

Wheelchair Basketball

Value: Respect for sporting achievement
Activity: Practicing Wheelchair Basketball skills

GENERAL GOAL

Students gain respect for the sporting abilities of Wheelchair Basketball athletes and achieve understanding of what team sport in a wheelchair involves.

SPECIFIC GOALS

- To create understanding for the specific needs based on the movement limitations.
- To experience Basketball skills (eg, dribbling, passing, catching, shooting, manipulate wheelchair around the Basketball court, pick up a ball from the floor) from a sitting position.
- To learn about the rules of Wheelchair Basketball.

ENVIRONMENT

- Indoor sports hall or outdoor court.

SUGGESTED EQUIPMENT

- Baskets, balls, wheelchairs (if no wheelchairs are available, chairs or scooters can be used), cones.

PEOPLE INVOLVED IN THE ACTIVITY

- Session leader, assistants and Wheelchair Basketball athletes (if available).

REQUIRED KNOWLEDGE

- Basic ball control skills (throwing, catching, passing).
- Wheelchair propulsion techniques (see activity 11: Equipment).

STARTING THE ACTIVITY

The session leader begins by demonstrating basic wheelchair manoeuvres and explains safety precautions (eg, do not lean back in the chair, do not have direct contact with another wheelchair, etc).

RUNNING THE ACTIVITY

Stage 1

The session leader instructs children on throwing and catching skills from sitting and standing position.

1. Two students stand opposite to each other giving a chest pass/bounce pass. After each successful pass, they take one step back. Repeat until the distance is too large to pass successfully. Mark the final spot with a cone. Repeat the same exercise in a sitting position.
2. The session leader provides ongoing verbal, physical cues, and/or reinforcement.





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Stage 2

The session leader instructs children on offence/defense skills from sitting and standing position.

1. One student tries to prevent the other from moving to the other side of the court without physical contact. After a certain time, they change roles.
2. The same exercise is repeated using wheelchairs/scooters.
3. See reflection.

Stage 3

1. Dribbling on place while sitting/standing.
2. Dribbling while moving in a straight line sitting/standing.
3. Dribbling between cones in a zigzag path sitting/standing.
4. See reflection.

Stage 4

The session leader instructs students on shooting skills while sitting/standing.

1. Each child can take a number of shots to a hoop/basket, placed at a certain distance in sitting/standing position.
2. They compare the number of successful shots performed.
3. See reflection.

NB. Each time there is a reflection on the differences that children experienced when using the different positions.

Game play

After the students have practiced the skills and experienced the differences, they can follow up with a regulation (or modified adapted rules e.g., three-on-three) Wheelchair Basketball game. First it is necessary to describe basic rules of the game (e.g., travelling, fouls).



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GUIDELINES FOR ADAPTATION TO YOUNGER PARTICIPANTS

- Use various size balls (size, weight, texture, colours).
- Use lower baskets (eg, large garbage can, hoola hoops tied to basket).

GUIDELINES FOR ADAPTATION TO OLDER PARTICIPANTS

- Allow more time for a regulation (modified) game of Wheelchair Basketball.
- Introduce the concept of functional classification (see relevant fact sheets).
- Ask the students to prepare adaptations for inclusive Basketball.

REFLECTION

After each stage of the activity, the session leader should reflect on the differences between Basketball from seated and standing position. The aim for the students is to understand that performing Basketball in a sitting position is totally different. Basic skills become much more complicated when you are required to perform them sitting down. Moreover, they gain appreciation for the athletic achievement of Wheelchair Basketball players. Video fragments are shown to demonstrate their skills (provided on the PSD DVD).

Sample Questions

- How did you feel playing Basketball while seated? What was most difficult?
- What are the differences between Wheelchair Basketball and standing Basketball?
- Would it be easy to become an elite Wheelchair Basketball player?
- What skills and abilities must one gain to become an elite Wheelchair Basketball player?
- What difficulties might these players face in daily life? How might they overcome those difficulties?

wheelchair basketball - quiz

1. How many players are on court at one time?
2. What is the total number of classification points in one team on court at any time?
3. How many women's teams competed during the Beijing 2008 Paralympic Games?
4. How many times are you allowed to push the wheelchair with the ball in your lap before you must make a pass or bounce?
5. Which men's team won the Wheelchair Basketball World Championship title in 2006?
6. How long does each period last in a game?

answers:

1) five, 2) 14 points, 3) ten, 4) twice, 5) Canada, 6) 10 minutes

The official rules of Wheelchair Basketball can be found at www.iwbf.org.

LINKS

Website: www.paralympic.org/release/Summer_Sports/Wheelchair_Basketball
PSD Manual: Section Two, Chapter 8

Did you know...?

The height of the hoop in Wheelchair Basketball is the same as in the running game - 3.05m!

