

# Wheelchair Basketball Terms & Concepts for Success on the Court: Beginner

## PLAYER TERMS

- ⇒ **Guide Hand:** A shooters non-shooting hand.
- ⇒ **Follow Through:** The last part of the action of shooting.
- ⇒ **Check/Match-up:** The person you are guarding. Ideally a player of the same class and skill level.
- ⇒ **Greatest Threat:** The most dangerous offensive player at a given moment during play. The player most likely to get the ball and score.
- ⇒ **Least Threat:** The least dangerous player at a given moment during play
- ⇒ **Mismatch:** A situation where there is a big player matched up with a smaller player, a fast player on a slower player, or an attacking defender out of position.
- ⇒ **Back Pick:** A pick set on a defender who is caught in transition from offense to defence (this usually takes place in their front court) keeping them out of the play giving the offense the advantage.

## WHEELCHAIR TERMS

- ⇒ **Axle:** The part that attaches the wheel to the chair and allows the wheel to spin.

### *Comments on Equipment:*

- Wheelchairs that are set up in the best possible way for each individual are vital for success
- Spare parts, especially wheels must be available at all game and practices
- Straps and cushions are equally important to facilitating success
- Having someone who has an understanding of how to maintain and repair a wheelchair quickly is invaluable

## COURT AND BASIC RULE TERMS

- ⇒ **Foul Line Extended:** An imaginary line that crosses the court from sideline to sideline at the foul line at 19 feet from the backboard.
- ⇒ **Base Line:** The line at each end of the court under the baskets.
- ⇒ **Foul Line or Free Throw Line:** The line that marks the top of the key where players get attempt to score from if a foul committed on them while shooting.
- ⇒ **Side Line:** The 2 lines that mark the boundary of the court's two longest sides.
- ⇒ **Front Court:** The half of the court that the opposing team is guarding.
- ⇒ **Back Court:** The half of the court that a player and his team are defending.
- ⇒ **Half Court:** The portion of the court from the baseline to the center line.
- ⇒ **Court Balance:** Proper spacing of offensive players around the key
- ⇒ **Three Point Line:** An arc drawn on the court whose center is 20.5 feet from the center of the rim.
- ⇒ **The Point:** The top of the offense; generally on the midline of the court where it intersects with the three point line; where a set offense will begin from.
- ⇒ **High Position:** Above the foul line, usually.
- ⇒ **Low Position:** Below the foul line at the side of the key near the blocks.

- ⇒ **The Blocks:** The small, solid boxes on the left and right side of the key.
- ⇒ **Transition:** The time it takes to change from offense to defence during a game. Also it describes the strategy used to do so.

## INDIVIDUAL SKILL TERMS

- ⇒ **Bounce Stop:** The use of a high bounce to create enough time to stop the chair with both hands and still maintain ball control.
- ⇒ **Turning:**
  - 90 Degree Turn = a square corner
  - 45 Degree Turn = 1/2 of a square corner
  - 180 Degree Turn = turn to face the total opposite direction
  - 360 Degree Turn = turn in a full circle
- ⇒ **Speed:** How fast a player can push his or her chair at top speed.
- ⇒ **Hand Strike:** Describes the action of the hands on the wheel and push rim. A proper forward hand strike should start at 12:00 o'clock and end at 3:00 o'clock. The action makes a D shape and should resemble the wheels of an old time train locomotive.
- ⇒ **Angle of Approach:** The direction in which a player travels to basket when driving in for a lay-up.
- ⇒ **Contest:** The act of attacking an offensive player who is shooting.
- ⇒ **Drive:** Pushing hard to the basket into an open space at a good angle of approach.

## TEAM DEFENSIVE TERMS & CONCEPTS

### General Defensive Skills

- Man to man
- Zone (eg. 1-2-2, 2-3, etc. referring to player formation in the defensive end)
- Judgement
- Chair positioning fundamentals
- Defensive communication
- Rebounding
- Fouling characteristics

### Play if smart defence:

- How far or should I go?
- How low should I go?
- Where do I go on a backpack?
- What is the strength of the defence?
- What is the weakness of the defence?
- Where are the threats?

### Box Out:

- Goal is to allow the opposition only one shot per possession
- Use your chair to make contact with the opposition chair and hold your position while the ball is in the air
- Move to the ball as required, keeping inside position
- Know who you need to box out, and if they have extra height on you, box them out further from the basket

## TEAM OFFENSIVE TERMS

- ⇒ **Proper Spacing:** On offense you maintain 10 to 15 feet of space between team-mates in an attempt to avoid the point of convergence for as long as possible. This forces the defence to commit and choose who they will attack preventing one defender from effectively guarding two offensive players at the same time.
- ⇒ **Screen:** A barrier set up by a large offensive player so that a team-mate can shoot behind him or her.

*Offensive Tip: I will look to pass before I dribble the ball.*

## TEAM TRANSITIONAL CONCEPT

- I will get the ball into scoring position as fast as is safe and I will get back on defence immediately upon recognition that an offensive rebound will not be secured.

## CLASSIFICATION TERMS

- ⇒ **Range of Motion:** Describes the amount of motion a body part can perform in a stated direction
- ⇒ **Center of Balance / Center of gravity:** The point of the body from which balance may be achieved. This point changes with changes in body position and classification. This is important to understand as it impacts performance of all skills for individual player, team-mates, and opponents.
- ⇒ **Balance:** The player's body in the chair
- ⇒ **Class:** Each player is assigned a numerical classification based on their functional capacity to complete skills of pushing, pivoting, shooting, rebounding, dribbling, passing and catching. Athletes are classed from 1.0 – 4.5 (0.5 also exists in Canada).