



MATP Basketball

Drill Number 1: Sitting/standing dribble

- Stay in one place and bounce a basketball (or larger size ball, whatever is available). Feel free to use one or both hands and bounce the ball as high as you would like.
- Feel free to set the ball on your lap or next to you on the table or couch and practice patting/tapping the ball while it's still.

Drill Number 2: Passing

- Stand a foot away from a partner and practice handing a ball back and forth. Try gently tossing the ball back and forth. Progress to a farther distance for a challenge.
- This can also be done by rolling the ball back and forth.
- Try handing the ball back and forth with a partner, or if you have multiple people, stand in a circle and pass it around clockwise and then counterclockwise.

Drill Number 3: Shooting

- Place a laundry basket or trash can on the ground and toss a ball (overhand or underhand) into the basket. Use a smaller ball and start at a close distance. Do this sitting or standing.
 - You can also try to roll the ball off your lap and into the basket/can!

Drill Number 4: Agility

- Practice turning! Place an object on the ground or have a partner stand still and walk/roll around them or the object. Hold a ball or some object while walking/rolling.

Drill Number 5: Rebounding

- Practice throwing the ball at a wall.
- Have someone else toss a ball at the wall and practice catching it.
- After the athlete has practiced both skills, try putting them together and having the athlete perform both.
- Sit within arms reach of the wall and while holding a ball or some object practice lifting your arm/arms up and touch the ball to the wall. Have a partner assist you with lifting your arms or holding the ball if needed.

Drill Number 6: Defense

- Have a partner stand or sit and gently roll a ball away. The athlete should then move (walk/roll) to retrieve the ball.
- Athlete should practice grabbing the ball and holding the ball before moving back to their partner.
 - You may also set an object away from you and your partner and (with assistance if needed) move to the object to pick it up. Have a partner help you back to where you started while you hold the object.

Special Olympics Colorado