Wheelchair Basketball Workout

**UPPER BODY CONDITIONING - FORWARD PROPULSION**
- Place your thumbs and the butt of your palm on the chair’s wheels
- Keep your elbows forcefully flexed downward
- As you are pushing the wheelchair, keep your elbows close to your body but not directly against it
- Keep your hands in contact with the wheels until the 3 or 4 o’clock position
- At this point, allow your hands to leave the wheels and begin the recovery phase
- Return the hands and elbows to the beginning position within the same plane as the initial stroke
- Repeat for the desired repetitions

**AGILITY - PIVOTS**
- To pivot your wheelchair, use a push-pull motion on the wheels
- Reach down on the wheel that coincides with the direction you want to pivot
- Grab the wheel at the 7 o’clock position and pull upward while grabbing the other wheel at the 12 o’clock position
- Push forward and lean into the direction of the pivot while slightly shifting your weight over the pivot wheel
- Repeat for the desired repetitions

**ENDURANCE - Dribbling**
- Place the basketball in your lap
- Take one push in your wheelchair, dribble and return the ball to your lap
- Repeat and this time take two pushes in your wheelchair, dribble and return the ball to your lap
- Repeat for the desired repetitions

**POWER AND SPEED - CHEST PASS**
- Make sure your footplates are facing in the direction of the pass
- Place your hands on the side and back of the basketball
- Make sure your fingers are comfortably spread
- The ball should rest on your fingertips and the pads of your hand. Your thumbs should point to each other
- Hold the ball at chest level with your elbows slightly away from the body but never parallel to the floor
- Extend your arms forward and rotate your hands outward and down
- After you release the ball make sure your arms are completely extended, the backs of your hands face each other and your thumbs are pointing to the floor
- Repeat for the desired repetitions

Learn more about American Association of Adapted Sports Programs at [www.adaptedsports.org](http://www.adaptedsports.org).