

Invitation

to the BasketALL pilot course

Tuesday, 1st April 2025

Dear Trainers & Coaches,

As members of the Balkan Sofia Wheelchair Basketball team

we are thrilled to invite you

to the one-day **BasketALL pilot course**,

focused on wheelchair basketball training techniques,

tips, specific moves, and inclusive coaching practices.

To confirm your attendance, please contact us at: bkhik.sofiabalkan@gmail.com

Sincerely,

Boris Tomov
Organizing Committee





"BasketALL PILOT COURSE"

Meeting Agenda

1st April 2025

Sofia Balkan

Sofia



Event Agenda

Date: 1st April 2025

Location: Vasil Levski National Stadium

19:00 - 19:15

Arrival and Welcome Drinks

- Participants arrive and settle in.
- Light refreshments available.
- Brief introduction to the evening's schedule.

19:15 - 19:45

Group Discussion and Getting to Know One Another

- Icebreaker activities to encourage conversation and help participants get acquainted.
- Opportunity for everyone to introduce themselves, their interests, and their experience.

19:45 - 20:00

Break

- 15-minute pause for informal networking and refreshments.

20:00 - 20:30

Introduction and Questions

Vladislav Simov (Chairman of the club)

- Overview of the club's history, achievements, and growth.
- The development of the club over the past four years.

Boris Tomov (Founder)

- Introduction to the club's future goals and partnership opportunities.
- Q&A session to engage the audience.



20:30 - 21:15

Open Training Session

Persian Elenkov (Captain of the club)

- Presentation of the BasketALL Guidebook
- Demonstration of a standard training session by club members.
- Showcase of practical skills and training methods.
- Explanation of techniques used to involve young people in the training process and the importance of engaging youth.
- Hands-on experience for the attendees, if applicable.

21:15 - 21:30

Break

- 15-minute pause for refreshments and informal discussions.

21:30 - 21:45

Photo Session

- Group photo to commemorate the event.
- Opportunity for attendees to take individual or small group photos.

21:45 - 22:00

Closing Remarks and Networking

- Final words of thanks and appreciation.
- Encouragement to continue discussions and explore partnership ideas.
- Informal networking to close the event.







normo

The project aims to increase access to sports for disabled people, support their social integration and improve their quality of life.

- provide the disabled with necessary equipment and materials
- build capacity for disabled athletes and coaches
- attract media attention and create a positive image of disabled sports
- create a network of disabled athletes and coaches

София Балкан
България
България



БЮЖИК София-Балкан

ПРЕДВАЖНО ОГРАНИЧЕНО ВЪВЕЖДЕНИЕ

СЪС СЪЛЪН ПОСЛЕДОВАТЕЛНО

NUTREND
turalico

isostar

BULBASKET

PRIME







The BASKETALL project aims to increase access to sports for newcomers, support groups with fewer opportunities, and foster active European citizenship.

The project aims to:

- improve the quality of work and practices of participating organizations and institutions
- build capacity for transnational and cross-sectoral work
- address needs and priorities in the fields of education, training, youth & sport
- enable transformation and change at individual, organizational, or sectoral levels



Sofia Balkan



Irodikos



**Democritus
University of Thrace**

ΔΗΜΟΚΡΙΤΕΙΟ ΠΑΝΕΠΙΣΤΗΜΙΟ ΘΡΑΚΗΣ
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PILOT GUIDE

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Introduction to Wheelchair Basketball as a Means to Improve Physical Activity

Lecture: Introduction to Wheelchair Basketball as a Means to Improve Physical Activity

Introduction

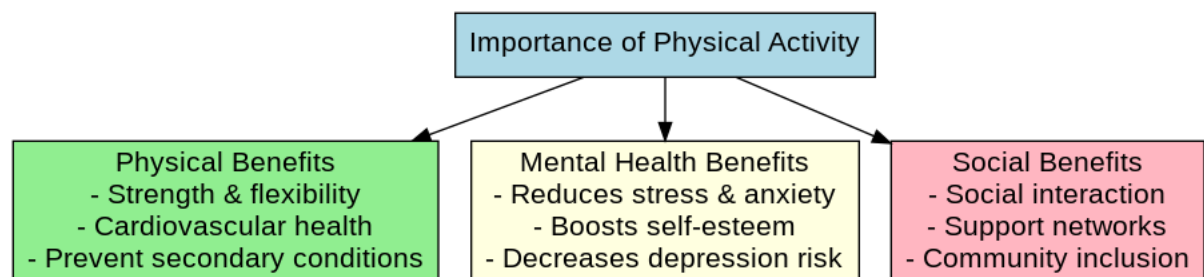
Good evening everyone and welcome to today's lecture, which focuses on the introduction to wheelchair basketball as a means to improve physical activity. Wheelchair basketball is a dynamic and exciting sport that not only provides entertainment but also offers multiple benefits for physical and mental health. Today, we will explore how this sport can be a powerful tool for enhancing physical activity, particularly for individuals with mobility impairments.

1. What is Wheelchair Basketball?

Wheelchair basketball is an adapted version of traditional basketball, designed to allow individuals with mobility impairments to fully participate in the sport. The rules are similar to those of regular basketball, with certain modifications, such as the rules for "traveling" and the ability to hold the ball in the wheelchair without it being considered a violation.

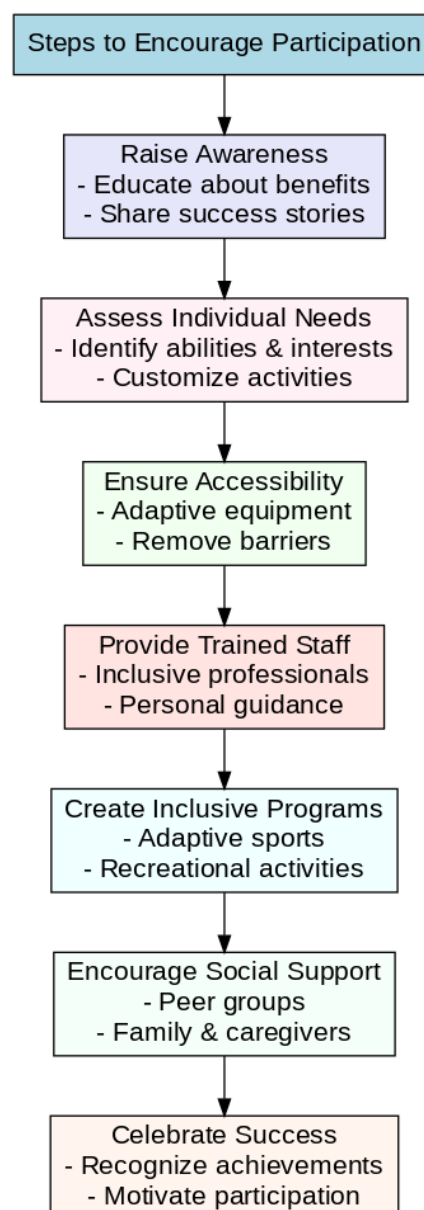
2. Benefits for Physical Activity

Wheelchair basketball is not just a sport, but a way of life that significantly enhances physical activity. Let's take a look at some of the main benefits:





- **Improved Physical Fitness:** Participation in this sport requires intense physical effort, which helps improve cardiovascular health, muscle strength, and endurance.
- **Flexibility and Balance:** Using a wheelchair requires excellent flexibility and balance, as players must simultaneously control both the wheelchair and the ball.
- **Socialization and Mental Health:** The sport offers opportunities for social interaction, stress reduction, and increased self-esteem.





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3. Accessibility and Participation

One of the greatest advantages of wheelchair basketball is its accessibility. You don't need to be a professional athlete to get started. There are many teams and programs that offer introductory sessions for beginners. Furthermore, the sport is open to people of all ages and ability levels.

4. The Importance of Consistent Exercise

Participation in team sports like wheelchair basketball encourages consistent physical activity. Unlike individual exercise, the team nature of the sport creates a supportive and motivating environment, which makes it easier to maintain physical activity in the long term.

Physical Benefits	Disability Group	Mental Benefits	Social Benefits
Improved muscle strength and flexibility Reduced joint pain Better blood circulation	People with Physical Disabilities	Reduced anxiety & depression Boosted self-esteem	Social inclusion Formation of new friendships
Improved balance & coordination Enhanced cardiorespiratory endurance	People with Intellectual Disabilities	Reduced stress Sense of achievement and confidence	Enhanced social skills Group participation
Improved physical fitness Maintained healthy body weight	People with Sensory Disabilities	Sense of independence Improved mood	Collaboration development Participation in social networks
Reduced pain & fatigue Improved physical functions	People with Chronic Conditions	Reduced symptoms of anxiety and depression Increased quality of life	Networking with others in similar situations Empowerment

Development of Motor Skills

Improved Physical Health

People with Autism

Emotional Regulation

Reduced Anxiety and Aggression

Enhanced Communication

Group Activities

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5. Practical Tips for Beginners

If you're interested in getting started, here are some practical tips:

Reach Out to Local Teams: Many cities have wheelchair basketball teams that offer introductory sessions.

Equipment: Make sure you have the appropriate wheelchair for the sport. Sports wheelchairs are specially designed to provide stability and flexibility.

Guidance from Experts: A good starting point is to seek advice from coaches or experienced players.

Conclusion

Wheelchair basketball is much more than just a sport. It's a way of life that enhances physical activity, mental health, and the social lives of individuals with mobility impairments. I hope today's lecture inspired you to explore this exciting sport and discover the benefits it can offer you.

Questions and Discussion



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Basic Rules of Wheelchair Basketball

Wheelchair basketball follows the core rules of traditional basketball, with certain adaptations to accommodate players who use wheelchairs. Below are the main rules and modifications:

1. Game Rules

Game Duration: The game consists of 4 periods of 10 minutes (at the international level) or 8 minutes (at national or amateur level). If there's a tie, a 5-minute overtime is played.

Scoring: Each successful shot counts as 2 or 3 points depending on distance, and free throws count as 1 point.

Start of the Game: The game begins with a jump ball at center court.

2. Wheelchair Rules

Player Classification: Players are classified based on their level of mobility, from 1.0 (lowest mobility) to 4.5 (highest mobility). The combined classification points of the 5 players on the court must not exceed 14.

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No Physical Contact: Physical contact between players is not allowed, but contact between wheelchairs is permitted.

Seating: Players must remain seated in their wheelchair during the game. Standing up or using the legs for an advantage is considered a violation.

Wheelchair Movement: The wheelchair is considered part of the player's body. If a player pushes the wheelchair more than twice while holding the ball, it is a violation (similar to traveling in traditional basketball).

3. Ball Handling Rules

Dribbling: Players must dribble the ball while moving their wheelchair. If they stop dribbling, they may push the wheelchair up to two times before they must pass, shoot, or dribble again.

Passing: The ball may be thrown, rolled, or struck with the hand.

Holding the Ball: If a player holds the ball for more than 5 seconds without moving, it's a violation.



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4. Defense and Offense Rules

Defensive Positioning: Players must maintain a safe distance to avoid collisions.

Blocking: Blocking the ball is allowed, but not physical contact with the opponent.

Wheelchair Collisions: Wheelchair collisions are permitted as long as they are done safely and do not endanger players.



5. Violations

Violations include:

Traveling: More than two pushes without dribbling.

Time Violations: e.g., 24-second shot clock violations.

Backcourt Violation: Returning the ball to the defensive half after crossing mid-court.

Fouls include:

Illegal contact with an opponent.

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Intentional wheelchair collisions.

Unsportsmanlike conduct.

6. Special Rules

Substitutions: Players may be substituted at any time but must enter through the substitution zone.

Timeouts: Each team is allowed a specific number of timeouts per game.

Technical Fouls: Given for unsportsmanlike conduct or rule violations by coaches or bench players.

7. International Regulations

Wheelchair basketball is governed by the **International Wheelchair Basketball Federation (IWBF)**, whose rules are aligned with those of **FIBA** (International Basketball Federation), with necessary modifications.

Conclusion

The rules of wheelchair basketball are designed to ensure fair and safe participation for all players, regardless of their mobility level. The sport promotes teamwork, strategy, and physical activity while preserving the excitement of basketball.



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Guide to Organizing a Wheelchair Basketball Tournament

Organizing a wheelchair basketball tournament requires careful planning, coordination, and collaboration with various stakeholders. Here is a step-by-step guide to help you successfully host such an event:

1. Preparation and Planning

Define Objectives: Decide the purpose of the tournament (e.g., awareness, fundraising, sports development).

Select Tournament Type: Choose whether it will be a friendly, amateur, or professional event.

Set Date and Venue: Choose a date that suits the teams and a venue that is wheelchair-accessible.



2. Legal and Administrative Matters

Permits and Insurance: Ensure you have the required permits from local authorities and insurance for participants and spectators.

Rules and Regulations: Follow the official rules of the *International Wheelchair Basketball Federation (IWBF)* or your national federation.

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Sponsor Agreements: If you have sponsors, sign agreements that outline responsibilities and rights of both parties.

3. Infrastructure Setup

Court: Make sure the court is accessible and meets the specifications for wheelchair basketball (e.g., smooth surface, space for wheelchairs).

Wheelchairs: If teams don't have their own sports wheelchairs, consider providing them.

Equipment: Ensure availability of balls, scoreboards, timers, and other necessary gear.



4. Coordination with Teams and Players

Attract Teams: Reach out to local wheelchair basketball teams and invite them to participate.

Registration: Create a registration system (e.g., online form) and collect key info (e.g., number of players, mobility classification).

Accommodation and Transport: If it's a large-scale event, arrange accommodations and transport for teams.

5. Volunteers and Staff

Volunteers: Recruit volunteers for court management, team registration, audience assistance, etc.

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Referees and Officials: Ensure experienced referees and officials familiar with wheelchair basketball rules.

Medical Support: Have medical staff and first aid available in case of injuries.

6. Promotion and Communication

Marketing and Advertising: Use social media, posters, and local media to promote the tournament.

Media Outreach: Invite local newspapers, radio, and TV stations to cover the event.

Website or Event Page: Create a website or event page (e.g., on Facebook) to keep participants and the public informed.

7. Funding and Sponsors

Sponsors: Seek sponsors to cover expenses (e.g., companies, local businesses, public institutions).

Ticket Sales: If open to the public, consider selling tickets.

Fundraising: Organize activities like auctions, food sales, or donations to raise funds.

8. Tournament Day

Team Check-in: Set up a registration process for teams and players.

Match Schedule: Create a detailed schedule for all games and share it with participants.

Spectator Facilities: Provide seating, accessible restrooms, and other facilities for spectators with disabilities.

Entertainment: Add music, food, or activities to keep the audience engaged.

9. After the Tournament

Awards and Recognition: Present awards to the winners and recognize volunteers and sponsors.

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Feedback: Collect feedback from participants and spectators to improve future events.

Thank You: Send thank-you notes to everyone who contributed to the tournament's success.



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Designing a Training Program for Wheelchair Basketball

Designing a training program for wheelchair basketball involves addressing the unique physical, technical, and tactical needs of athletes. A well-structured program includes components for skill development, physical fitness, mental preparation, and strategic play, all tailored to the abilities and goals of the team or individual athletes.

Key Components of a Wheelchair Basketball Training Program

1. Skill Development

Focused training on basic and advanced basketball skills is crucial:

Ball Handling:

Dribbling techniques, including basic and cross-over dribbling.

Passing skills such as chest passes, bounce passes, and overhead passes.

Drills for ball protection and quick decision-making under pressure.

Reference: B., & Barry, P. (2013). Wheelchair Basketball: A Complete Guide for Athletes, Coaches, and Fans.

Shooting:

Practice shooting layups, mid-range shots, and three-pointers.

Train for accuracy and consistency under defensive pressure.

Mobility and Chair Skills:

Drills to improve speed, agility, and directional changes.

Practice controlling the wheelchair during game-like scenarios.

Reference: Wheelchair Basketball (2020). Paralympic Coaching Series.

2. Physical Conditioning

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Athletes need strength, endurance, and flexibility for optimal performance:

Strength Training:

Focus on upper body strength, including arms, shoulders, and core.

Incorporate resistance bands, free weights, and bodyweight exercises.

Cardiovascular Capacity:

High-Intensity Interval Training (HIIT) for endurance.

Sprint drills and extended wheelchair sprints to simulate game intensity.

Flexibility & Recovery:

Stretching routines to prevent injury and maintain mobility.

Recovery sessions including foam rolling and light exercises.

Reference: (2018). Inclusive Sports: Promoting Accessibility in Competitive Settings.

3. Tactical Training

Developing game strategies and teamwork is essential:

Offensive Play:

Training for positioning, passing sequences, and scoring opportunities.

Drills for pick-and-rolls, cuts, and fast breaks.

Defensive Play:

Practice individual and team defense, including zone and man-to-man strategies.

Drills for blocking, intercepting passes, and recovering from screens.

Game Simulations:

Practice games with specific tactical objectives to simulate real scenarios.

4. Mental Preparation

Mental resilience and focus are as important as physical skills:

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Visualization Techniques:

Help athletes anticipate game situations and improve decision-making.

Goal Setting:

Define short- and long-term performance goals to motivate athletes.

Stress Management:

Techniques such as mindfulness and relaxation to handle pressure during matches.

Reference: Paralympic Games (2020).

Weekly Training Program Structure

Day 1: Skills & Conditioning

Warm-Up (15 min): Stretches and light wheelchair mobility drills.

Skill Development (45 min): Focus on dribbling, passing, and shooting.

Strength Training (30 min): Upper body and core exercises.

Day 2: Tactical Training

Warm-Up (15 min): Passing and wheelchair handling drills.

Tactical Drills (60 min): Offensive and defensive strategy training.

Scrimmage (30 min): Practice match with tactical objectives.

Day 3: Recovery & Flexibility

Light Cardio (20 min): E.g., arm cycling.

Stretching (20 min): Full-body flexibility exercises.

Mental Preparation (20 min): Visualization and mindfulness sessions.

Day 4: Intensity & Specialization

Warm-Up (15 min): Agility drills in wheelchair.

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High-Intensity Drills (45 min): Sprint drills, fast breaks, defensive reps.

Shooting Practice (30 min): Focused shooting for accuracy and consistency.

Day 5: Game Simulation

Warm-Up (15 min): Game-specific mobility and passing drills.

Full Scrimmage (60 min): Emphasis on teamwork and strategy execution.

Cool Down (15 min): Light wheelchair pushing and stretching.

Day 6: Individual Training or Rest

Optional: Focus on personal skill improvement or rest for recovery.

Tips for Effective Training Design

Assess Individual Needs:

Adapt the program to each athlete's physical abilities and personal goals.

Use regular assessments to track progress and adjust intensity.

Incorporate Variety:

Alternate between skills, conditioning, and tactical drills to maintain engagement.

Introduce new challenges to avoid performance plateaus.

Monitor Workload:

Balance high-intensity sessions with recovery to prevent burnout and injury.

Emphasize Teamwork:

Promote communication and coordination in group exercises.

Develop shared understanding of strategies and goals.



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The Importance of Training Design in Wheelchair Basketball

Skill Development: A structured program ensures continuous improvement in both fundamental and advanced skills.

Physical Conditioning: Prepares athletes for the physical demands of competitive games.

Tactical Awareness: Strategic drills help players execute plays effectively under pressure.

Mental Strength: Training includes psychological preparation, building resilience, and enhancing focus.

 **Additional Resource:**

[Basketball Virtual JSTE Seminar – Democritus University of Thrace](#)

References

Goldberg, A. B., & Barry, P. (2013)

Wheelchair Basketball: For Athletes, Coaches, and Fans

Publisher: Human Kinetics

Bailey, S. (2018)

Inclusive Sports: Promoting Accessibility in Competitive Settings

Publisher: Springer

Wheelchair Basketball Coach

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Paralympic Coaching Series (2020)

Publisher: International Paralympic Committee

Paralympic Coach's Handbook

Techniques for Developing Wheelchair Sports

Available at: www.paralympic.org

World Health Organization (WHO)

Rehabilitation and Sport for Persons with Disabilities

Available at: www.who.int



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Training Rules for Wheelchair Basketball

Guidelines for Effective and Safe Practice

Establishing clear and structured training rules ensures an environment that promotes skill development, teamwork, and safety. These rules help athletes focus on achieving their goals while minimizing the risk of injury and enhancing overall performance.

General Training Rules

1. Respect and Sportsmanship

All athletes and staff must treat each other with respect.

Encourage positive communication and mutual support among teammates.

Follow coaches' instructions and respect referees during scrimmages.

2. Consistency and Readiness

Arrive on time for all training sessions.

Ensure wheelchairs and other equipment are in good condition before training.

Wear appropriate athletic clothing and necessary protective gear (e.g., gloves for wheelchair handling).

3. Health and Safety

Inform the coach immediately of any injuries or discomfort during practice.

Follow proper warm-up and cool-down routines to prevent injuries.

Stay hydrated and take breaks as needed.

4. Adherence to Game Rules

Train according to the official wheelchair basketball rules set by the *International Wheelchair Basketball Federation (IWBF)*.

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Understand the regulations for dribbling, passing, and physical contact.

Skill Development Rules

1. Focus on Fundamentals

Prioritize learning basic skills like ball handling, shooting, and passing before advancing to complex techniques.

Dedicate time to improving wheelchair maneuverability, including speed, agility, and direction changes.

2. Consistency and Repetition

Practice each skill consistently to build muscle memory.

Perform drills with game-like intensity to simulate real conditions.

3. Individual and Team Balance

Allocate time for both individual skill improvement and team drills to ensure well-rounded development.

Tactical and Game Practice Rules

1. Game Simulations

Include game-like drills in every session to apply learned skills in realistic scenarios.

Practice offensive and defensive strategies under timed conditions.

2. Role Understanding

Each player should understand their role in the team's strategy (e.g., scorer, defender, playmaker).

Rotate roles during practice to build adaptability.

3. Team Communication

Emphasize clear and concise communication during drills and games.

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Use both verbal and visual cues to coordinate plays and defensive setups.

Strength and Conditioning Rules

1. Progressive Overload

Gradually increase the intensity and volume of exercises to build strength and endurance safely.

Incorporate exercises for upper body strength, core stability, and cardiovascular fitness.

2. Injury Prevention

Use correct form during all exercises to avoid strains or injuries.

Prevent overtraining by scheduling rest days and recovery sessions.

3. Flexibility and Recovery

Stretch before and after each session to maintain mobility and reduce muscle soreness.

Include light recovery exercises and foam rolling in the training routine.

Behavioral Rules During Training

1. Stay Focused

Avoid distractions during training—stay committed to drills and scrimmages.

Listen actively to coach feedback and apply it immediately.

2. Respect Equipment and Facilities

Use wheelchairs, balls, and training aids responsibly.

Keep the training area clean and organized.

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3. Work Ethic and Commitment

Give maximum effort in every drill and session.

Attend all scheduled training sessions unless excused for valid reasons.

Rules for Coaches and Staff

1. Ensure Safety

Monitor players for signs of fatigue or injury.

Provide clear instructions and ensure proper technique is followed.

2. Provide Constructive Feedback

Offer feedback that encourages improvement while maintaining a positive tone.

Set specific, measurable, and achievable goals for athletes.

3. Adapt Training to Individual Needs

Consider the unique abilities and goals of each athlete.

Modify exercises or strategies based on the team's skill levels.

Benefits of Training Rules

Consistency: Clear rules create a predictable structure, allowing athletes to focus on improvement.

Safety: Following health and safety guidelines reduces the risk of injuries.

Teamwork: Rules promote discipline, mutual respect, and effective communication.

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Skill Development: Structured practices ensure balanced progress in physical, technical, and tactical areas.

References

International Wheelchair Basketball Federation (IWBF)

Official wheelchair basketball rules

Available at: www.iwbf.org

Goldberg, A. B., & Barry, P. (2013)

Wheelchair Basketball: For Athletes, Coaches, and Fans

Publisher: Human Kinetics

Wheelchair Basketball Coach

Paralympic Coaching Series (2020)

Publisher: International Paralympic Committee

World Health Organization (WHO)

Rehabilitation and Sport for Persons with Disabilities

Available at: www.who.int

By implementing and following these rules, training environments become productive, safe, and engaging for wheelchair basketball players, supporting both individual and team development.



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Wheelchair Basketball Equipment Report

Wheelchair basketball is a dynamic sport that requires specialized equipment to ensure player **safety**, **comfort**, and **performance**. Below is an overview of the key equipment used:



1. Sports Wheelchair

The sports wheelchair is the most essential piece of equipment in wheelchair basketball. It is specially designed to provide **agility**, **stability**, and **speed**. Its main features include:

Lightweight Frame: Typically made from materials like aluminum or titanium for reduced weight and enhanced durability.

Cambered Wheels: The wheels are angled inward to offer better stability and maneuverability.

Anti-Tip Casters: Small front wheels help prevent tipping and assist with sharp turns.

Custom Seat: The seat and backrest are designed for comfort and support during intense play.

Protective Features: Often includes guards on the wheels and frame to prevent damage and injury during contact.

The **sports wheelchair** is significantly different from a standard wheelchair and is engineered specifically for **enhanced movement and athletic performance**.

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Schematic Description of a Sports Wheelchair

To help visualize or sketch the sports wheelchair, here is a structural description:

Cambered Wheels

Large rear wheels angled outward in a “V” shape.

Provides better balance and speed during turns.



Lightweight Frame

Constructed from aluminum or titanium.

Lower frame height for increased ground contact and stability.

Small Front Casters

Two small front wheels for smooth maneuvering and turning.

Safety Belts and Straps

Keep the athlete secure and properly positioned throughout the game.

Reinforced Footplate

Provides foot support and helps maintain a firm seated position.

Wheel Guards

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Protect from collisions with other players—especially crucial in team sports like basketball or rugby.

Rear Anti-Tip Wheels

Small rear wheels to prevent the wheelchair from tipping backward during aggressive movements.



Applications

Wheelchair Basketball

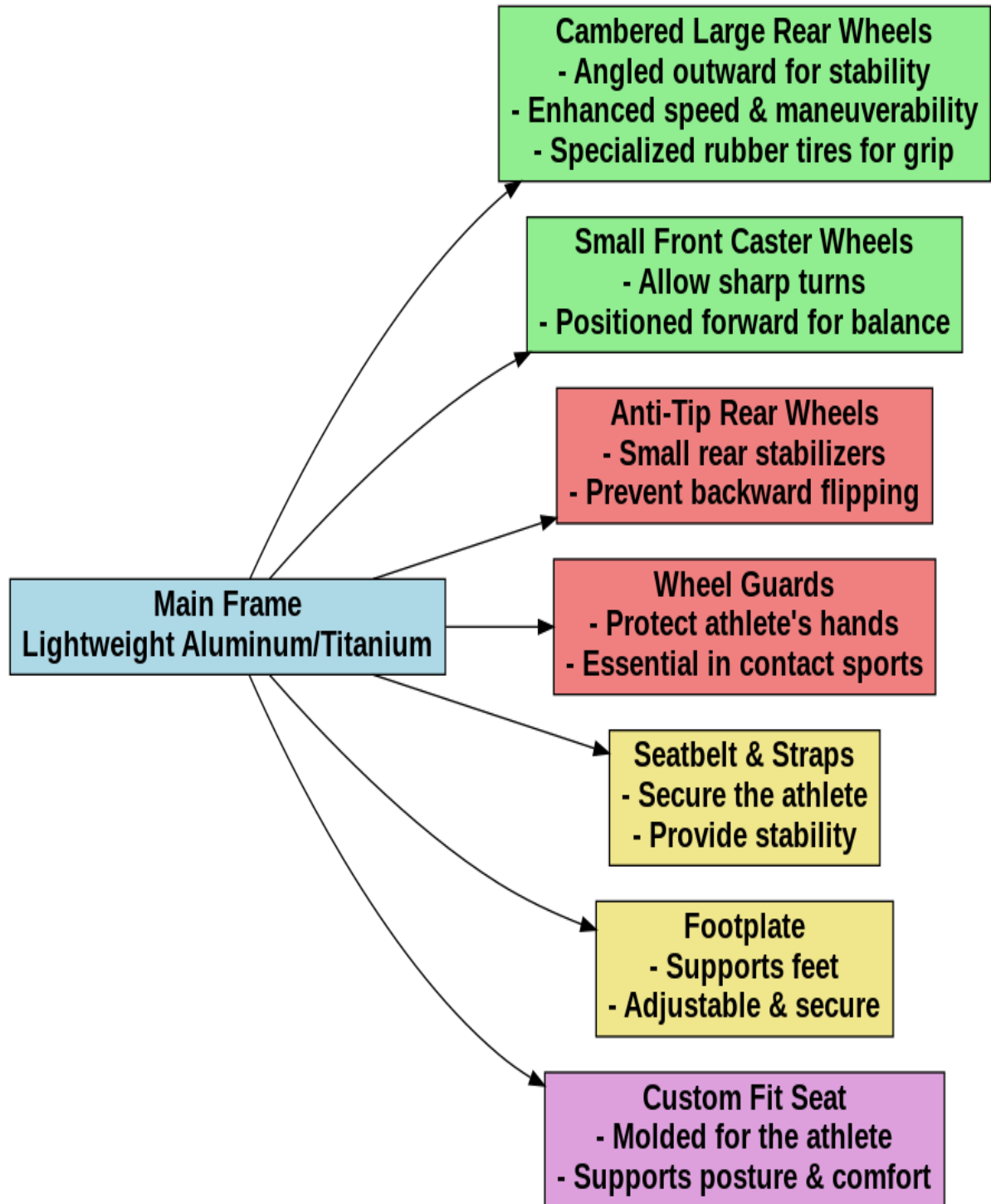
Wheelchair Tennis

Wheelchair Racing & Marathons

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2. Basketball

The basketball used is the same as in traditional basketball. There are different sizes and weights depending on the age group and gender of the players:

Size 7: For men (circumference: 75–78 cm, weight: 600–650 grams).

Size 6: For women and youth (circumference: 72–74 cm, weight: 500–540 grams).

3. Court Equipment

Backboards and Hoops: Must be accessible and positioned at the standard height (3.05 meters). The hoops should be highly visible and durable.

Court Surface: The surface must be smooth and provide good traction for wheelchairs.

4. Player Equipment

Gloves: Some players use gloves for better grip on the ball and wheelchair wheels.

Wheel Covers: Protect the wheels from wear and enhance performance.

Safety Belt: Provides stability and secure seating in the wheelchair.

5. Safety Equipment

Protective Gear: Includes guards for hands, knees, and elbows.

Medical Equipment: First aid kits must be available in case of accidents or injuries.

6. Other Equipment

Timers and Scoreboards: For managing game time and keeping score.

Whistles: Used by referees for game control.

Auditory Signaling Systems: For players with visual impairments.

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Conclusion

Equipment in wheelchair basketball is essential for ensuring **safety** and **player performance**. Choosing and maintaining the right equipment ensures that athletes can enjoy the sport without risk and achieve their best possible performance.



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Lecture: Physical Activity as a Means of Improving Health in People with Disabilities

Introduction

Good evening everyone, and welcome to today's lecture, which focuses on the importance of physical activity as a tool for improving health in people with disabilities. Physical activity is not only a way to maintain physical health but also a means of strengthening mental and social well-being. Today, we will explore how physical activity can improve the quality of life for people with disabilities and help them lead fuller, more active lives.

1. The Importance of Physical Activity

Physical activity is essential for everyone, regardless of age or physical condition. For people with disabilities, participation in physical activity can have especially positive effects, such as:

Improved Physical Health: Exercise helps maintain weight, improve cardiovascular health, and reduce the risk of chronic diseases.

Enhanced Mobility: Regular physical activity can improve flexibility, balance, and endurance.

Mental Health: Physical activity reduces stress, anxiety, and depression while increasing self-esteem and confidence.

2. Types of Physical Activity for People with Disabilities

There are many forms of physical activity that can be adapted to the needs of individuals with disabilities. Examples include:

Wheelchair Sports: Wheelchair basketball, wheelchair tennis, wheelchair rugby.

Fitness and Yoga: Adapted exercises that improve flexibility and balance.

Walking and Swimming: Low-impact activities that enhance cardiovascular health.

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Dance and Therapeutic Movement: Wheelchair dance or other activities that encourage movement and expression.

3. Mental Health Benefits

Physical activity affects not just the body, but also the mind. For people with disabilities, engaging in physical activity can offer:

Stress and Depression Reduction: Exercise promotes the release of endorphins, which improve mood.

Socialization: Group activities provide opportunities for social interaction and friendship building.

Increased Self-Esteem: Achieving goals and improving physical abilities boosts confidence.

4. Challenges and Solutions

Despite its many benefits, people with disabilities may face certain challenges when it comes to physical activity, such as:

Accessibility: Many facilities are not accessible. Improving infrastructure and creating adaptive programs can help.

Lack of Information: Many people with disabilities may not know what options are available. Awareness and education are key.

Financial Barriers: Equipment and specialized activities can be costly. Support from government agencies and nonprofit organizations can assist.

5. The Importance of Support

Support from family, friends, and the community is vital in encouraging people with disabilities to engage in physical activity. Parents, educators, and healthcare professionals can play a key role in promoting physical activity.

Conclusion

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Physical activity is a powerful tool for improving the health and quality of life of people with disabilities. Through regular exercise, individuals with disabilities can enhance their physical condition, strengthen their mental health, and fully integrate into society. It is our collective responsibility to support and encourage active participation for all individuals, regardless of ability.

Questions and Discussion



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