

# WEEK THREE

# COACH'S CARDS

## WEEKLY OVERVIEW: (45-60 minutes each session)

Can Play offers you a framework to assist in structuring your adapted basketball program:

**Social Stretching, Agility Lines, and Ball Handling Warm-Up** (15 minutes)

**Group Game: Traffic Lights** (5 minutes)

**\*Stations:** (5 minutes each then rotate)

- **Station #1: Dribble, Jump Stop, Pass**
- **Station #2: Spot Shot**
- **Station #3: Box Out and Rebound**
- **Station #4: Dynamic Ladders**

**Can Play's Basketball Game:** (5-15 minutes depending on length of program)

*Include a water break after agility lines and station work. (2 minutes each)*

\*All recommended adaptations are meant to be used based on the coach's judgment. If the coach determines that a different adaptation is more suitable for a station to better meet the needs of the participants, it should be promptly put into practice.



## EQUIPMENT CHECKLIST

- 12-14 youth size basketballs
- 9 poly spots
- 20 colored cones
- Basketball hoop
- 1 agility ladder
- Optional equipment: painter's tape, wastebasket/bucket, reusable rubber twist ties, 2 hula hoops, miniature/lightweight ball, racket, or Gopher rainbow ultrasoft paddles

BASKETBALL STATION KEY	
	noodle
	hula hoop
	poly spot
	cone
	boundary
	coach
	player
	assistant
	ball
	bean bag
	bucket



**GROUP GAME:  
TRAFFIC LIGHTS**

# COACH'S CARD

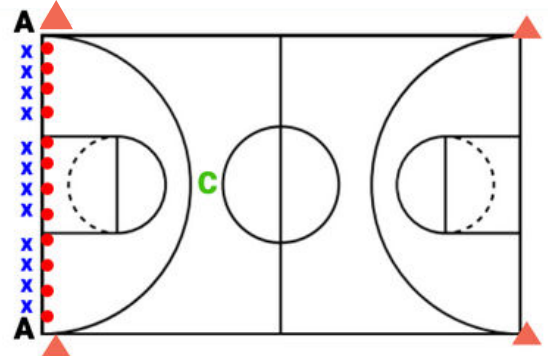
**FOCUS:** Participants will practice dribbling and quick responsiveness.

**EQUIPMENT:**

- Youth basketballs - 1 per participant
- Colored cones (to mark the playing area)
- Poly spots (one of each color-red, green, blue, orange, and yellow)

**SET-UP:**

- All participants stand or sit on one side of the court while coach explains the game. After directions, pass out a basketball to each participant.
- The coach stands in the middle of the court.



**INSTRUCTIONS: → First Show, Then Do**

- In this similar version of “Red Light, Green Light”, when the coach says, “green light” all participants start dribbling their basketballs and move forward.
- When the coach calls, “red light” all participants must stop dribbling and freeze immediately.
- As players get comfortable, the coach can call out different commands during the game such as “yellow light” means dribble to the left. “Blue light” means dribble to the right. “Orange light” means dribble backward.
- Participants who fail to follow the coach’s commands are out and should sit on the sidelines and cheer on their teammates or they can perform an exercise for a set number of repetitions to join back in the game.

**ADAPTATIONS**

**ENERGY 2 BURN**

- After the participants are out, they can get back into the game by doing an assigned exercise set such as 15 jumping jacks or run one lap around the court.
- Use non-dominant hand to dribble during the game.
- Provide a visual cue. List the colored lights and what direction the participants are to move on a poster/whiteboard or use colored poly spots.

**EVERY MOVE COUNTS**

- Utilize half the basketball court.
- After the participants are out, they can get back into the game by doing an assigned exercise set such as 10 modified jumping jacks or arm jacks.
- Provide a visual cue. List the colored lights and what direction the participants are to move on a poster/whiteboard.

**ON A ROLL**

- Utilize half the basketball court.
- Place the ball in the participants’ laps.
- After the participants are out, they can get back into the game by doing an assigned exercise set such as 10 arm circles (forwards and backwards).
- Provide a visual cue. List the colored lights and what direction the participants are to move on a poster/whiteboard.

**POWER UP**

- Utilize half the basketball court.
- After participants are out, they can get back into the game by doing an assigned exercise set such as 5 arm raises.
- Limit the number of light colors to two.

**DRIBBLE,  
JUMP STOP, PASS****COACH'S CARD**

**FOCUS:** Participants will dribble, jump stop, and chest pass to their partner.

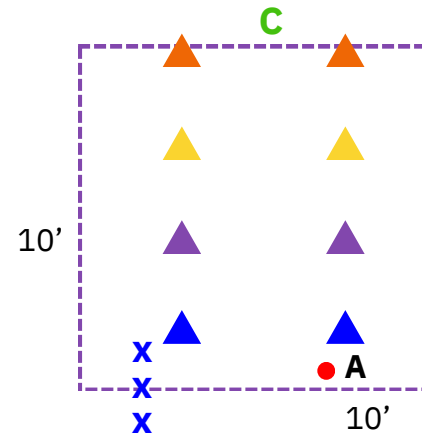
**EQUIPMENT:**

- 1 youth size basketball
- Option - 4 poly spots
- 8 cones

**SET-UP:**

- Place 4 sets of cones along the basketball court five feet away from each other in length and distance.
- The participants should be paired with either an assistant or a **LIKEability** teammate.

*Note: Before beginning this station, the coach should demonstrate and explain a jump stop.*

**INSTRUCTIONS: → First Show, Then Do**

- When the coach says “go”, the participant and assistant will run to the first set of cones. Whoever has the ball will dribble to the first set of cones, jump stop, and turn to chest pass to their partner. The partner will also jump stop at the cone, turn to face them, and catch the ball. They will then both run to the next cone while the partner with the ball dribbles.
- Both partners will repeat this action at the remaining sets of cones. Once they are done, the assistant will go back to the first cone with the ball and start over with the next participant in line.

**ADAPTATIONS****ENERGY 2 BURN**

- Level up this station by adding a pivot before passing.
- Increase the distance between the cones.
- Each time you run the drill, use a different pass; chest, bounce, or overhead.
- After completing the drill, the participants should take one lap around the gym or complete an exercise in place for a set amount of repetitions.

**EVERY MOVE COUNTS**

- Level the playing field by bringing the cones closer together to shorten the length of the pass.
- Substitute running for walking between cones.
- Decrease the number of cones used in the set-up from four to three.
- Give the participants the option to bounce and catch the ball in place of a dribble.

**ON A ROLL**

- Level the playing field by increasing the distance between the cones or poly spots to give more room for movement.
- On A Roll participants should follow the rule of two revolutions and one dribble between cones, if possible.
- Replace the jump stop with quick wheelchair pivots.
- Use three cones or poly spots.

**POWER UP**

- Level the playing field by increasing the distance between cones or poly spots to give more room for rotations of their wheels.
- Use three cones or poly spots.
- Have the assistant stand directly next to the participants for passing.
- Use a lighter ball/dodgeball that is easier for the participants to handle.

**SPOT SHOT**

# COACH'S CARD

**FOCUS:** Participants will practice shooting from different ranges and develop faster reaction time.

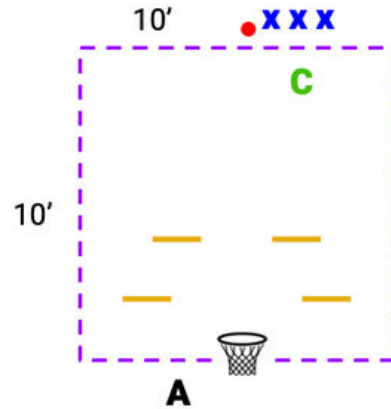
**EQUIPMENT:**

- 1 basketball hoop (lowered)
- 4 poly spots
- 1 youth size basketball
- Option - suspended hula hoop

**SET-UP:**

- Place 4 poly spots around the free throw lane.
- Have participants line up at the top of the key. First participant holds the ball.

*Note: Before beginning this station, the coach should demonstrate shooting form and how to utilize the backboard box to make a shot.*



**INSTRUCTIONS: → First Show, Then Do**

- The participants will take turns dribbling to a poly spot of their choice from the key and take a shot. They will rebound their own ball and then chest or bounce pass the ball to the coach or next person in line.
- As participants take turns, encourage them to pick up their pace and take a shot from a different poly spot each round.
- Option: Give each participant a ball and assign poly spots. The participants will shoot and rebound from that spot until the coach calls to stop and assigns new poly spots.

**ADAPTATIONS**

**ENERGY 2 BURN**

- Level up this station by moving the poly spots farther away from the hoop or stop the station and reset the poly spots in different places to keep practicing different ranges.
- Before the participants shoot at their poly spot, have them perform a basketball exercise such as five ball circles around each leg.

**EVERY MOVE COUNTS**

- Level the playing field by attaching two hula hoops together using a reusable rubber twist tie. Hang the hula hoops from the basketball rim to optimize shooting success.
- Move the poly spots closer to the hoop.
- The assistant rebounds the basketballs for the participants.

**ON A ROLL**

- Level the playing field by attaching two hula hoops together using a reusable rubber twist tie. Hang the hula hoops from the basketball rim to optimize shooting success.
- Move the poly spots closer to the hoop.
- The assistant rebounds the basketballs for the participants.

**POWER UP**

- Level the playing field by placing a hoop or target held by an assistant or teammate, give the participants a light ball/dodgeball and have them either shoot or push the ball into the target from different angles to practice. Be sure to have them alternate hands, if able.

**BOX OUT AND REBOUND****COACH'S CARD**

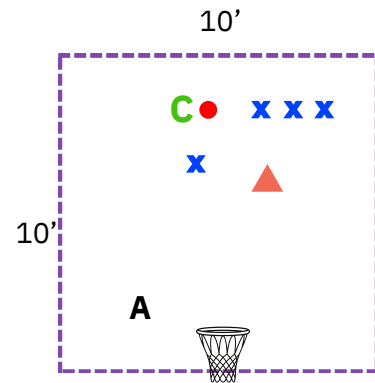
**FOCUS:** Participants will quickly transition from defense to blocking out the shooter to securing the rebound.

**EQUIPMENT:**

- 1 youth size basketball
- 1 basketball hoop (lowered)
- 3 colored cones

**SET-UP:**

- Place one cone at the top of the key to mark where to begin the play.
- Have participants line up off to the side or at the top of the key.

**INSTRUCTIONS:** → **First Show, Then Do**

- The coach will dribble towards the basketball hoop while the participant moves with them, staying in a defensive position in front of the coach.
- The coach will stop dribbling and take a shot. When this happens, the participant is to quickly turn and position themselves between the coach and the basket to “box out” the coach.
- The participant should get low and wide to create a strong blocking position. They should use their hips and rear end to box out.
- Once the shot is taken, the coach and participant will compete for the rebound.
- After the rebound, the participant goes to the end of the line.

**ADAPTATIONS****ENERGY 2 BURN**

- Level up this station, by having the participants switch roles with the coach. The participants dribble the ball while the coach plays defense.
- The coach can increase the pace of the drill to challenge the participants.

**EVERY MOVE COUNTS**

- Level the playing field by slowing down the pace of this drill to give the participants time to react appropriately.
- To begin practice rebounding with a lightweight ball until participants are comfortable with the drill. Then switch to a basketball.
- Have the assistant under the basket to assist with the rebound.

**ON A ROLL**

- Level the playing field by having the coach sit in a chair and take the shot, while the On A Roll participants use their wheelchair and hands to block the shot.
- Have the assistant under the basket to assist with the rebound.
- Option to replace youth basketball with a large, light weight ball to practice just blocking.

**POWER UP**

- Level the playing field by having the coach dribble in front of the participants, then stop and hold the ball above the participants' heads. Participants are to work on range of motion by reaching up with their arm(s) up to block the ball.

**DYNAMIC LADDERS****COACH'S CARD**

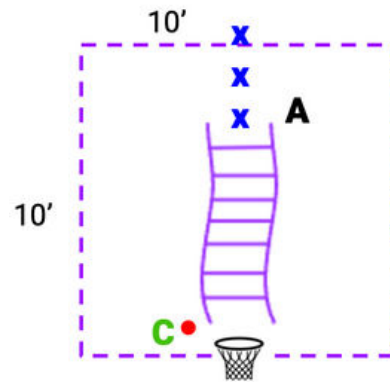
**FOCUS:** Participants will work to improve speed, coordination, and endurance through ladder drills.

**EQUIPMENT:**

- Agility ladder or tape ladder
- 1 youth size basketball
- 4 colored cones
- Option - painter's tape

**SET-UP:**

- Have the participants stand in a line behind the agility ladder.
- If you do not have a ladder, tape a ladder on the ground or spread out 4 cones in a line.

**INSTRUCTIONS:** → **First Show, Then Do**

- When the coach says “go”, one at a time participants will move through the agility ladder performing a different ladder drill. At the end of the ladder, the coach will be waiting under the basket with a basketball.
- When the participant gets to the end of the ladder they will jump stop, face the coach to receive a bounce pass and make an attempt at shooting the ball.
- Here are some suggested ladder drills. Each time through, switch drills. Feel free to use your own ideas.
  - First time through the ladder, basic running; run through the ladder by placing one foot in each square, moving forward with a quick and light step.
  - Second time, in and out drill; step into the ladder with both feet, then step out with both feet. Moving down the ladder quickly, repeating the motion.

**ADAPTATIONS****ENERGY 2 BURN**

- Level up this station by adding more complex ladder drills such as side shuffles, scissors, or high knees.
- Have participants do single-leg drills such as hopping on one leg while moving through the ladder.
- Challenge the participants by adding a second ladder to increase their endurance and effort.

**EVERY MOVE COUNTS**

- Level the playing field by using two ladders. The assistant is at one ladder while the participant is at the other one. The participants mirror the assistant's actions.
- If the participants are in a walker, put painter's tape on the ground to replicate the ladder in a safer form.
- Have participants walk through ladder drills.

**ON A ROLL**

- Level the playing field by replacing the ladder with four cones in a line about four to five feet apart in front of the basketball hoop. On A Roll participants will quickly move around the cones in a set amount of time, then stop under the hoop, receive the bounce pass from the coach, and shoot the ball.

**POWER UP**

- Level the playing field by replacing the ladder with four cones in a line about four to five feet apart in front of the basketball hoop. The participants power their chair around the cones. The coach will place the ball in the participants' laps and with hand over hand assistance help the participants shoot the ball.