

KEY DEFENCE

REASONING

GOAL

Strategically work together as a team to cover a smaller space, and block to opposition from establishing position in the key and score.

WHEN

To change the game rhythm, when the opposition struggles against key defence, to control the game clock or when late in the score clock.

KEY INDICATORS

1. Position low-point players in the key area or as a chaser
2. Position mid or high point players slightly outside the key to meet the other team high, cover angles to stop chairs and passing lanes.
3. Stop the ball carrier
4. Deny offensive players from entering the key
5. Prevent the ball from swinging from one side of the key to the other



KEY OFFENCE

REASONING

GOAL

Score on the opposing team while they are employing a key defence.

WHEN

When the defensive team drops in the key.

To manage clock at the end of quarters.

KEY INDICATORS

1. Assess the positioning and roles of the defenders.
2. Identify where low-point and midpoint players are positioned.
3. Call a set play so that everyone is on the same page.
4. Attack in synch.
5. Have the ball carrier be a threat to draw 2 defenders
6. Everyone executes the play and their role



PRESS

REASONING

GOAL

To disrupt the opposing team's offensive flow, force turnovers, and create scoring opportunities. Create turnovers on the inbound by taking the advantage to play 4 against 3 on the court, or by stopping the opposition to cross half court in 12s.

WHEN

When the other team doesn't have a good inbounder.
When the other team doesn't have a good inbounder.
To change rhythm of the game. To fatigue the opposition.

KEY INDICATORS

1. Position players strategically on the court (high-point players near the opponents' key players; low-point players cover specific zones or provide support).
2. Space out players to block passing lanes.
3. When the opposing team gains possession, high-point players will apply pressure on the ball carrier, using their speed and agility to force mistakes or turnovers.
4. Players will extend their arms to make it more difficult for the opponent to pass the ball.
5. Anticipate where the ball might travel and move to intercept.
6. Use double-teaming tactics to limit the ball carrier's plays.
7. Maintain proximity to opponents to prevent movements and passes.
8. Work the chair to affect passing range and accuracy.



PRESS BREAK

REASONING

GOAL

Use principles to best use the 4 players and space to beat the other team's pressure and advance the ball over half.

WHEN

When the other team presses full court

KEY INDICATORS

1. Position players to use the space on the floor properly
2. Use #4 to help open passing windows on the floor with screens and picks
3. Inbounder either picks for the ball carrier, open up an outlet or space to be a pass outlet when coming on the floor
4. Ball carrier needs to be aggressive to draw defence
5. Players without the ball will move to create passing lanes, utilizing screens and picks to block defenders.
6. Move the ball to open players up the court



SCREEN

REASONING

GOAL

Create a window for the ball to come in on an inbound or a pass

WHEN

To get the ball on the court on inbounds, to move the ball up the court (pop) after it's stopped

KEY INDICATORS

1. The intended receivers takes chair position on the defender(s)
2. The low pointer comes and gets chair position on the same, or second defender covering the intended receiver, creating a safe space the defender(s) can't reach beside the wheelchair
3. The intended defender moves to the open window as the inbounder or ball carrier passes the ball



CHAIR POSITION

REASONING

GOAL

Get proper position on an opponent so he must push longer than you to regain position

WHEN

When trying to get open for a pass, in transition phases to take a player out, when posting for key offence, when setting up a screen or give and go, etc...

KEY INDICATORS

1. Player position the axle of one of his big wheel in front of one of the 4 castors of the opponent's chair (small wheels)
2. As defender moves, adjust position to maintain the position
3. Can create contact and "sit" on the opponent to fully neutralize him



GIVE AND GO'S

REASONING

GOAL

Put the ball back quickly in the inbounder's hands when when a high or mid point player inbounds

WHEN

When we have a mid or high point inbound and the defence overcommits to deny the first touch on the floor to the high pointers, or when the opposition plays a baseline trap (steel door)

KEY INDICATORS

1. The low point player (usually #4) takes position on a defender
2. This creates a safe window for the ball, and a safe space the inbounder to come in
3. The other players on the court space out so the defenders are forced to commit to an option
4. The inbounder moves in front of the window
5. The inbounder passes the ball to the low pointer and comes on the court in the safe space
6. The low pointer returns the ball to the inbounder using the appropriate passing style (tap, flip pass, chest pass)
7. The ball carrier attacks and the low pointer picks for it



OVERPLAYS ON DEFENCE

REASONING

GOAL

2 defenders playing space properly together to stop the opposition (usually the ball carrier)

WHEN

When 2 defenders are trying to stop a ball carrier with more speed and function than they have

KEY INDICATORS

1. The first defender takes away the direction the ball carrier is going toward by over committing to this direction (overplay), forcing it to change direction
2. The second defender covers the back of the first one anticipating the change of direction of the ball
3. After the ball turned, the second defender now overcommits (overplays) to the new direction the ball is taking.
4. After the first overplay, the first defender stays with his teammate (now overplaying) and anticipates the second change of direction of the ball
5. Continue the process until the ball is stopped or passed

