



School Resource Guide

Intermediate/Senior



**ONTARIO
PARA
NETWORK**

Excellence in Adaptive Sport



Our mission at the Ontario Para Network is to grow opportunities for participation in adaptive sports. As the governing body for wheelchair basketball, wheelchair rugby and wheelchair tennis in the province, we offer opportunities for athletes with and without physical disabilities to participate in recreational, competitive and high performance programs. We lead, develop, support and advocate for athletes, coaches and volunteers to build strong and inclusive sport communities. Together with our network of partners, we are committed to building a diverse and fully inclusive sport system.

Our school programs were launched in partnership with Wheelchair Basketball Canada to introduce students and teachers to the fully inclusive sport of wheelchair basketball. The program promotes inclusivity, accessibility, celebrates diversity and promotes a healthy and active lifestyle for people of all abilities.

We hope this resource provides you with fundamental information about the sport wheelchair and introduces you to some games and drills that can be played during your rental week. **Information in this guide was taken from the Spoke Skills resource - a comprehensive guide that can be provided to you upon request.**

Thank you for participating in our program! Please be sure to take plenty of photos and videos during your rental week and share them with us via Twitter or Instagram - @ONPARANETWORK

If you have any questions or concerns during your rental week, please contact us at schoolprograms@onpara.ca or 416-564-2185.

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Sport Wheelchairs

The sport wheelchair is a piece of sports equipment required to play wheelchair basketball. They differ from daily-use wheelchairs in several ways:

1. **Cambered Wheels:** The wheels sit on an angle rather than straight up and down. This gives the chairs greater stability.
2. **Anti-tipper Wheels:** The small wheels at the back of the chair also provide stability and allow the athlete to lean back without fear of falling back.
3. **Belts & Straps:** Most sport chairs come equipped with belts and straps which should always be used for safety.

Chair Fitting:

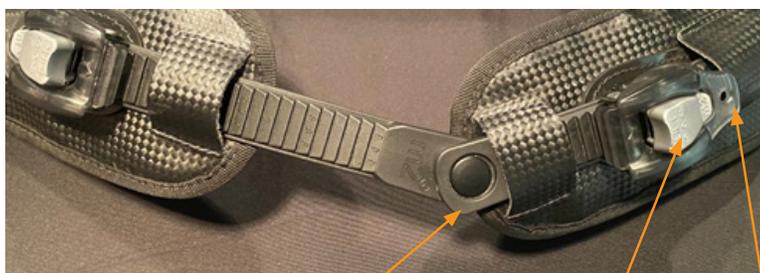
Sport wheelchairs come in a wide range of sizes. When students pick their chairs, ensure their hips and thighs do not rub against or touch the tires. If they do, please have them select a wider chair.



Sport Chair Front View



Sport Chair Back View



To remove belt, pull here while lifting the silver tab.

Lift here to REMOVE

Lift here to TIGHTEN

When securing the belt, ensure you hear 'clicks' when tightening the belt.

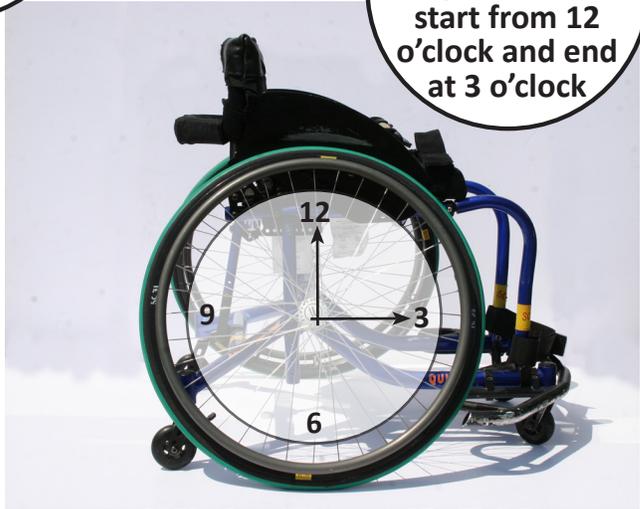
When removing the belt, lift just the silver tab. Lifting the lever will actually tighten the belt.

Getting Started



1.
Correct Hand Position
- grab push rim and tire
- thumb down
- 12 o'clock

2.
Think of the wheel as a clock
- a push should start from 12 o'clock and end at 3 o'clock



3.
Get Ready!
- correct ready position

4.
Turning
- use your body if able and lean into your turns



5.
Movement
- move your chair with your hips if able.



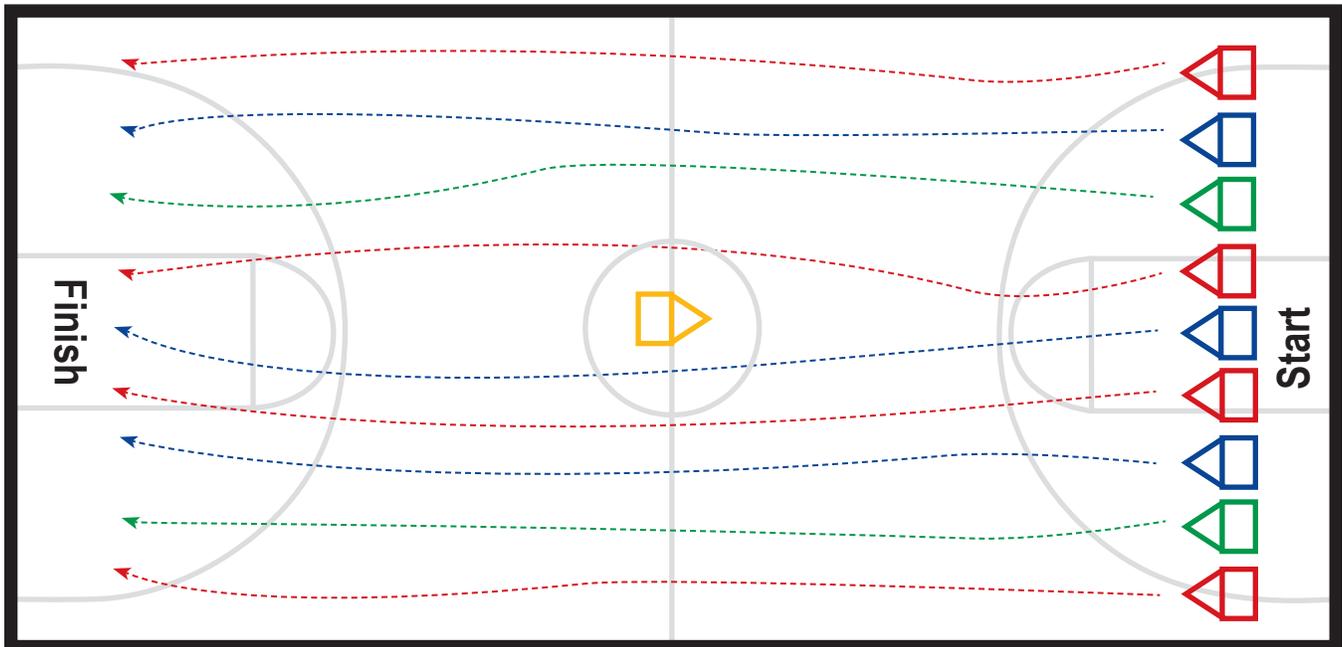
6.
Stopping
- lean back while pulling back on your wheels

Easy Level Activities



OCTOPUS

One student is “it”, the “octopus”. They will start in the centre circle while all the other players line up on the baseline. The octopus will shout “octopus”, and all the players must push to the other side of the gym without getting caught (tagged by the octopus) or leaving the court. The octopus can move throughout the entire court. Players who are caught will join the octopus at centre court to start the next round.



CONES & DOMES

Cones are set up in one half of the court, spread apart with half the cones standing up and the other half lying down. Students are divided into two teams. Both teams will line up on the opposite baseline of where the cones are. One team is attempting to knock all the upright cones “down”, and the other team is attempting to stand them all “up”. On the teacher’s whistle both teams will start and will continue for a predetermined amount of time (90 seconds to 2 minutes). Cones should stay inside the playing area and should only be moved with players’ hands. When time is up, have the students push back to the baseline and count the cones (“up” vs “down”) and award a point to the winning team. Teams switch between up and down. Play to 3 or 5 points.



CONES & DOMES



SAFETY CHECK:

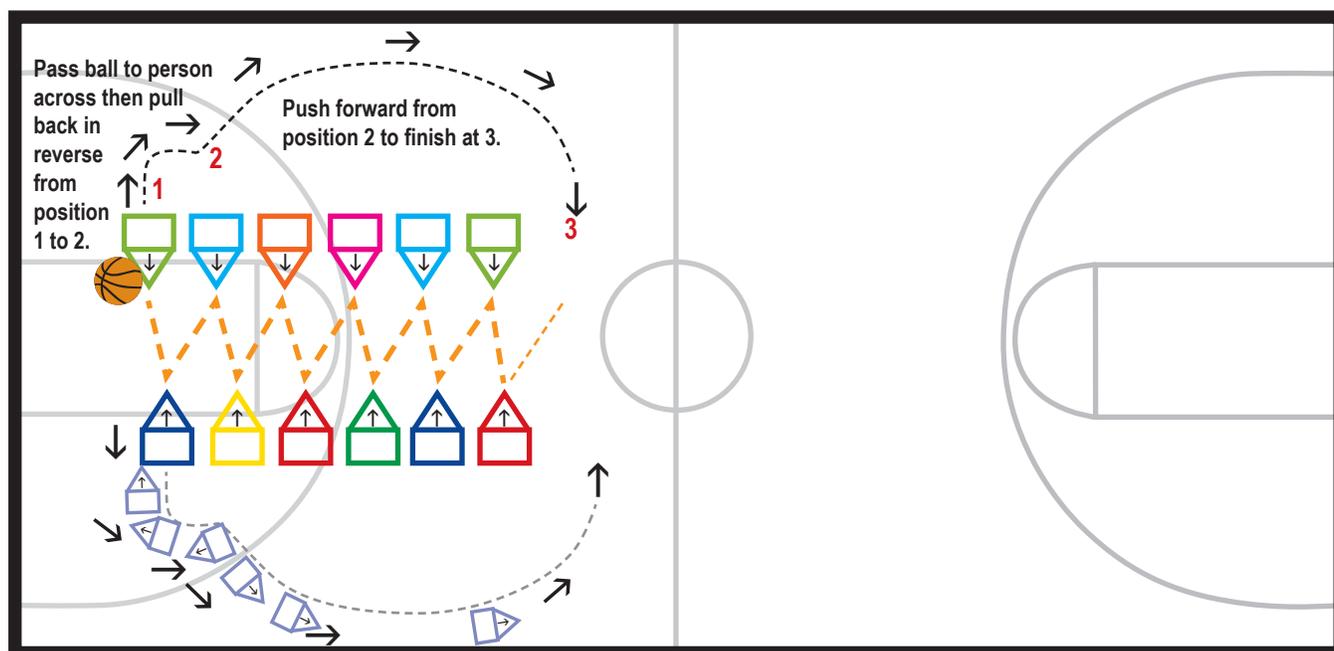
Remind students to keep their heads up during all wheelchair sport activities so they can see where they are going and can communicate with their teammates! And don't forget to make sure their feet stay on the foot plate safely behind the foot guard and they remain firmly seated at all times.

Moderate Level Activities



Caterpillar Drill

Players line up in two parallel lines starting at the baseline, facing each other, at a distance appropriate to the players' skill level. One player closest to the baseline has a ball. On the teacher's signal, the player passes the ball to the person opposite, then performs a u-turn by pulling back in a slight arc behind the player beside them, spinning outward or away from that player, and then heading to the end of the line. The player who received the ball immediately passes it back across the line to the new last player, and also performs a u-turn. Players must ensure they sprint quickly to the end of the line as the passer may be ready by the time they get there. Ensure players are calling names and giving targets for passes. This drill can be performed by two or more groups in a race format, and should be performed in both directions to ensure players are performing the u-turns both ways. A second and third ball can be added to increase the level of difficulty.

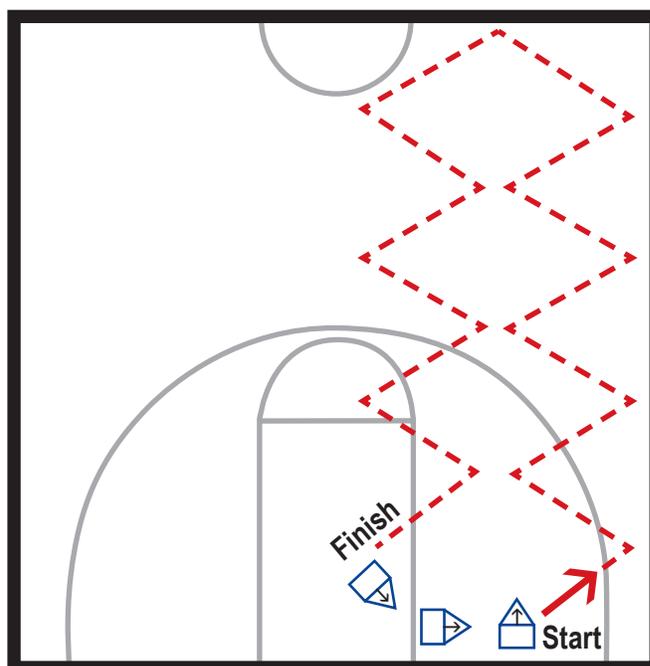


Christmas trees

This drill is designed to practice chair skills and changes in direction. Players start on the baseline and turn their chairs 45 degrees. They start the drill by pushing hard for two pushes, stopping, pivoting the opposite direction they started from, pushing hard for two pushes, stopping, and pivoting back to the angle they started at. When they reach either a number of pushes or particular line (such as half court), they have reached the point of the tree and turn around and come back to the start using the same format.

Variations:

- More advanced players should be encouraged to include fakes in their pivots.
- A ball can be added to this drill (one per player.)



Difficult Level Activities



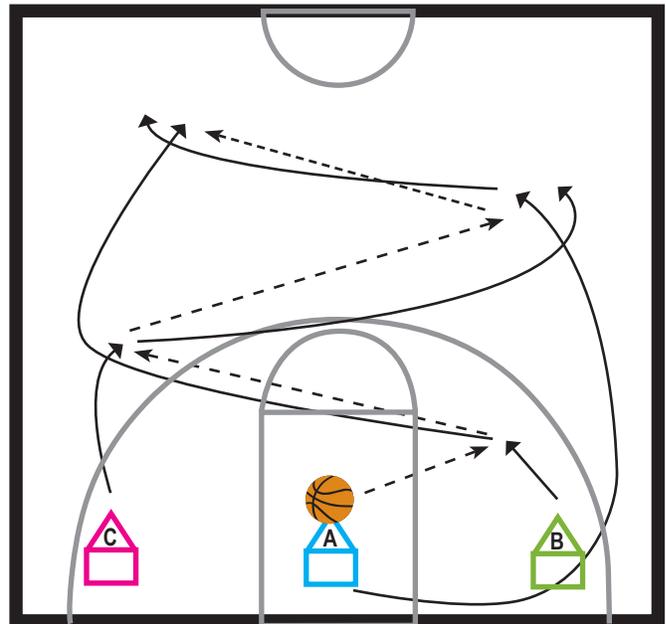
3-Person Weave

This is a classic basketball drill emphasizing communication, passing, and passing angles. Players start in three lines at the baseline. The player in the middle starts with the ball, and passes to one of their other teammates. The passer then follows their pass, and goes behind the receiver, who is cutting across the court at an angle. The player who did not receive the ball is also cutting across the court at an angle, in front of the player with the ball, to receive a pass. Once they have passed, the passer follows their pass, continuing across the court, behind the receiver, hitting the sideline and cutting back to receive the ball.

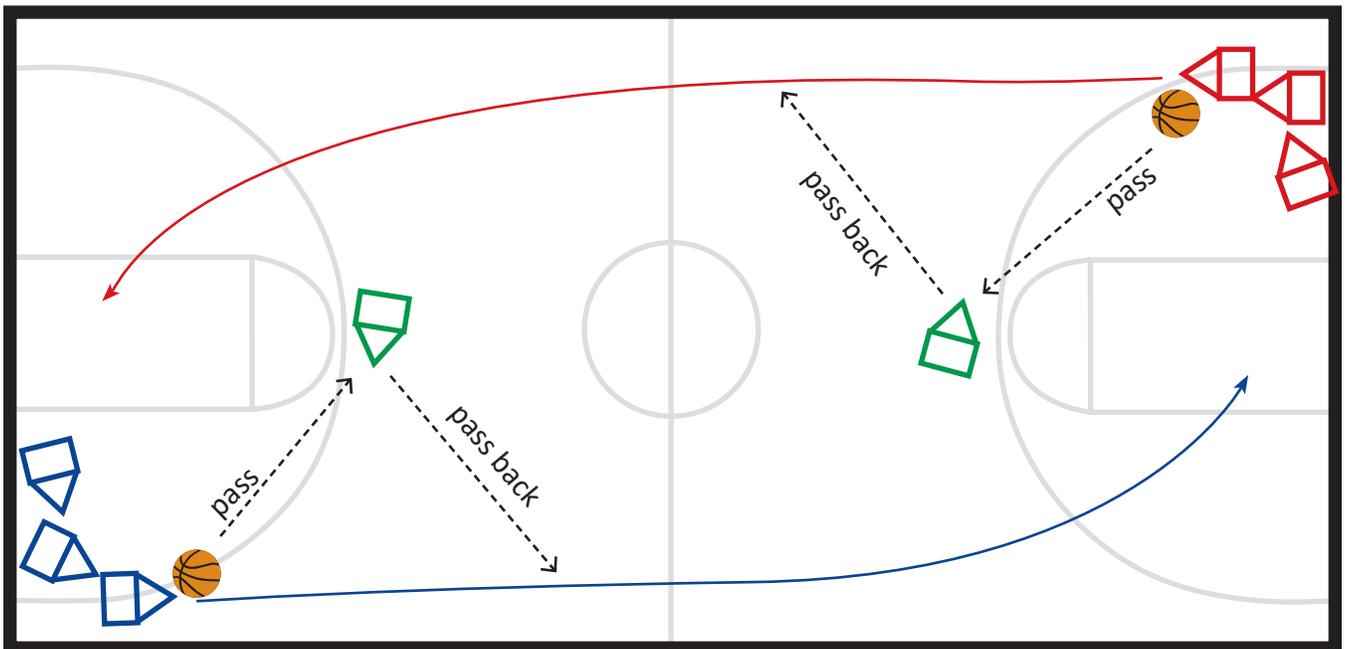
At the end of the drill, you may choose to have:

- Players re-form the lines on the opposite end of the court
- Players shoot on the net (game-like – until they score!) and then retrieve the ball and push down the sides of the court to rejoin lines
- Players shoot on the net, with the shooter then going back on defense and playing 2 on 1 back to the net they came from

Players may benefit from starting this drill without a ball, passing a “high five” instead to get into the habit of cutting behind the player they “passed” the high five to. Remind players to receive the high five with the hand closest to the baseline, and pass it with the other.



Long lay ups/speed lay ups (see description on next page)



Long lay ups/speed lay ups (diagram on previous page)

Players start in line ups in opposite corners of the court. The first couple of players start with a ball. Two people (students or staff) are stationed at the top of either key. The first player in line on both ends passes their ball to the coach in their half, then sprints to the other end of the court, receives a pass from the coach and does a high speed lay up. The shooter collects their own rebound and passes to the next person in line without a ball, and the new first person passes to the coach and sprints for their own lay up at the other end of the court. Ensure the lines change corners halfway through so that the drill goes clockwise as well (and ensure left hands are used!)

Wheelchair Basketball Rules:

Below are some basic wheelchair basketball rules that are important to enforce when playing within your physical education class. The rules are very similar to stand-up basketball. For example, court dimensions, the height of the basket and the distance of the foul and three-point lines, etc. are all the same in wheelchair basketball as they are in stand-up basketball.

1. There is a travelling rule in wheelchair basketball. A travelling violation occurs when a player takes more than two touches of their wheels without dribbling, passing or shooting. Read more about the travelling rule below.
2. There is no “double dribble” or “carry” rules in wheelchair basketball.
3. Players must remain firmly seated in their sport chair and their feet can not be touching the ground or used to steer the chair. If a player is caught doing so, their team will lose possession of the ball resulting in a turnover.
4. A foul occurs when a player makes uncontrolled contact with an opposing players chair. It is important to remember the sport chair is an extension of the players body.
5. Players can steal the ball from opposing players but must do so without contacting any part of the players body. If contact is made, this will result in a foul.



Travelling

A travelling violation occurs when a player takes more than two pushes of their wheels while in possession of the basketball without dribbling, passing or shooting. A player can push the chair and dribble the ball simultaneously, however if the ball is placed in the player's lap, they are only allowed to push twice before having to pass, dribble or shoot. The best way to avoid a travelling violation is for players to take two pushes, dribble once and then put the ball in their lap and repeat.

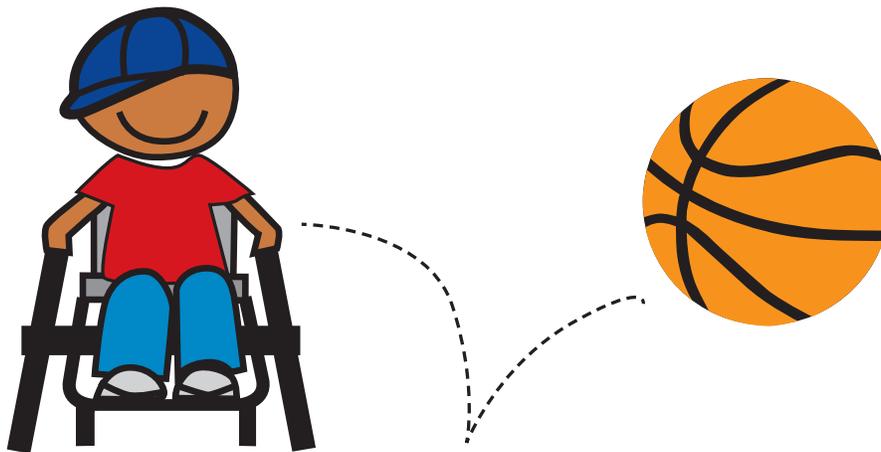
Bridging the Gap and Sport Wheelchair Rentals

Do you have a student who might benefit from having a sport wheelchair to use at school? Is one of your students interested in playing wheelchair basketball (or another adaptive sport) outside of school? Our Bridging the Gap coordinator can help!

Bridging the Gap is a national education and outreach program designed to help individuals with and without physical disabilities become aware of adaptive sport and recreation opportunities available in their communities. As the provincial delivery agent of Bridging the Gap, ONPARA offers “Have a Go” days, sport wheelchair loans and connections to community clubs/programs.

The Bridging the Gap program is funded through grants and donations.

To learn more about our Sport Wheelchair Loans program or if you would like to help your students get involved, please contact us by email at btg@onpara.ca or by phone at 416-426-7131.



Thank you for participating in our wheelchair basketball rental program. If you have any questions or concerns during your rental week, please contact us at schoolprograms@onpara.ca or 416-564-2185.

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