



NATIONAL WHEELCHAIR BASKETBALL ASSOCIATION

Communication will play a vital role in the success of any team. Communication can bring a team together as a unit, while a lack of communication can build walls within a team. In addition, communication simplifies an incredibly complex, challenging, and exciting game. Make the game as easy as you can through utilizing the 5 Cs of communication:

- **Correct**
 - Utilize the proper terms in the proper way
- **Concise**
 - Use the minimum amount of words necessary to communicate what is needed
- **Consistent**
 - Use the same terms every time you communicate, do not use slang or make up your own terms
- **Constant**
 - ALWAYS be communicating, even if you are only calling out the number of the person you are defending it helps your teammates know where you are
- **Comeback**
 - All communication should elicit a response from the person you are communicating with.

The following is a glossary of terms that should be used on every NWBA team.

General Terms

3-Point Line

The arc behind which a made field goal counts for 3 points.

Back Court

For the offensive team, the half of the court where they are not trying to score.

Baseline

The baseline that is in the back court of the offensive team.

Dead Time

This is time during the game when the game clock isn't running and a position advantage can be gained by attacking when the other team is resting. This can come on dead ball situations, free throws, or substitutions.

Details

A reminder to communicate specifically the details of the particular play.

Elbow

The intersection of the lane line and the free-throw line 15' from the basket.

End Line

The baseline that is in the front court of the offensive team.

Free throw line extended

An imaginary line extending out from the free throw line to the sidelines.

Front Court

For the offensive team, the half of the court where they are trying to score.

Half-Court Line

The line at mid court that separates the court equally.

Jump Circle

The circle on the center of the court where jump balls to start the game takes place.

Point

The area at the top of the free throw circle.

Push Hard

Get to top speed and fill the proper lanes.

Sideline

The out of bounds lines on both sides of the court

Specific Communication/Communicate Actions

When you talk on defense and offense, communicate specific actions to simplify the reads for teammates. Communicate actions, so that teammates know what specifically to do.

Three point line extended

An imaginary line running sideline to sideline extending out from the top of the 3-point arc.

Trap Zones

The four corners of the half-court established by the half court line, the baseline and the sidelines. Stay out of these areas on offense, and on defense, push the offense towards these areas.

Transition

The change from offense to defense or defense to offense.

In offensive transition, go wide, cross when appropriate, and always be ready to handle the ball. In defensive transition, stay toward the middle of the court, see behind and across, and communicate.

Wing

The area on the side of the court at about a 45-degree angle to the basket.

Defensive Terms

Anticipate the Hook

Often the offense will use an illegal move and “hook” the chair of the defender when setting a pick rendering the defender unable to successfully move their chair. This is a common occurrence and a difficult call for the officials so it is imperative that the defense anticipate this possibility and prevent being hooked by maintaining axle to caster position or creating space.

Axle to Caster

On defense, this is how we establish legal guarding position by getting our rear axle on the front or back caster of the offensive player.

Balance

Sending 1 or 2 defensive players back early in defensive transition to prevent early offense or fast breaks from the offensive team.

Ball Side

Draw an imaginary line in the center of the basket extending from the baseline to the half court line. The side of the line that the ball is on is the ball side.

Base

Your basic, half court, pressure defense.

Be a Threat

Always be moving and in position to shoot, pass, dribble, and attack the basket.

Box Out

When playing defense, after every shot, find the player we being guarded and get axle to caster on that player to prevent them from moving in for an offensive rebound. This must be done by all 5 defensive players.

Close space

Using controlled, quick movement reduce the amount of space between the defender and person being guarded.

Cutter

An offensive player that is flashing to the basket 1 on 1.

Dictate

Aggressive form of defense where we force the offense to shoot from where WE want them to, not vice versa. We also decide WHO from the offense shoots.

Force

When playing defense, we will try to force the offensive players to go where we want them to go.

Help

When playing defense and the player you are guarding gets between you and the basket.

Half Jump

When we position ourselves defensively on the sides of a screen and pressure the shooter by jumping halfway out. Goal is to make the offensive player uncomfortable behind screen.

Help Side

When we are on defense, help side is the side of the court where the opponent has the lowest likelihood of scoring. Defensive help comes from this side.

I'm Out

Call this if you are trailing the play and the other team has a numerical superiority situation. This should be accompanied with the appropriate action to your teammates.

Jump

What we need our defender to do to the identified shooter.

Jump and Trail

On defense, jump a shooter and trail a smaller diver/picker. When trailing, always trail the shooting hand.

Off Side

Draw an imaginary line in the center of the basket extending from the baseline to the half court line. The side of the line that the ball is **NOT** on is the off side.

Pick Coming

When we are playing defense and the player you are guarding attempts to pick. We must communicate to our teammate to:

Switch

If you want to switch defensively with your teammate that is being picked.

Sag

If you want your teammate to drop to the level of the picker to avoid being picked.

Stay

If you want your teammate to stay on the offensive player because they are a shooting threat.

Power Side

When on defense, it's the side of the court of our opponent that has the highest likelihood of scoring – where the opponent's greatest threats are positioned.

Read and Release

Do not attempt to block out or rebound, immediately begin transition when the following occur:

Defending (aggressively) ballan attempted 3 point shot

Challenge the shot and go to an outlet lane for offensive transition.

Entire offense under free-throw line extended

Prone to allow transition basket, person nearest half court will immediately release to offensive transition.

No position for rebound

Become a threat by moving to an outlet position.

Release to outer thirds (never middle, especially lower classes)

Allows receiver to cross and move in towards passes rather than making over the shoulder catches.

Red

Whenever the shot clock reaches 7 seconds. This will be our indicator to jump everyone.

Rub-Off

Look to help teammates get up court by rubbing off the opponent. This should be done immediately in defensive transition.

Seal Side

When on defense and one side of the opponent's offense is positioned with a small player and a big player, that side is identified as a seal side.

See Across

When we are on defense, seeing what is all the way across the court on each side of you.

See Behind

When we are on defense, seeing what is going on behind you by keeping your *head on a swivel* and *checking your shoulders*.

Head on a Swivel

Constantly looking right and left in order to be aware of the position of all threats on the floor as well as the location of the ball.

Check Your Shoulders

Looking over your shoulders to see the position of teammates and opponents that are behind you as well as the location of the ball.

Shooter

When an identified shooting threat has the ball in a scoring position.

Shot

Anytime an opponent shoots the ball, no matter where you are, you call shot. This is our cue to box out.

Smother

Anytime a weak ball handler has the ball or anytime an opponent has the ball in a trap zone.

Threats/Identify Threats

Based on scouting and player evaluations, the opposing players are identified in rank order of threat or ability to score. This will identify who is guarded tightly and who can be left unguarded in order to provide defensive help and cannot be left unguarded.

Offensive Terms

Attack Backs

On offense, we will look for the backs of defenders and make our offensive reads through where we see backs.

Back Pick (Back-Court Picking)

Used in offensive transition, typically against an opponent with less speed, in order to gain numerical superiority in transition and/or the offensive half court. Utilize the basic concepts of the 1-1 Shadow Drill to inhibit movement of a defensive player in transition.

Ball

Anytime you get the ball off a steal, rebound, loose ball, etc. This is the cue to teammates that your team has the ball and needs to start the offensive transition.

Create space

Utilize movement to create/maintain balance and spacing.

Cross

Offensive players should cross the face of the passer to receive a pass when moving up court. Ideally, this cross is at a 45-degree angle.

Cross, Stop, and Roll

Using the crossing action in transition to set up a pick to free up a teammate. The pick is performed with a brief stop that makes the defense cease movement and then the picker immediately rolls back into the transition attaining top speed as quickly as possible.

Dive

A cut to collapse the defense to set up screen.

Engage the Defense/Engage/Engagement

On offense, be in a position in which the defense has to come out and guard you. This can be done by being in scoring range, using fakes, showing shot, having our eyes up, or reading to cut, pick, or seal.

Fakes

Utilize a variety of fakes to gain an advantage over the defense:

Head

Utilize the head to make the defense commit to an action.

Shoulder

Utilize the shoulders/upper body to make the defense commit to an action.

Hand

Utilize the hands body to make the defense commit to an action. This is often accomplished by faking a pushing movement and simply letting the hands glide across the top of the wheel without moving the wheel.

Pass

Utilize a forceful passing motion to make the defense commit to an action. Often precedes a backdoor move by the offense.

Shot

Utilize a forceful shooting motion to make the defense commit to an action.

Voice

Utilize your voice to misdirect/distract the opponent.

Mid-Post

The area half way between the blocks and elbow. A good area to dive to set up screen play.

One Out

When there is a player from either team trailing behind the play (either back picked, fell down, slow) in a numerical superiority situation.

Outlet

Anytime we need to pass the ball, we need to get to a position in the outer thirds where we can receive the pass. Used as an audible signal that you are ready to receive a pass in transition.

Pass to a Skill

The receiver must catch the ball in a position that allows them to shoot, pass or dribble. Many different types of disabilities qualify people to participate in wheelchair basketball as such each person will have a unique volume of movement. The more severe the disability, the smaller the volume of movement and the more accurate the pass must be.

Post

As a cue word post is used when the player with the ball is being pressured and needs a teammate to pass to.

As an action, a player establishes and maintains wheel position on their defender such that they have a clear and unimpeded passing lane to the ball.

Push Hard

Utilize movement to create/maintain balance and spacing.

Screen

A shot set up for the offense that is behind a teammate that has collapsed the defense.

Secondary Break

The second wave of the fast break, usually the rebounder or a back picker. Look for a seam and attack it.

Sideline to sideline

Utilize the crossing movements to create space, picking angles, backpicks and mismatches in transition.

Space and Movement

The offense should be evenly spaced and balanced in the half court offensive set at the beginning of the possession and then utilize movement of all five players to maintain space, create picking angles and engage the defense.

Square Up

When closely defended, position your chair perpendicular to your opponent's chair. Also, in the initial offensive attack, have your chair positioned where you can pick and cut in 2 directions.

Trailer

When we have a player coming in on the secondary break

Turn Backs

On offense, utilize hand, ball, head and vocal fakes and false movements as well as engagement to turn the back of the defenders so you can see their numbers on their jerseys.