

Special Olympics Basketball

A Guide for Coaches



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Introduction to the Guide

This guide is intended to support coaches, managers, volunteers and athletes in Learn-to-Play, Recreational and Competitive Basketball Programs in the Special Olympics. There are a number of helpful drills and activities in this guide to help support athletes and their development into basketball players. These sessions are intended for beginner, intermediate and more advanced athletes from a wide variety of age groups but have been broken down into specific skill levels. The photos used were athletes in the Falby Bulldogs Multi-Sport Program at Bolton C. Falby Public School in Ajax, Ontario, Canada and from the 2020 Durham Sports Festival.



Contact List

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Attendance

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Introduction to Learn-To-Play Basketball Sessions

These Learn-To-Play Basketball Session Guides are intended to support coaches of Learn-To-Play basketball programs in their ability to help their athletes improve basic skills and techniques that will help them learn basketball. These sessions help build into the more advanced sessions you will see in the Recreational and Competitive part of this guide.



Furthermore, activities with a star next to them can be done in the Learn-To-Play, Recreational and Competitive Programs together to build a sense of team unity.



Learn-To-Play Basketball Session 1

Warm Up (5 minutes)

Tennis Ball Roll

- Coach and athlete stand side by side, coach rolls tennis ball. Athlete must run and pick up tennis ball as quickly as possible and bring it back to coach.

Skill Building Activity (10 minutes)

Underhand Throws

- This can be done on a lowered basketball hoop or a regular sized hoop, depending on the ability of the athlete. Athletes will each learn to shoot underhanded with a basketball or smaller, lighter ball if needed. The purpose of the underhand shot is to build lower body and core strength. This motion is very similar to that of a kettlebell swing and is great exercise for the athlete. The hoop can be raised and the ball can become heavier as needed to help the athlete progress.

Fitness Exercise (10 minutes)

Line Tag

- Two athletes are "it". All athletes must stay on a line anywhere in the gym. When athletes are touched or step off a line they must do 10 jumping jacks then return into the game. This game works on cardio, balance and awareness on the court.



Stretch Out (5 minutes)

Athletes will meet in the circle for a series of stretches. This session the following stretches will be completed.

- Side lunge
- Lunge
- Seated hamstring stretch
- Butterfly
- Standing quad stretch
- 10 jumping jacks as a team



Learn-To-Play Basketball Session 2

Warm Up (5 minutes)

Red light, Green Light

- One athlete or coach is the traffic light. They raise a red pylon for athletes to be stopped and green for them to run. This drill focuses on stops and starts. The athlete who crosses a designated line first is the winner.

Skill Building Activity (10 minutes)

Seated passing

- Pair each athlete up with someone they will work well with. Athletes will be seated with straight legs. Ensure athletes are sitting up straight (straight spine). Athletes will then be passing the basketball back and forth with two bounces in between. Once athletes have been successful at this, they will pass with one bounce, then no bounces.

Fitness Exercise (10 minutes)

Basketball Tag

- Athletes will be using a court as decided by the coach. The volleyball court is often a good size for this. There will be a group of basketballs in the middle of the court. This part of the court is a “safe zone”. One athlete is “it”. They will touch other athletes and those athletes will go to the “safe zone”, bounce the ball 5 times and then return to the game.



Stretch Out (5 minutes)

Athletes will meet in the circle for a series of stretches. This session the following stretches will be completed.

- Side lunge
- Standing, legs straight, touch toes
- Standing, cross legs, touch toes, both sides
- Seated hamstring stretch
- Butterfly
- Standing quad stretch
- 10 jumping jacks as a team



Learn-To-Play Basketball Session 3

Warm Up (5 minutes)

Bean bag throw

- Athletes will each have a number of bean bags and a basket on the ground. They will underhand and/or overhand throw bean bags into the basket from various distances.

Skill Building Activity (10 minutes)

Bouncing Activity

- Athletes will each have a basketball or smaller, lighter ball, depending on their ability. There will be pylons in two straight lines. They will dribble the ball between the pylons. If possible, they can weave in and out of the pylons while dribbling.

Fitness Exercise (10 minutes)

Octopus

- Three athletes are "it". The other athletes are attempting to run from one side of the gym to the other without being touched. If they are touched, they will become seaweed. Seaweed must remain standing and try to touch running athletes without moving their feet.



Stretch Out (5 minutes)

Athletes will meet in the circle for a series of stretches. This session the following stretches will be completed.

- Side lunge
- Standing, legs straight, touch toes
- Standing, cross legs, touch toes, both sides
- Seated hamstring stretch
- Butterfly
- Seated leg stretch, both sides
- Shoulder Posterior stretch
- 10 jumping jacks as a team



Learn-To-Play Basketball Session 4



Warm Up (5 minutes)

Defensive Stance

- Coaches will show each athlete how to use their defensive stance. Play music, have athletes walk around. When music stops athletes must get into their defensive stances as quick as possible.



Skill Building Activity (10 minutes)

Target Passing

- There will be a series of targets throughout the gym. Athletes will be throwing the balls at the target from various distances. Athletes will be using chest passes for this activity. Some targets can send the ball back to them to catch, as is photographed (see below).

Fitness Exercise (10 minutes)

Rock, Paper, Scissors, Exercise

- Athletes will play Rock, Paper, Scissors. The loser will have to do 5 jumping jacks or another exercise (e.g. pushups, squats, etc).



Stretch Out (5 minutes)

- Overhead shoulder
- Forward arm circles
- Backwards arm circles
- Wrist extension
- Wrist flexion
- Shoulder Posterior stretch
- 10 jumping jacks as a team



Learn-To-Play Basketball Session 5**Warm Up (5 minutes)****Outdoor walk**

- Take athletes for a walk outside to get some fresh air.

**Skill Building Activity (10 minutes)****Dribbling Practice**

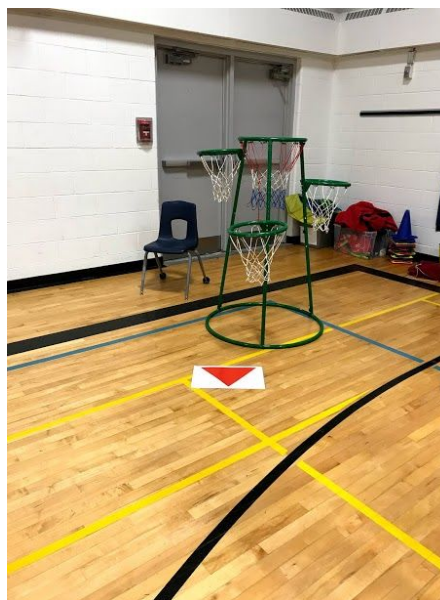
- Athletes will walk while dribbling the ball
 - From the baseline to the foul line and back
 - From the baseline to half-court and back
 - From the baseline to the far foul line and back
 - From the baseline to the far baseline and back

Fitness Exercise (10 minutes)**Rock, Paper, Scissors laps**

- Athletes will all start in corner 1 of the gym. They will play rock, paper, scissors with the winner advancing to corner 2, the loser stays in corner 1 and continues to play. The winner of rock, paper, scissors in corner 2 moves to corner 3 and so forth. When you have made it back to corner 1 (a full lap of the gym) you earn one popsicle stick from a coach. We will see how many each athlete can earn. When you lose you remain in that same corner.

**Stretch Out (5 minutes)**

- Overhead shoulder
- Forward arm circles
- Backwards arm circles
- Wrist extension
- Wrist flexion
- Shoulder Posterior stretch
- Seated hamstring stretch
- Butterfly
- 10 jumping jacks as a team



Learn-To-Play Basketball Session 6

Warm Up (5 minutes)

Movement warm up

- Athletes will walk or dance around the gym when music is playing. When the music stops, they have to freeze. If the music stops and the coach says an exercise, they must do that exercise (e.g. 5 push ups)

Skill Building Activity (10 minutes)

Shooting game

- Athletes will each be in front of a basket with a ball. They will be taking shots at their own pace. When they make a shot, they will take a step back. If they miss, they will continue at that spot. We will see how far they can make it away from the basket. Regular hoop height or lowered if necessary. Athletes can use underhand throws or overhand shots at this point. Sometimes, using hula hoops or other markers can be helpful to athletes in showing them where to move after making a basket.

Fitness Exercise (10 minutes)

Dribbling Laps

- Each athlete will be dribbling the ball around the gym at their own pace (walking or running).



Stretch Out (5 minutes)

Athletes will meet in the circle for a series of stretches. This session the following stretches will be completed.

- Side lunge
- Lunge
- Seated hamstring stretch
- Butterfly
- Standing quad stretch
- Wrist extension
- Wrist flexion
- Ankle roll
- 10 jumping jacks as a team



Learn-To-Play Basketball Session 7



Warm Up (5 minutes)

Yoga Warm Up

- Athletes will do as many seconds as the coach sees fit of the following poses
 - Push up position
 - Back extension
 - Side plank from knees, both sides
 - Pigeon stretch

Skill Building Activity (10 minutes)

Learning the Three Types of Passing

- Coaches will demonstrate bounce pass, chest pass and overhead pass to athletes. Each athlete will partner up and work on these three (3 minutes of practicing each type of pass).

Fitness Exercise (10 minutes)

Duck, Duck, Goose

- Athletes will sit in a circle with one athlete standing to start. This athlete will touch each athlete on the head saying duck. When they have chosen the athlete they want to race against, they will touch them and say goose. The athletes will race in opposite directions to see who can sit back down in that spot first. Ensure that each athlete is chosen.



Stretch Out (5 minutes)

Athletes will meet in the circle for a series of stretches. This session the following stretches will be completed.

- Side lunge
- Lunge
- Seated hamstring stretch
- Butterfly
- Standing quad stretch
- Ankle roll
- 10 jumping jacks as a team



Learn-To-Play Basketball Session 8



Warm Up (5 minutes)

Standing Passing with a Partner

- Athletes will work on passing back and forth with a partner

Skill Building Activity (10 minutes)

Shooting Drill

- Athletes will shoot at a variety of spots around the basket. They will work on not using the underhand for this drill if possible.

Fitness Exercise (10 minutes)

Relay race

- Athletes will be divided into two or more teams. Each team will have one athlete at a time run from one end of the gym, touch the far wall and run back to give the next athlete a high five. Each athlete will run once. When athletes are ready, at the far end of the gym they can do an exercise before coming back to their line (e.g. pushups, jumping jacks etc.).



Stretch Out (5 minutes)

- Overhead shoulder
- Forward arm circles
- Backwards arm circles
- Wrist extension
- Wrist flexion
- Shoulder Posterior stretch
- Seated hamstring stretch
- Butterfly
- 10 jumping jacks as a team



Learn-To-Play Basketball Session 9**Warm Up (5 minutes)****Passing Against a Wall**

- Athletes will work on passing the ball against the wall and catching before it touches the ground

Skill Building Activity (10 minutes)**Pass, Pass, Shoot**

- Athletes will start with a ball in a straight line. They will pass to a coach, coach passes back, then they will shoot the ball. They can shoot overhand or underhand for this drill.

Fitness Exercise (10 minutes)**Relay Race With Ball**

- Athletes will be divided into two or more teams. Each team will have one athlete at a time run while dribbling from one end of the gym, touch the far wall and run back to give the next athlete a high five. Each athlete will run once.

**Stretch Out (5 minutes)**

- Overhead shoulder
- Forward arm circles
- Backwards arm circles
- Wrist extension
- Wrist flexion
- Shoulder Posterior stretch
- Seated hamstring stretch
- Butterfly
- 10 jumping jacks as a team



Learn-To-Play Basketball Session 10**Warm Up (5 minutes)****Free Shoot Around**

- Athletes will have time to shoot around as they please.

**Skill Building Activity (15 minutes)****Basketball Game**

- Athletes will be divided up into two groups. Often times a 3 on 3 or 4 on 4 game may be more effective depending on the strength of your athletes. Ensure that coaches are on the floor supporting athletes at all times.

**Fitness Exercise (10 minutes)****Walking Laps**

- Have all athletes walk 5 laps of the gym.

**Stretch Out (5 minutes)**

- Overhead shoulder
- Forward arm circles
- Backwards arm circles
- Wrist extension
- Wrist flexion
- Shoulder Posterior stretch
- Seated hamstring stretch
- Butterfly
- 10 jumping jacks as a team



Introduction To Specific Exercises

The following exercises are specific exercises that cater to all athletes but perhaps more specifically to young athletes with special needs. They will focus on three physical fitness areas. These areas are core strength (Sit-up Ball Throw), hand-eye coordination (Handkerchief Throw and Catch) and agility and foot placement (Hula Hoop Agility). They are best to be done one on one with athletes or in small groups.



Sit-Up Ball Pass

This exercise is designed to help athletes build core strength and build skills in passing the basketball. The athlete and coach will sit a fair distance apart. The coach will lay back, putting their feet to the sky, sit up and roll the basketball to the athlete. The athlete will then catch the ball, lay back, putting their feet to the sky, sit up and throw/roll the basketball back to the coach. This should be repeated as many times as possible to build the core strength of the athlete.



Handkerchief Throw And Catch

This exercise requires a handkerchief and a one-on-one time with the athlete or a small group of athletes. The coach will hold a handkerchief out of reaching distance over the head of the athlete. The coach will drop the handkerchief and the athlete will catch it before it touches the ground. This exercise is to be first done with two hands, then one hand. It is important that the athletes practice with each hand as equally as possible.

Once the athletes have mastered this skill they can turn their back to the coach. The coach will then stand about 3 to 5 feet away from the athlete. The coach will throw the handkerchief in the air and say “go” at the same time. The athlete will turn around and try to catch the handkerchief before it touches the ground. You can also use multiple handkerchiefs for more advanced athletes.



Hula Hoop Agility

Footwork and agility is essential in developing competent basketball players. The use of the following varied drills will help improve this skill in athletes.

When athletes are ready, they can **run** through hula hoops as fast and safely as possible. This drill works on agility and foot placement by placing 6-10 hula hoops in an uneven line. Once competent in this drill, athletes can do **two foot hops** through scattered hula hoops, which is a great drill from jumping abilities. Have athletes do two foot hops as fast as they can throw each hoop. When athletes are competent in this they can do **single foot hops** through these hoops.



Introduction to Recreational and Competitive Basketball Sessions

The following sessions are intended for Recreational and Competitive Basketball Programs. These sessions each include a warm up, two skill building activities, fitness exercises and a stretch out. Drills that can be done with all skills levels together for a specific practice session (Learn-To-Play, Recreational and Competitive) will be designated with a star.



Recreational and Competitive Basketball Session 1

Warm Up (5 minutes)

Ball Handling laps

- Each athlete has a ball and starts walking and dribbling around the gym. When coach blows the whistle, they will start running while dribbling. When coach blows the whistle again, they will walk again. Keep the length of time running and walking varied throughout this exercise.

Skill Building Activity 1 (10 minutes)

Passing

- Each athlete will partner up with someone at their own skill level. They will first start passing back and forth using a chest pass. After some time, they will use bounce passes then overhead passes.

Skill Building Activity 2 (10 minutes)

Lay-up Drill

- There will be two lines of athletes, each starting at the elbow. One athlete from one line will run and do a lay-up. The athlete from the other side will run to get the rebound. The athletes will switch lines after their lay-up is completed. The rebounder will pass the ball to the next person in line. Continue to do lay-ups from the right side to start then move to the left side.

Fitness Exercise (10 minutes)

Octopus

- Choose three athletes to be "it". They will say "octopus" and the other athletes will start to try and get to the other side. When an athlete is touched, they will be able to touch other athletes but cannot move their feet. They become "seaweed".



Stretch Out (5 minutes)

Athletes will meet in the circle for a series of stretches. This session the following stretches will be completed.

- Side lunge
- Lunge
- Seated hamstring stretch
- Butterfly
- Standing quad stretch
- 10 jumping jacks as a team



Recreational and Competitive Basketball Session 2

Warm Up (5 minutes)

Ball Handling laps

- Each athlete has a ball and starts walking and dribbling around the gym. When coach blows the whistle, they will start running while dribbling. When coach blows the whistle again, they will walk again. Keep the length of time running and walking varied throughout this exercise.

Skill Building Activity 1 (10 minutes)

Shooting

- Coaches will divide athletes up to each basket. Athletes will form a line at the free throw line. Each athlete will shoot a free throw and get their own rebound. Adjust distance from the basket as needed.

Skill Building Activity 2 (10 minutes)

2 on 1 drill

- There will be two lines of athletes, each starting at the three point line. One athlete from one line start with the ball. The defender will start on the free throw line. This will be a two on one situation. The athlete that shoots will then play defense in the next repetition.

Fitness Exercise (10 minutes)

Line Drills

- Coaches will split athletes into two (or more groups). Athletes will run and touch the free throw line and back to the baseline, halfcourt line and back to the baseline, far free throw line and back to the baseline, far baseline and back to the baseline.



Stretch Out (5 minutes)

Athletes will meet in the circle for a series of stretches. This session the following stretches will be completed.

- Side lunge
- Standing, legs straight, touch toes
- Standing, cross legs, touch toes, both sides
- Seated hamstring stretch
- Butterfly
- Standing quad stretch
- 10 jumping jacks as a team



Recreational and Competitive Basketball Session 3

Warm Up (5 minutes)

Walking races

- Athletes will walk one lap of the gym against a partner to see who can walk it the fastest. Pair up athletes of equal speed and skill levels. Use pylons to ensure athletes fully understand where they are to be walking.

Skill Building Activity (10 minutes)

Ball Handling Activity

- Athletes will dribble from one end of the gym to the other in a race against another team. Again, pairing athletes of similar skill level is best for this activity. Use pylons to force athletes to zig-zag from one side of the gym to the other while bouncing the ball.

Skill Building Activity (10 minutes)

Shooting Drill

- Athletes have a series of markers on the gym floor. They will try to shoot from each marker

Fitness Exercise (10 minutes)

Fitness Circuit

Each athlete will complete the following as a team:

- 10 pushups
- 10 sit ups
- 10 heel touches
- 10 burpees
- 10 high knees
- 2 laps of the gym



Stretch Out (5 minutes)

Athletes will meet in the circle for a series of stretches. This session the following stretches will be completed.

- Side lunge
- Standing, legs straight, touch toes
- Standing, cross legs, touch toes, both sides
- Seated hamstring stretch
- Butterfly
- Seated leg stretch, both sides
- Shoulder Posterior stretch
- 10 jumping jacks as a team



Recreational and Competitive Basketball Session 4

Warm Up (5 minutes)

Defensive Stance

- All athletes will start at one side of the gym. They will be divided into two lines (or depending on the number of athletes you have. Each athlete will move in their defensive stance slowly from one end of the court to the other. Ensure they are all looking the same way. They will do this to one side of the gym. When everyone has gone once they can do the same to the other side of the gym.



Skill Building Activity (10 minutes)

Target Passing

- There will be a series of targets throughout the gym. Athletes will be throwing the balls at the target from various distances. Athletes will be using chest passes for this activity.

Skill Building Activity (10 minutes)

Zone Defence

- Show athletes a 2-3 zone defence. Ensure that each athletes know their position in the zone defence. Start all athletes at the half court line. They will be doing this in groups of 5. When a coach blows the whistle, they will run as fast as they can to their respective zones.

Fitness Exercise (10 minutes)

Rock, Paper, Scissors, Exercise

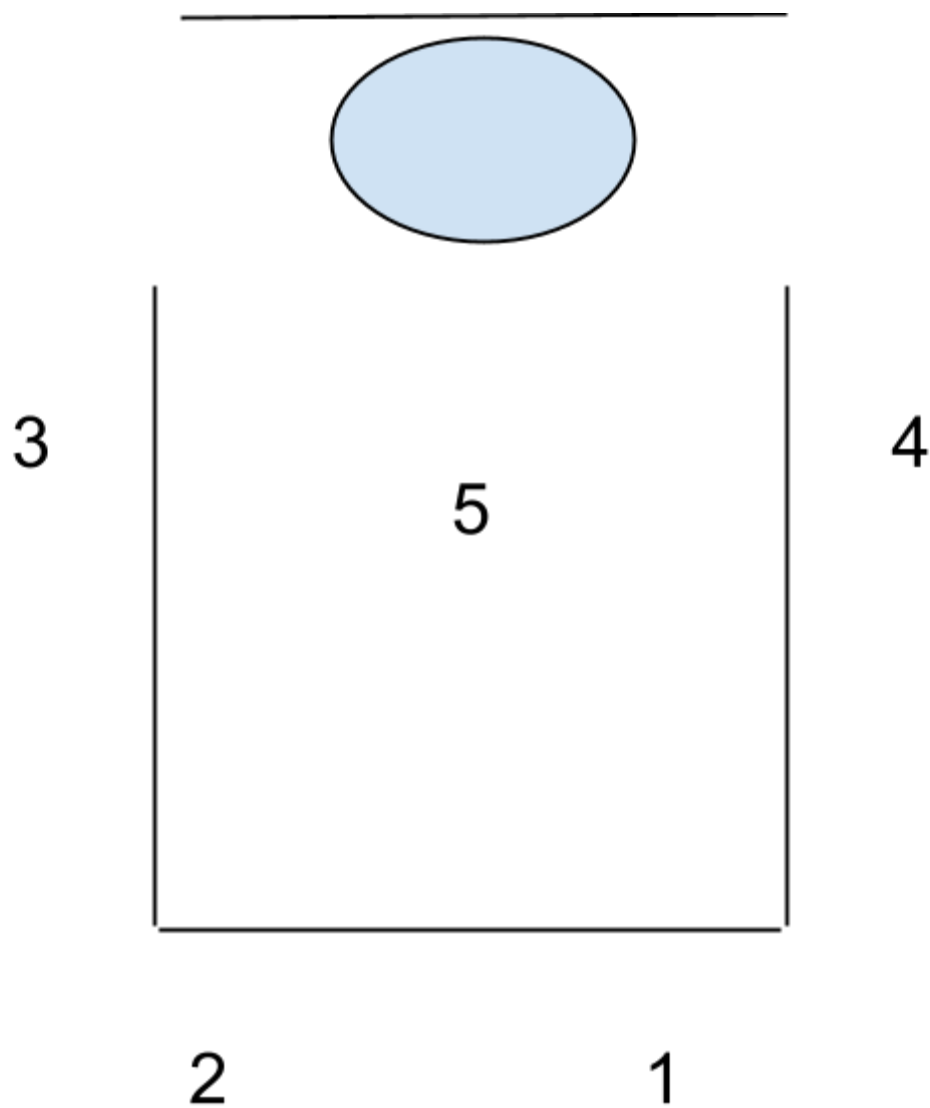
- Athletes will play Rock, Paper, Scissors. The loser will have to do 5 jumping jacks or another exercise (e.g. pushups, squats, etc).



Stretch Out (5 minutes)

- Overhead shoulder
- Forward arm circles
- Backwards arm circles
- Wrist extension
- Wrist flexion
- Shoulder Posterior stretch
- 10 jumping jacks as a team





Recreational and Competitive Basketball Session 5**Warm Up (5 minutes)****Outdoor walk**

- Take athletes for a walk outside to get some fresh air.

**Skill Building Activity (10 minutes)****Dribbling Practice**

- Athletes will walk while dribbling the ball (athletes who are able can run)
 - From the baseline to the foul line and back
 - From the baseline to half-court and back
 - From the baseline to the far foul line and back
 - From the baseline to the far baseline and back

Skill Building Activity (10 minutes)**3 on 2 drill**

- There will be three lines of athletes, each starting at the three point line. One athlete from one line start with the ball. The defenders will start on the free throw line. This will be a three on two situation. The two athletes that touched the ball last (one will be the shooter) will then play defense in the next repetition.

Fitness Exercise (10 minutes)**Full Court Two on Twos**

- Give athletes two minutes each to do a full court two on two. In this situation remind them to play man to man defence and not a zone defence.

**Stretch Out (5 minutes)**

- Overhead shoulder
- Forward arm circles
- Backwards arm circles
- Wrist extension
- Wrist flexion
- Shoulder Posterior stretch
- Seated hamstring stretch
- Butterfly
- 10 jumping jacks as a team



Recreational and Competitive Basketball Session 6

Warm Up (5 minutes)

Ball Handling laps

- Each athlete has a ball and starts walking and dribbling around the gym. When the coach blows the whistle, they will start running while dribbling. When the coach blows the whistle again, they will walk again. Keep the length of time running and walking varied throughout this exercise.

Skill Building Activity 2 (10 minutes)

Lay-up Drill

- There will be two lines of athletes, each starting at the elbow. One athlete from one line will run and do a lay-up. The athlete from the other side will run to get the rebound. The athletes will switch lines after their lay-up is completed. The rebounder will pass the ball to the next person in line. Continue to do lay-ups from the right side to start then move to the left side.

Skill Building Activity (10 minutes)

3 on 1 drill

- There will be three lines of athletes, each starting at the three point line. One athlete from one line starts with the ball. The defender will start on the free throw line. This will be a three on one situation. The athlete that shoots the ball will then play defense in the next repetition.

Fitness Exercise (10 minutes)

Hurdles

- Each athlete will step, run or hop over the hurdles depending on their abilities.



Stretch Out (5 minutes)

Athletes will meet in the circle for a series of stretches. This session the following stretches will be completed.

- Side lunge
- Lunge
- Seated hamstring stretch
- Butterfly
- Standing quad stretch
- Wrist extension
- Wrist flexion
- Ankle roll
- 10 jumping jacks as a team



Recreational and Competitive Basketball Session 7



Warm Up (5 minutes)

Yoga Warm Up

- Athletes will do as many seconds as the coach sees fit of the following poses
 - Push up position
 - Back extension
 - Side plank from knees, both sides
 - Pigeon stretch

Skill Building Activity (10 minutes)

One on One Drill

- Coaches will divide athletes up into two lines under the basket, facing the court. There will be a coach in the middle of the two lines. The athletes are not yet on the court, they are behind the baseline. The coach will roll the ball onto the court. The first athletes from each line will race for the ball. When one of them grabs the ball they will turn and have a one on one situation on the basket where they just came from. One shot only is allowed in this drill to prevent injuries from rebounding where there are a number of other athletes.

Skill Building Activity (10 minutes)

Rebounding Drill

- Coaches will divide athletes up into however many baskets they can. There should be a coach at each basket. Athletes will be lined up facing the basket beside the coach (on the free throw line or further back, depending on the ability of the athlete). The coach will throw the ball off the rim or backboard to create a rebound. The athlete will run as fast as they can in order to grab the rebound before it touches the ground.

Fitness Exercise (10 minutes)

Sprints

- Athletes will be split into two teams. On a coach's whistle, the first athlete in each line will race to half court. Ensure each athlete gets at least 5 repetitions.



Stretch Out (5 minutes)

Athletes will meet in the circle for a series of stretches. This session the following stretches will be completed.

- Side lunge
- Lunge
- Seated hamstring stretch
- Butterfly
- Standing quad stretch
- Ankle roll
- 10 jumping jacks as a team



Recreational and Competitive Basketball Session 8**Warm Up (5 minutes)****Standing Passing with a Partner, run two laps**

- Athletes will work on passing back and forth with a partner
- After this they will run two laps

Skill Building Activity (10 minutes)**5 on 5 (man to man defence)**

- Allow athletes to play a 10 minute game using man to man defence

Skill Building Activity (10 minutes)**5 on 5 (zone defence)**

- Allow athletes to play a 10 minute game using zone defence

Fitness Exercise (10 minutes)**Relay race**

- Athletes will be divided into two or more teams. Each team will have one athlete at a time run from one end of the gym, touch the far wall and run back to give the next athlete a high five. Each athlete will run once.

**Stretch Out (5 minutes)**

- Overhead shoulder
- Forward arm circles
- Backwards arm circles
- Wrist extension
- Wrist flexion
- Shoulder Posterior stretch
- Seated hamstring stretch
- Butterfly
- 10 jumping jacks as a team



Recreational and Competitive Basketball Session 9**Warm Up (5 minutes)****Passing Against a Wall**

- Athletes will work on passing the ball against the wall and catching before it touches the ground

**Skill Building Activity (10 minutes)****Pass, Pass, Shoot**

- Athletes will start with a ball in a straight line. They will pass to a coach, coach passes back, then they will shoot the ball. They can shoot overhand or underhand for this drill.

Skill Building Activity (10 minutes)**Full court 2 on 1 drill**

- Athletes will be divided into two lines, each facing the court, under the basket. There will be a defender at half court. One line starts with the ball, they will pass back and forth while moving up the court. This is a two on one situation. The athlete that shoots will then play defence next repetition.

Fitness Exercise (10 minutes)**Relay Race With Ball**

- Athletes will be divided into two or more teams. Each team will have one athlete at a time run while dribbling from one end of the gym, touch the far wall and run back to give the next athlete a high five. Each athlete will run once.

**Stretch Out (5 minutes)**

- Overhead shoulder
- Forward arm circles
- Backwards arm circles
- Wrist extension
- Wrist flexion
- Shoulder Posterior stretch
- Seated hamstring stretch
- Butterfly
- 10 jumping jacks as a team



Recreational and Competitive Basketball Session 10**Warm Up (5 minutes)****Free Shoot Around**

- Athletes will have extra time to shoot around as they please

**Skill Building Activity (20 minutes)****Basketball Game**

- Athletes will be divided up into two teams. They will be doing a 5 on 5 game using either zone or man to man defence at the discretion of the coach.

**Fitness Exercise (10 minutes)****Walking Laps**

- Have all athletes walk 5 laps of the gym.

**Stretch Out (5 minutes)**

- Overhead shoulder
- Forward arm circles
- Backwards arm circles
- Wrist extension
- Wrist flexion
- Shoulder Posterior stretch
- Seated hamstring stretch
- Butterfly
- 10 jumping jacks as a team



Introduction to Exercise Sessions

The following Exercise Sessions are intended for teams who wish to extend their physical activity and exercise routine to support their athletic development. Each of these sessions can be modified to cater to the specific needs and interests of the athlete. These exercises can also be incorporated into sport specific practices. All sessions are broken into 4 aspects of physical fitness. These four aspects of physical fitness are Upper Body Exercises, Core Exercises, Lower Body Exercises and Aerobic or Anaerobic Exercises. All of these exercises can provide tremendous benefit to athletic development in all sports.



Exercise Session 1

Upper Body

5 sets of 5 pushups

- Pushups can be done on knees (easier) or place feet on a raised surface (harder)

5 sets of 5 dips

- Dips can be done with knees bent (easier) or legs straight (harder)

Core

3 sets of 10 crunches

3 sets of 20 heel touches

Lower Body

3 sets of 10 squats

1 set of 5 lunges with left leg forward

1 set of 5 lunges with right leg forward

Aerobic Exercise

50 mountain climbers

10 burpees

Exercise Session 2

Upper Body

5 sets of 5 pushups

- Pushups can be done on knees (easier) or place feet on a raised surface (harder)

Core

3 sets of 10 crunches

3 sets of 20 bicycles

3 sets of 10 russian twists

Lower Body

3 sets of 10 squat jumps

1 set of 5 lunges with left leg forward

1 set of 5 lunges with right leg forward

Aerobic Exercise

10 jumping jacks

10 burpees

Exercise Session 3

Upper Body

5 sets of 7 pushups

- Pushups can be done on knees (easier) or place feet on a raised surface (harder)

Core

3 sets of 10 sit ups

3 sets of 20 bicycles

3 sets of 5 leg raises

Lower Body

3 sets of 12 squats

Aerobic Exercise

2 minute run

Exercise Session 4

Upper Body

5 sets of 7 pushups

- Pushups can be done on knees (easier) or place feet on a raised surface (harder)

2 sets of 2 chin ups

- These can be assisted chin ups if needed

2 sets of 2 pull ups

- These can be assisted pull ups if needed

*Chin ups are hands facing face while pull ups are hands facing away from face

Core

3 sets of 12 crunches

Lower Body

3 sets of 15 squat jumps

Aerobic Exercise

15 burpees

Exercise Session 5

Upper Body

3 sets of 10 pushups

- Pushups can be done on knees (easier) or place feet on a raised surface (harder)

Core

3 sets of 15 crunches

3 sets of 20 heel touches

3 sets of 10 bicycles

Lower Body

30 second glute bridge

15 squats

Anaerobic Exercise

10 wind sprints

Exercise Session 6

Upper Body

3 sets of 10 pushups

- Pushups can be done on knees (easier) or place feet on a raised surface (harder)

3 sets of 10 dips

- Dips can be done with knees bent (easier) or legs straight (harder)

Core

3 sets of 10 sit ups

30 second plank

- Planks can be done from knees (easier) or from feet (harder)

3 sets of 10 bicycles

Lower Body

30 second glute bridge

15 squat jumps

Aerobic Exercise

2 minute run

Exercise Session 7

Upper Body

2 sets of 2 chin ups

- These can be assisted chin ups if needed

2 sets of 2 pull ups

- These can be assisted pull ups if needed

*Chin ups are hands facing face while pull ups are hands facing away from face

Core

3 sets of 10 crunches

30 second plank

- Planks can be done from knees (easier) or from feet (harder)

15 second side plank - right side from knee

15 second side plank - left side from knee

Lower Body

30 second glute bridge

1 set of 5 lunges with left leg forward

1 set of 5 lunges with right leg forward

Aerobic Exercise

3 sets of 10 burpees

Exercise Session 8

Upper Body

2 sets of 2 chin ups

- These can be assisted chin ups if needed

2 sets of 2 pull ups

- These can be assisted pull ups if needed

*Chin ups are hands facing face while pull ups are hands facing away from face

Core

3 sets of 10 russian twists

3 sets of 10 bicycles

3 sets of 10 crunches

Lower Body

30 second glute bridge

1 set of 5 lunges with left leg forward

1 set of 5 lunges with right leg forward

Aerobic Exercise

3 sets of 10 burpees

Exercise Session 9

Upper Body

3 sets of 10 pushups

- Pushups can be done on knees (easier) or place feet on a raised surface (harder)

3 sets of 10 dips

- Dips can be done with knees bent (easier) or legs straight (harder)

Core

5 leg raises

30 second plank

- Planks can be done from knees (easier) or from feet (harder)

15 second side plank - right side from knee

15 second side plank - left side from knee

Lower Body

5 sets of 10 squats

Aerobic Exercise

2 minute run

Exercise Session 10

Upper Body

3 sets of 10 pushups

- Pushups can be done on knees (easier) or place feet on a raised surface (harder)

3 sets of 10 dips

- Dips can be done with knees bent (easier) or legs straight (harder)

Core

3 sets of 10 crunches

15 second side plank - right side from knee

15 second side plank - left side from knee

Lower Body

5 sets of 10 squats

Anaerobic Exercise

10 wind sprints

Games Requiring Less Instruction

The following activities are great ways of allowing athletes to build their independence through games that require minimal supervision and instruction once athletes understand the rules.

Bump

In order to play bump, athletes will start a line at the free throw line. There will be two balls in this game. The first two athletes in line have the ball. The goal of this game is to score a basket before the athlete in front of you does. If you score before the athlete in front of you, they are out. If the athlete scores before the athlete behind them, they are safe. The winner is the last athlete standing.

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This game has two athletes playing at a time. Athlete 1 will shoot from the free throw line to start. If they make the shot, they get 1 point. If they miss, athlete 2 will get the rebound and shoot from wherever they catch it. This shot will be 1 point. After making their first shot, athletes will go to the free throw line to shoot free throws. If they make these shots, they will be worth 2 points. In this game you shoot until you miss. When you miss, the other athlete will shoot where they get the rebound from (which is always worth 1 point). The winner is the person that gets to 21 first. However they must reach 21 points exactly. If they get to 20 points, they need to miss their free throw (worth 2 points) or else they will start with 1 point again.

Shooting from various distances

Athletes can do this individually or in pairs. Each athlete will start with a ball close to the basket. They will shoot and if they make it, they take a step back. They keep taking steps back until they miss a shot. Each time they miss, they start back from the beginning. Give athletes pylons to mark their best tries.



Date:

Coach:

Team:

Warm up

Skill Building Activity

Skill Building Activity

Fitness Activity

Stretch Out

Date:

Coach:

Team:

Warm up

Skill Building Activity

Skill Building Activity

Fitness Activity

Stretch Out

Date:

Coach:

Team:

Warm up

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Skill Building Activity

Fitness Activity

Stretch Out

About The Author

Justin Heenan is the Head Coach of the Bolton C. Falby Multisport program and organizer of the Durham Sports Festival in 2020. He is also the Manager of the Active Start and FUNDamentals programs in the Greater Durham Special Olympics. He has coached Special Olympics basketball in Kingston and Peterborough as well. He is a teacher in the Durham District School Board.

