

Basketball Drills for
Injured Athletes

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UPPER EXTREMITY INJURY

- LIMITATIONS
 - SHOULDER RANGE OF MOTION < 90 DEGREES FORWARD ELEVATION
 - NO SPRINTING OR JUMPING
 - SLING, WRIST SPLINT, SHORT ARM CAST, FINGER SPLINT
- PRACTICE PARTICIPATION LEVELS
 - FULL (NO RESTRICTIONS)
 - SPORT-SPECIFIC DRILLS (CONTROLLED DRILLS)
 - NON-CONTACT (5 ON 0, SHOOTING DRILLS)
 - OUT

OFFENSIVE DRILLS

- INDIVIDUAL DRILLS
 - DRIBBLING DRILLS- IN & OUT DRIBBLE
 - PASSING DRILLS- POCKET PASS, <https://www.youtube.com/watch?v=2v5RMOxTPeA>
 - ONE ARM FORM SHOOTING/ SHOOTER FOR REBOUNTING DRILLS
 - ONE HAND GLASS TIP DRILL, DROP STEP MIDDLE HOOK
 - ONE HAND FINISHES, FLOATERS
- TEAM DRILLS
 - BACKDOOR FINISHES
 - DRIBBLE HAND-OFF PLAYER <https://www.youtube.com/watch?v=f92YjvfTsuM>
 - MENTAL- DRAW UP SET PLAYS, SIDELINE AND OB PLAYS, CREATE NEW PLAY

DEFENSIVE DRILLS

- INDIVIDUAL
 - DEFENSIVE SLIDES
 - CLOSE-OUT DEFENSE
 - SPOT SHOOTER CONTEST
 - RIM FINISH CONTEST WITH BROOM
- TEAM
 - SHELL DRILL <https://www.youtube.com/watch?v=KR0MGDd3ivM>
 - MENTAL- DISCUSS DEFENSIVE PRINCIPLES AND WHY THEY ARE IMPORTANT
 - NO MIDDLE, DENIAL, PRESSURE, ZONE DEFENSES

wres-ting \ˈres-ling\

n.

a sport or contest in which two unarmed individuals struggle hand to hand with each attempting to subdue or unbalance the other.



"More enduringly than any other sport, wrestling teaches self-control and pride. Some have wrestled without great skill - none have wrestled without pride."

-- Dan Gable

WRESTLER WITH SHOULDER INJURY

What can we do for exercise to maintain fitness?

CONSIDERATIONS

- ▣ 1) degree of injury
- ▣ 2) equipment/facilities available
- ▣ 3) motivation



WRESTLING FOCUS

- ▣ Pulling motions
- ▣ Leg strength
- ▣ Core strength



ALTERNATIVE OPTIONS

- ▣ >jogging?
- ▣ >Exercise bike/airdyne?
- ▣ >Elliptical machines?
- ▣ >stairclimber
- ▣ >rower (my choice)?

NON-EQUIPMENT OPTIONS

- ▣ >donkey squats – partner?
- ▣ >split squats
- ▣ >lunges
- ▣ >double leg “slides”
- ▣ >squats with bands
- ▣ >shadow wrestle
- ▣ >free weights/bands (rows?)

- ▣ Ideas???

Alternative Exercises for Baseball Ankle Injuries

Becky Butler MS, ATC, LAT

Band Work

■ **Upper Body**

- Internal rotation
- External rotation
- Empty Can
- Full Can
- Forward Flexion
- Tricep Extension
- Bicep Curls
- Rows

■ **Lower Body**

- Dorsiflexion
- Plantarflexion
- Inversion
- Eversion
- Monster Walks

Core Strengthening

- **Hallow Holds**
- **Crunches**
- **Reverse Crunches**
- **Bicycle Crunches**
- **Sit-ups**
- **Sit-up Twists**
- **Heel Touches**
- **Russian Twists**
- **Suitcases/Lemon Squeezes**
- **Dead Bugs**
- **Bird Dogs**

Pitcher Only

- **Band work**
 - Upper/Lower body
- **Weighted ball throws**
 - Forward/Backward
- **Core Strengthening**

Catcher

- Band work
 - Upper/Lower body
- Catching on knees
- Cage Hitting
- Core strengthening
- Stationary bike

Infielder

- Band work
 - Upper/Lower body
- Stationary throws
- Tagging
- Cage hitting
- Bunting
- Core strengthening
- Stationary bike

Outfielder

- Band work
 - Upper/Lower body
- Stationary throws under 90 feet
- Cage hitting
- Bunting
- Core strengthening
- Stationary bike

Soccer injuries

Knee

Return to play

What can they do at practice?

1. Core work
 - Also include biking, elliptical, pool work
2. Stationary work
 - Also include biking, elliptical, pool work
3. Jogging
4. Running
5. Jumping
6. Agility

Return to play

- When the athlete gets to running.
 - Gradually increase straight ahead running.
 - Gradually increase to sprinting pace.
 - Here is where they can begin some passing drills. No contact and straight ahead only.
 - Box passing, touch drills (3 yd touch) – thigh knee ankle – dutch windows.
- When the athlete gets through the running/sprinting phase begin jumping.
 - The goal is to pass your pre-season conditioning test.
 - The athlete should be doing passing drills working into faster paced and change of direction passing drills.
 - Rondo variation-5 to 2, 4v4+2, 3 grid game
- Once jumping is okay then start agility or change of direction drills.
 - During this phase they are moving into passing drills that require change of direction and increased pace.
 - Short sided games w/ some contact.
 - 6v6 +6 outside to big goals, 9 v 9 (60-70 yd) big goals.