPartnershipProgram.org



Contact:

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www.sonc.org/unified-sports