

CLINIC
PLAYBOOK



**MOVE
UNITED**
USA WHEELCHAIR
FOOTBALL LEAGUE



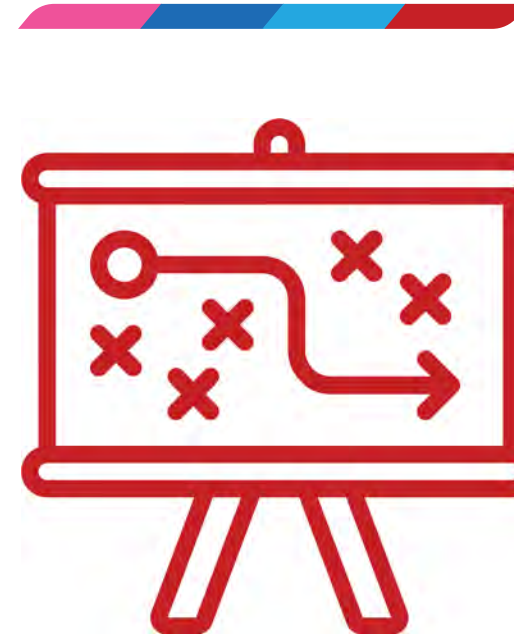
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PRE-GAME



DEFINE THE PURPOSE OF YOUR CLINIC



Before you can do anything, it's important to know the purpose of your clinic. Are you looking to introduce athletes of all ages to the sport? Are you trying to recruit for your team? Is this the second in a three-part skill building series?

A clinic's purpose will help decide which neighborhood you host it in, how many athletes you want to include, the ages of those athletes, what drills you want to run, and so much more. This will also help you define your day-of talking points and marketing pieces.

Be specific in your purpose, and ensure that every other decision you make as you go through the planning process leads back to that goal.

FINDING YOUR VENUE

There are many options for venues in your community. The main requirement is that you have a flat, smooth ‘field’ surface, such as an outdoor parking lot or an indoor sports court, and a ceiling height with a minimum of 30 feet so that athletes can properly throw a football.

Don’t feel like you need to find a full-sized field. Consider the diagrams within the Field Layouts section of this playbook to help guide your decisions. The drills that you decide to run, and the number of athletes you plan to include will ultimately be the guide for how much space you need.

If you have a smaller space, but a more homogenous athlete group in terms of ages and ability, you can consider having fewer staging areas with larger groups running through the drills and then changing the drills in the same space versus rotating athletes amongst areas.

In addition to ADA accessibility, make sure that you consider accessibility in terms of neighborhoods when choosing a venue. When looking to incorporate athletes from a diverse population, it is important to meet athletes where they are. Many families and athletes rely on public transportation or don’t have time to travel from their home to a suburban neighborhood or from rural towns to the closest big city. As we look to get more athletes involved in football, being thoughtful in where we host clinics will help ensure the largest population can get involved.

REGISTRATION 101

Make sure that you collect registration information, either in advance or on the day of the clinic.

Key information to collect includes:

- Contact Information
- Emergency Contact Information
- Does the Athlete meet the Essential Eligibility Criteria to Participate

Collecting Key Disability Information

- You do not need to collect a full medical history. Instead, consider asking only about items that would affect clinic instruction such as whether the athlete is a full-time chair user, whether they can push and maneuver their own wheelchair, whether they have difficulty gripping or throwing football-sized objects, if they have any vision or hearing loss, etc.
- An athlete still might not be comfortable providing details, or may inadvertently leave off key information. The best way to learn about any athlete is to speak to them and get to know them.

Essential Eligibility Criteria

Athlete Must

- Be able to breathe without mechanical assistance
- Not require head, neck or back bracing
- Be able to manage personal care independently or with the help of a companion
- Must be able to follow instructions from officials and effectively communicate independently or with the help of a coach or companion
- Must be able to stay alert and engaged for the length of a drill
- Must be able to wear a standard football helmet
 - Only if running full contact drills

Reported Football Skill Level

Remember that anyone’s self-reported skill level may not match what you would expect. For example, an athlete may select an intermediate skill level, but be referencing play pre-injury. Be prepared to adjust teaching needs on-site, or consider doing on-site assessments to help split athletes into groups more accurately.

ABOUT MOVE UNITED AND THE USA WHEELCHAIR FOOTBALL LEAGUE

Participants may also be interested in learning more about Move United and the USA Wheelchair Football League. Here are some talking points about both to help you answer questions and craft your messaging.

About Move United:

- Largest community-based adaptive sports organization in the U.S. offering more than 70 adaptive sports to 100,000 youth and adults with disabilities, building a community where everyone's included.
- We believe that Sports Make Us More, using the power of sport to push what's possible for people with disabilities, confronting ignorance, fueling conversation, and inciting action that leads us to a world where everyone's included.
- Join the movement at www.moveunitedsport.org.

About the USA Wheelchair Football League:

- First of its kind wheelchair football league for adults to reach their highest potential through America's Favorite Sport.
- Athletes can build skills like perseverance, teamwork, goal setting and fitness.
- Athletes can build skills like perseverance, teamwork, goal setting and fitness.
- Since 2020, Move United has helped more than 850 athletes and coaches, including 315 veterans, get off the sidelines and get in the game through learn-to-play clinics, practice and development opportunities, and tournaments that bring together the best adaptive athletes from across the country.
- Get off the sidelines and get in the game at www.usawfl.org.

SUPPLIES NEEDED

Each Clinic will require its own specific set of supplies, but the list below will likely cover the majority of an average clinic's needs. Try to review your clinic plan at least one week prior to any clinic and ensure that you have all the supplies you need to successfully support any skills and drills you're planning to include.

Supplies Needed

- Footballs (approximately 1 per every 2-3 athletes registered)
- Cones
- Registration Check-In List
- Sports Chairs (if providing for attendees)
- Spare Tubes
- Spare Tires
- Air Pump (for balls and sports chairs)
- Clipboards (for volunteer instructions and check-in)
- Pens
- Handouts for Attendees to Take Home / Next Steps

RISK MANAGEMENT



Insurance & Liability Management

Check with your venue and organization to ensure you're following all insurance-related protocols. Most venues will require you to hold a minimum of level of insurance that covers general liability in case of an incident.

Safety Protocol

Work with your venue to understand their safety protocols and whether they have an emergency action plan you can adopt, or if you'll need to create your own. **A proper emergency action plan should ensure the following:**

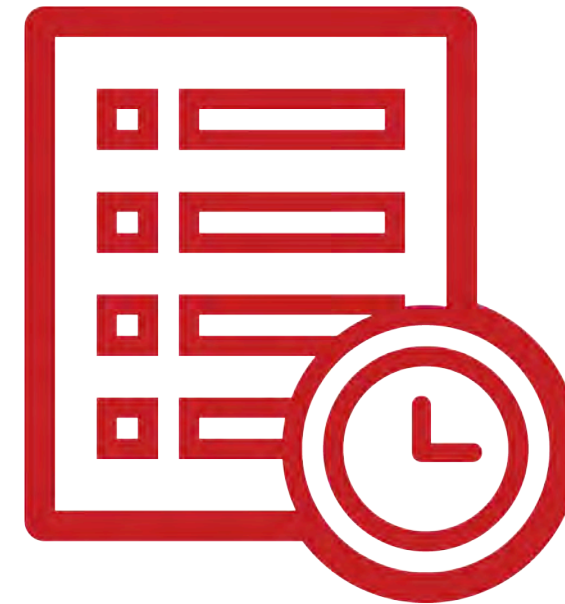
- Participant emergency contact information is collected and available to key staff
- All volunteers/staff know where first aid kits and AED are located
- All volunteers/staff know what number to call in case of emergency
- All volunteers/staff know who is the primary clinic contact to administer minor first aid care or monitor participant while waiting for emergency personnel
- All volunteers/staff know how to direct emergency personnel to the facility if needed
- All volunteers/staff know if there are any cell phone dead spots at the venue
- Proper documentation protocols are followed for even minor first aid care
- Proper follow up is provided to any participant needing care

Move United recommends putting this information into written or electronic form that every key volunteer or staff person has easy access to throughout the clinic.



GAME DAY

AGENDAS



Planning the Day

This section includes sample agendas for various clinic lengths. Note, for every clinic schedule we've built in a 20 minute registration period, so each clinic total time will be 20 minutes longer than the planned time with athletes. Registration will likely take longer than 20 minutes, but this makes sure you've built in that intro and equipment fitting time. Adjust these schedules based on how much you want to accomplish or how long you have access to your venue.

Whether you use these schedules or not, make sure to leave time for registration, intros, instructions, equipment fitting, water breaks, and any other non-football items that will happen during the clinic.

1 HOUR SAMPLE CLINIC SCHEDULE

Period	Period Time	Total Time	Full or Small Group	Movement Type	Activity	Pg.	
0	:20	:20	Registration, Group Assignment and Equipment Fittings				
1	:05	:25	Full Group	Dynamic Warm Up			
2	:05	:35	Full Group	Physical Literacy			
3	:10	:45	Water Break & Split Into Small Groups				
4	:10	:55	Small Group	Football Drill			
5	:10	1:05	Small Group	Football Drill			
6	:05	1:10	Water Break				
7	:10	1:20	Full Group	Game			

2 HOUR SAMPLE CLINIC SCHEDULE

Period	Period Time	Total Time	Full or Small Group	Movement Type	Activity	Pg.	
0	:20	:20	Registration, Group Assignment and Equipment Fittings				
1	:05	:25	Full Group	Dynamic Warm Up			
2	:05	:35	Full Group	Dynamic Warm Up			
3	:10	:45	Water Break & Split Into Small Groups				
4	:10	:55	Small Group	Physical Literacy			
5	:10	1:05	Small Group	Football Drill			
6	:10	1:15	Small Group	Physical Literacy			
7	:05	1:20	Water Break				
8	:10	1:30	Small Group	Football Drill			
9	:10	1:40	Small Group	Physical Literacy			
10	:15	1:55	Small Group	Football Drill			
11	:05	2:00	Water Break				
12	:15	2:15	Full Group	Game			
13	:05	2:20	Full Group	Cool Down			

3 HOUR SAMPLE CLINIC SCHEDULE

Period	Period Time	Total Time	Full or Small Group	Movement Type	Activity	Pg.	
0	:20	:20	Registration, Group Assignment and Equipment Fittings				
1	:05	:25	Full Group	Dynamic Warm Up			
2	:10	:35	Full Group	Physical Literacy			
3	:05	:40	Full Group	Dynamic Warm Up			
4	:10	:50	Water Break & Split Into Small Groups				
5	:10	1:00	Small Group	Physical Literacy			
6	:10	1:10	Small Group	Physical Literacy			
7	:10	1:20	Small Group	Game			
8	:05	1:25	Water Break				
9	:10	1:35	Small Group	Football Drill			
10	:10	1:45	Small Group	Football Drill			
11	:10	1:55	Small Group	Game			
12	:05	2:00	Water Break				
13	:10	2:10	Small Group	Physical Literacy			
14	:10	2:20	Small Group	Football Drill			
15	:15	2:35	Small Group	Game			
16	:05	2:40	Water Break				
17	:15	2:55	Full Group	Game			
18	:15	3:10	Full Group	Game			
19	:10	3:20	Full Group	Cool Down			

SAMPLE CLINIC LAYOUTS

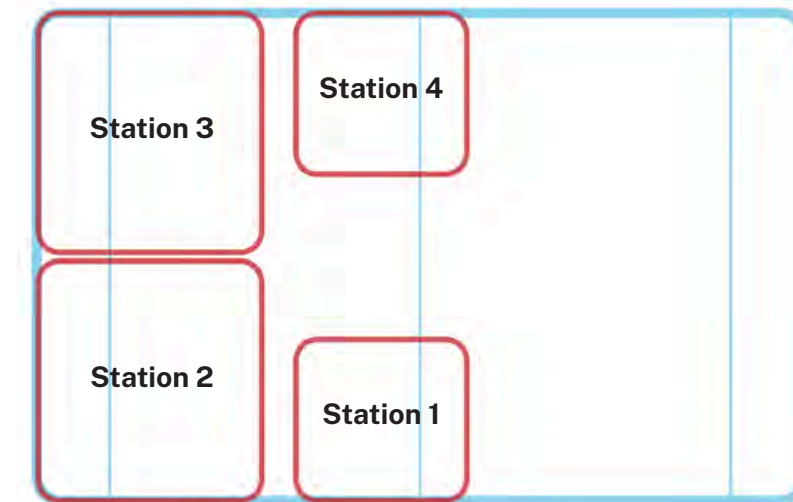
Based on the number of registrations you have or the variety of athlete experiences/ages, you can choose to set up your clinic in any number of ways. In a small group with similar ages/experiences, we recommend leading a clinic where every athlete participates in every activity together.

If you have a larger group (30+) or a group of very wide age ranges/experience levels, you may want to split your clinic into groups of 10-ish athletes and have them rotate amongst stations. Sample station layouts can be found on the next page.

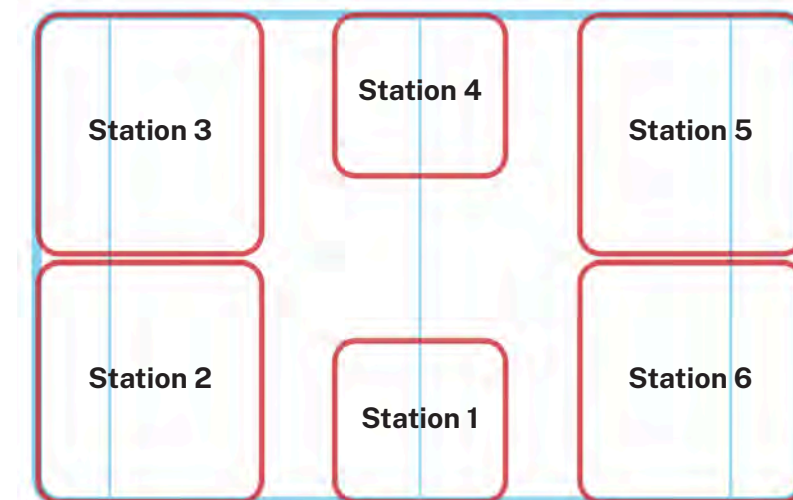
If you choose to break your clinic into groups, work to ensure the following:

- There is enough space to run the drills and have participants in chairs rotate between stations.
- There are enough volunteers and staff to manage each station appropriately
- Volunteers and staff are clear with how long a group will be at each station and know which direction athletes are rotating to the next station
- Athletes are broken up into age or skill-level appropriate groups so they get the most out of the experience.
- You incorporate larger group activities, such as those in the 'games' section in the booklet where you can bring the whole clinic population together, or as many as is appropriate. This helps encourage community amongst the full athlete participating group.

4 Station Layout - Small Camp



6 Station Layout



8 Station Layout



SET UP



Whether you will have all attendees participating as a group, or be splitting the group into stations, ensure that you know which drills you'll be running and how you can adjust them throughout the day. If other volunteers will assist, ensure they understand how to best support you throughout the day.

If you're organizing stations, know which drill(s) will be within which staging areas, and provide a photo/drawn layout of how it should be set up, along with a written description of the drill(s) to run in that area and clinic agenda the staff or volunteer in charge of each area. For ease, you can simply copy the corresponding pages of this playbook for each drill, game or warmup. Encourage the person in charge of each staging area to set up their own drill area, and practice running through the drill(s) they're leading with another volunteer to ensure the area is set up properly, instructions are clear to all involved, and help identify any potential pain points prior to participant arrival.

Make sure to give yourself more time than you think you'll need for set up. We recommend a minimum of one hour, depending on how many staging areas need setting up, and how much on-site volunteer training you plan to provide.

SKILLS AND DRILLS



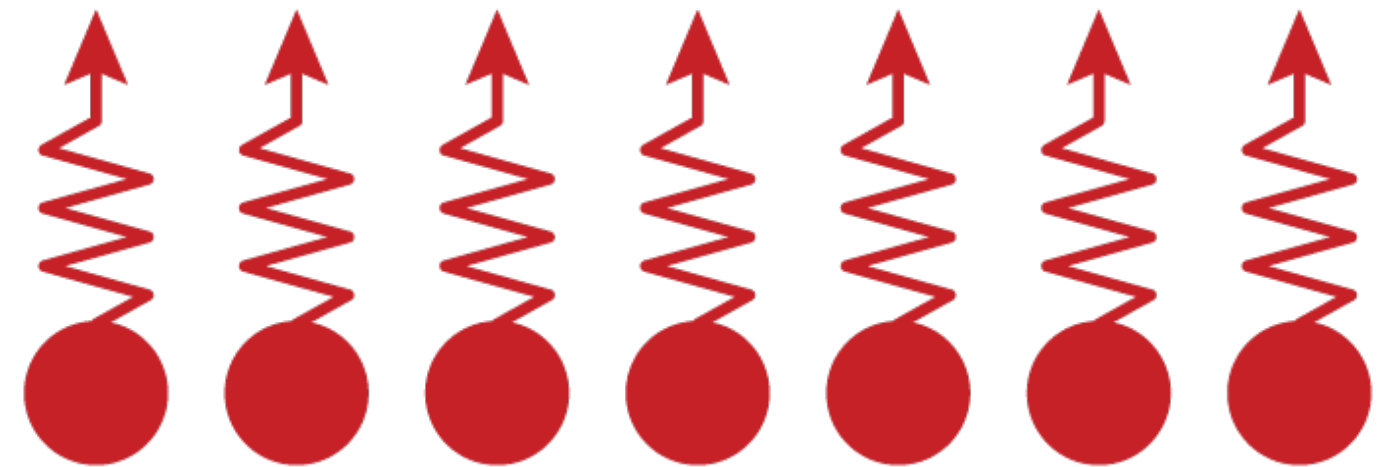
WARM UP/ LITERACY



Stance Start and Go

Purpose: Focus on the First PUSH

Players will align in a ready position. On the coach's "GO," the receiver will explode "off the ball" moving for 10 yards.

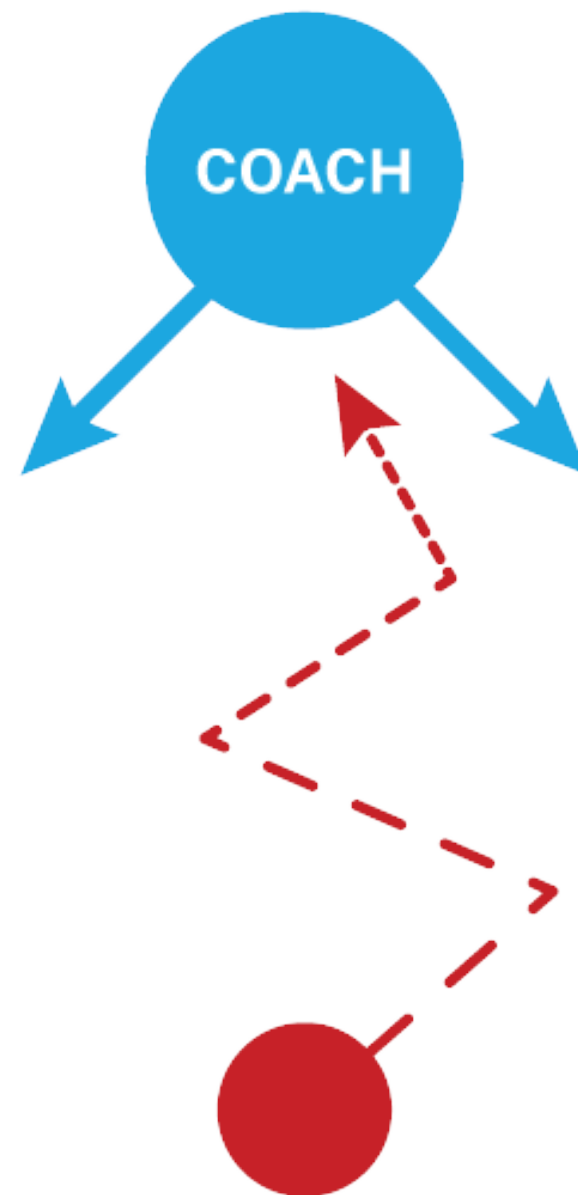


WARM UP/ PHYSICAL LITERACY

Gear Runs to Change Direction

**Purpose: Wheelchair agility
development**

Change speeds of moving based on what the coach calls out. Progress from slowest to fastest (1st gear 25% speed, 2nd gear 50% speed, 3rd gear 75% speed, and 4th gear 100% speed). During the movement phase of the wheeling, the coach designates a new direction of movement verbally or with a pointing motion. Athletes continue their wheeling or movement skill in the newly designated direction.

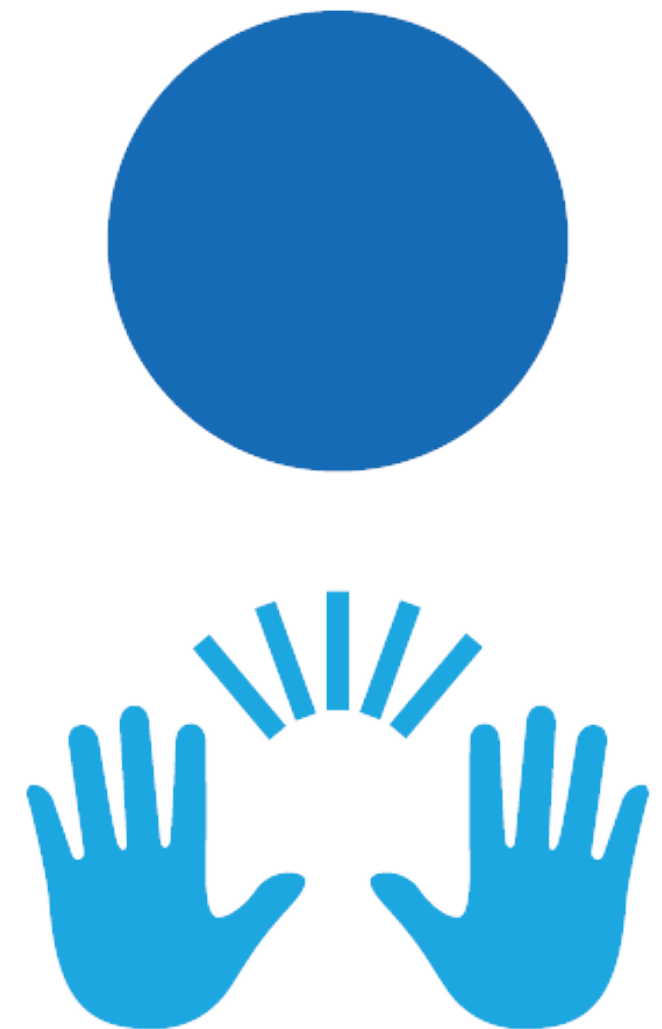


WARM UP/ PHYSICAL LITERACY

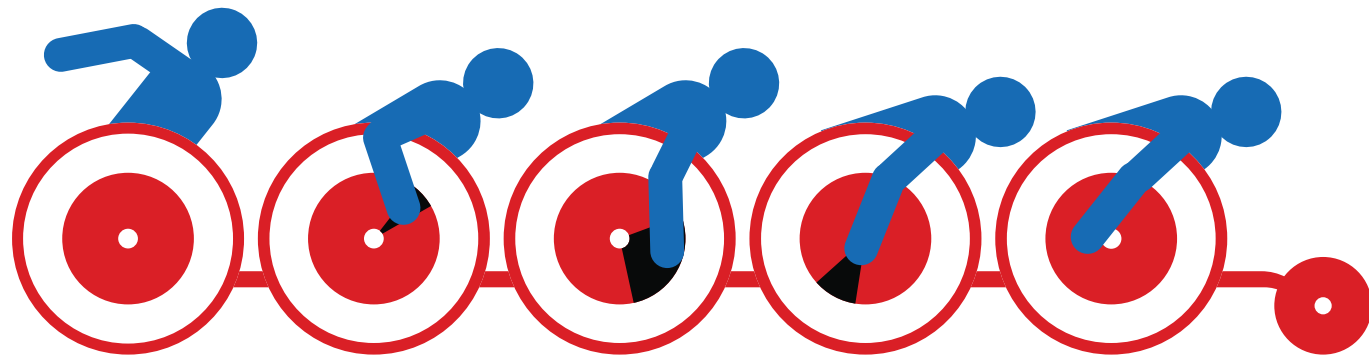
Self-Catch

**Purpose: To develop
receiving skills individually**

Toss or throw an appropriately sized ball (football, tennis ball, racket ball, foam ball, etc.) in the air to oneself and secure the catch.



WARM UP/ PHYSICAL LITERACY



Push Stroke Mechanics

Purpose: Help athletes understand proper positioning for hands and body to push forward with power.

Ask athlete to get into the 'Ready' position with their body weight forward and down, keeping their center of gravity in front of them.

In slow motion work through the phases of stroke mechanics:

- Ready position
- Initial contact on the push rim at 11 or 10 o'clock
 - Ensure the contact is on the full tire, not just the rim
- Driving forward and down until 5 or 6 o'clock
- Releasing the wheel with a flicking motion at the bottom for acceleration
- Bringing the arms up, reload and drive the arms with power
- Repeat the sequence all the way through

After athletes get the mechanics in a slow motion, have go through at faster and faster speeds. You can even set up races or start and stop locations to mimic the push stroke mechanics in a game setting.

SKILLS & DRILLS



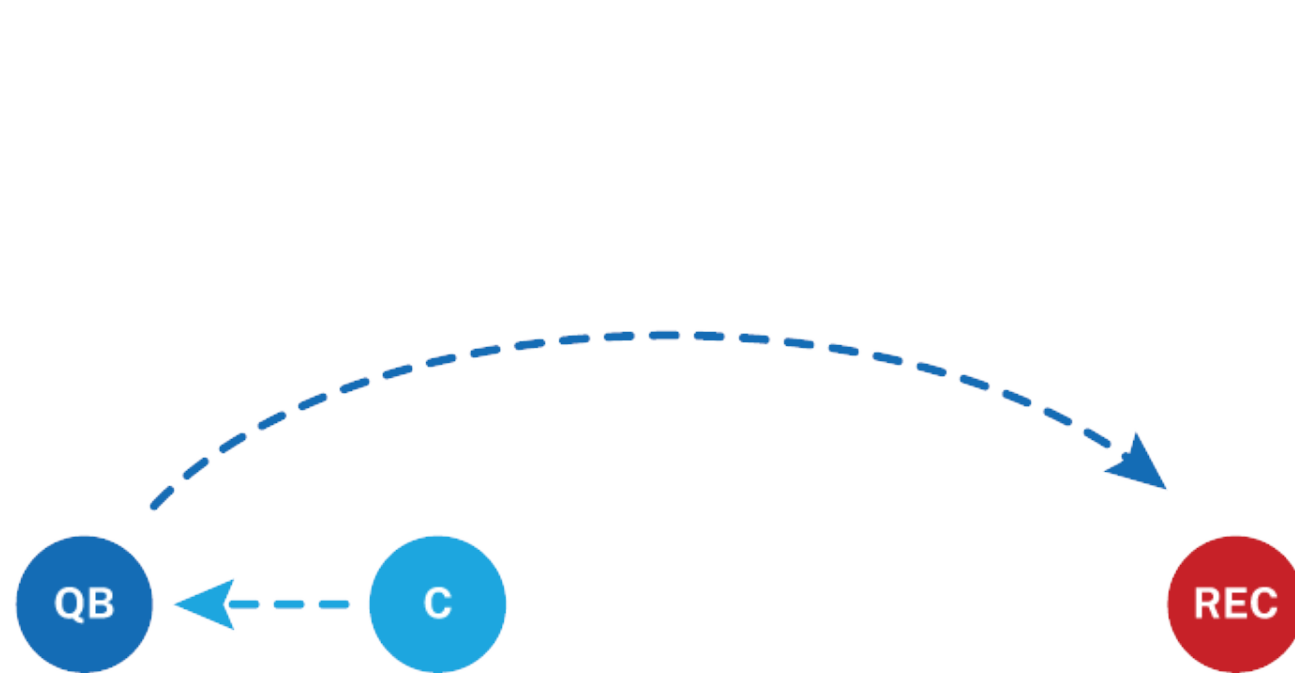
Partner and Throw

Purpose: Passing drill to break down the KPI's in a controlled manner.

Partners get 10 yards apart or an appropriate distance for the skill level group. Partner 1 grips and holds the football in both hands, assumes a face to face position, facing the target with their non-throwing shoulder.

Raise the ball to ear level, follow-through upon releasing the ball to Partner two. Once receiving the ball, Partner 2 performs the same steps and throws will explode "off the ball" moving for 10 yards.

SKILLS & DRILLS

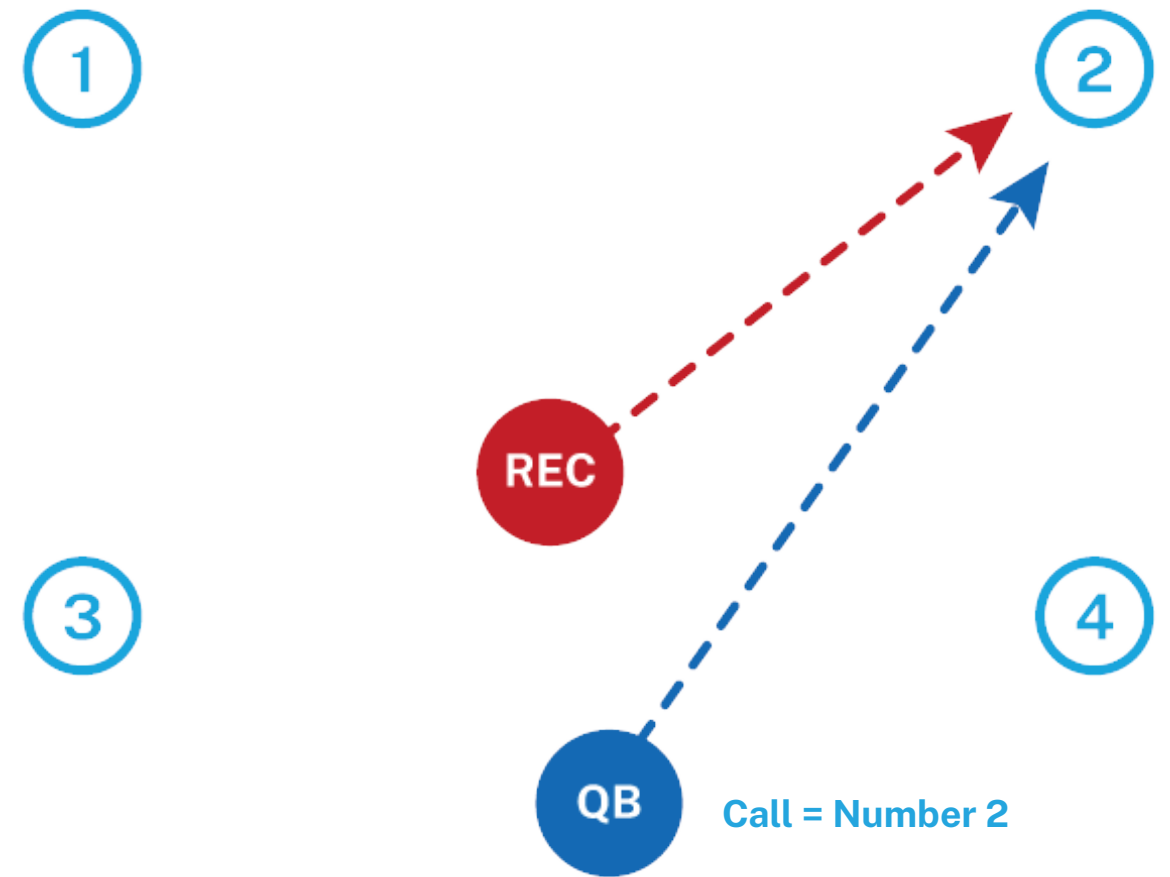


Snap - Catch - Throw

Purpose: Passing drill to break down the KPI's in a controlled manner by adding the center snap to the QB

Receive a shotgun snap from a partner and bring the football to a ready position at the sternum. As player throws the ball, make sure they feel their weight transfer from the throwing side of the body to the opposite side of the body.

SKILLS & DRILLS

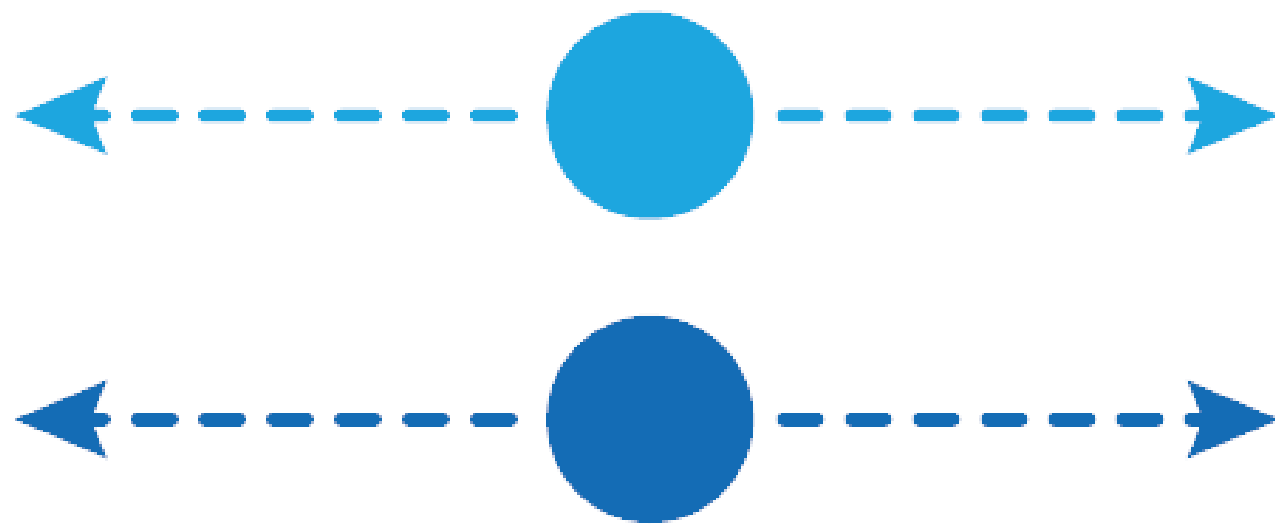


4 Cone Position Throws

Purpose: Developing receiving skills and chair movements specific to the receiving position.

Set cones in a square, 5 or 10 yards to a side. One player is in the center of the square and moves to a designated cone as called by the coach and throws a pass downfield.

SKILLS & DRILLS

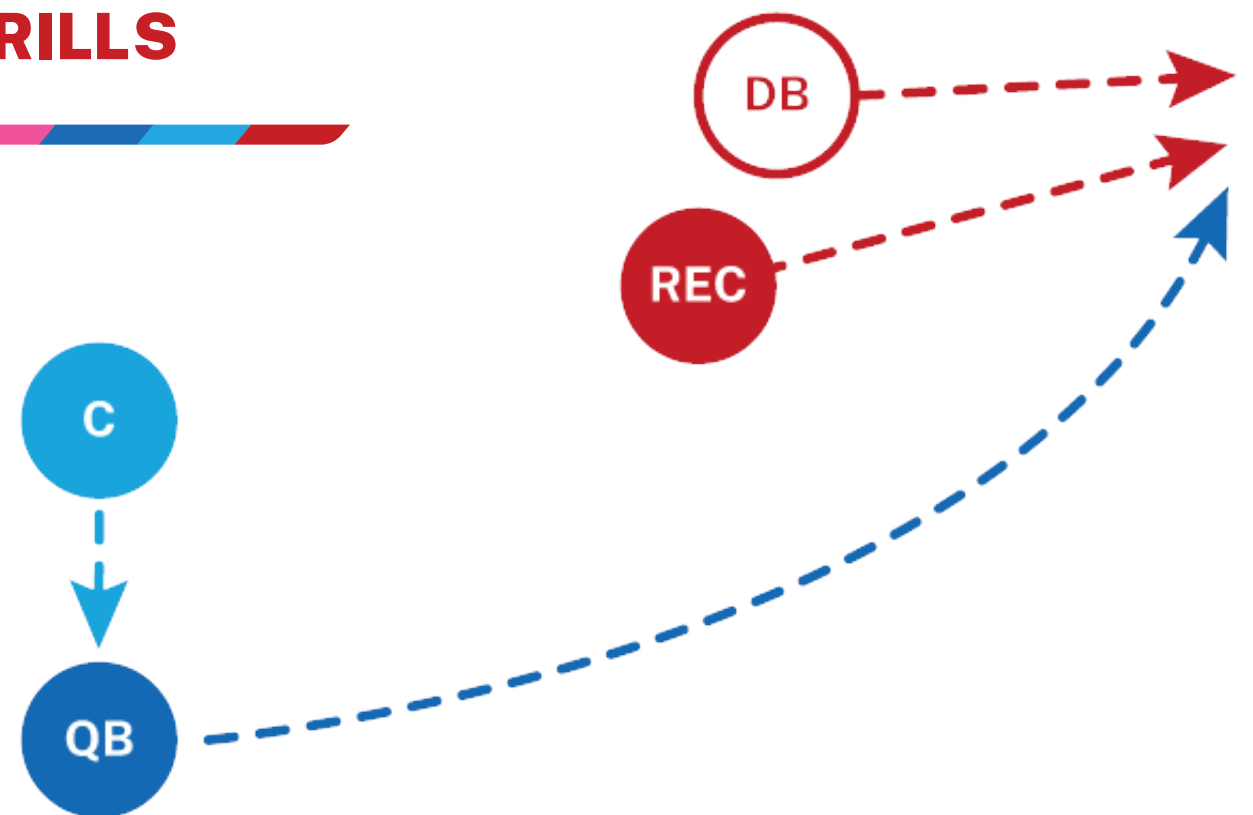


Mirror Drill

Purpose: Developing wheelchair agility movement

Have a student line up 5 yards apart from a partner or coach. With both holding a football, mirror each others movements starting with the coach leading the movement.

SKILLS & DRILLS



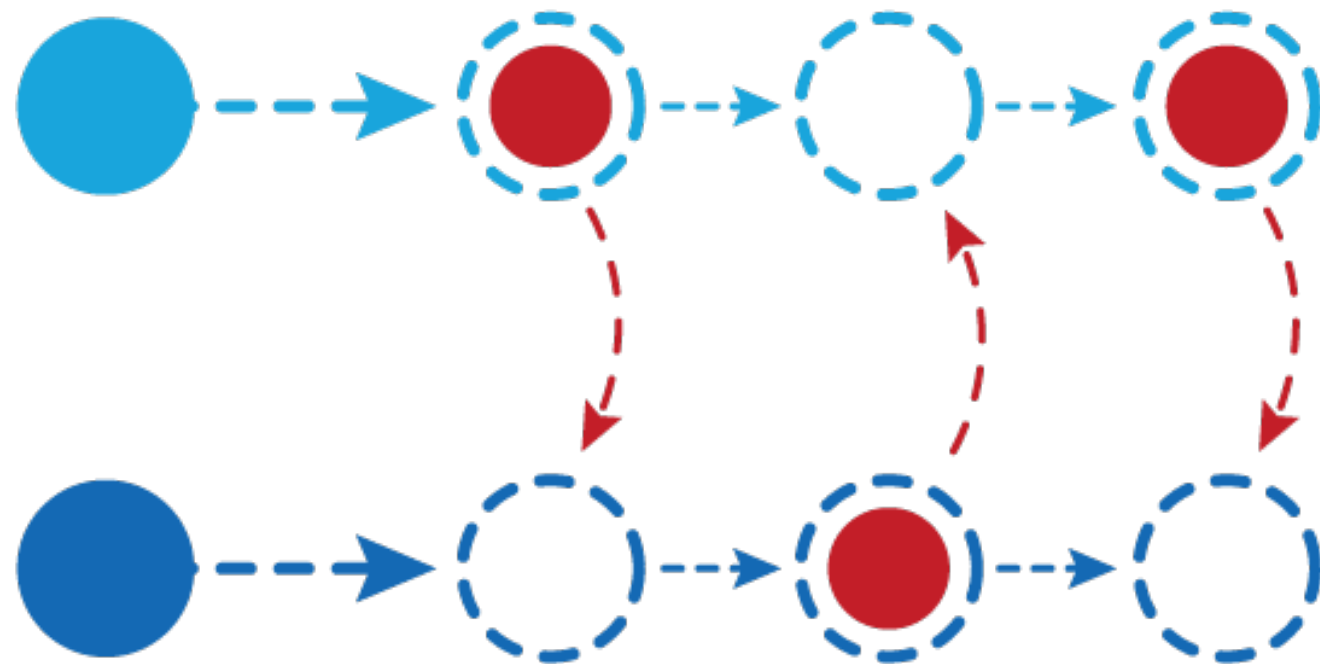
Contested Receiver Drill

Purpose: Multipurpose drill working QB, Receiving, and Defensive Backs skills

Start a receiver on the line of scrimmage opposite a single defender. Before the snap, the coach tells both the receiver and defender what route the receiver will be doing.

On the coach's command, the quarterback delivers the pass to a spot where only the receiver has a chance to catch it. The defender can intercept the route but cannot commit pass interference.

SKILLS & DRILLS

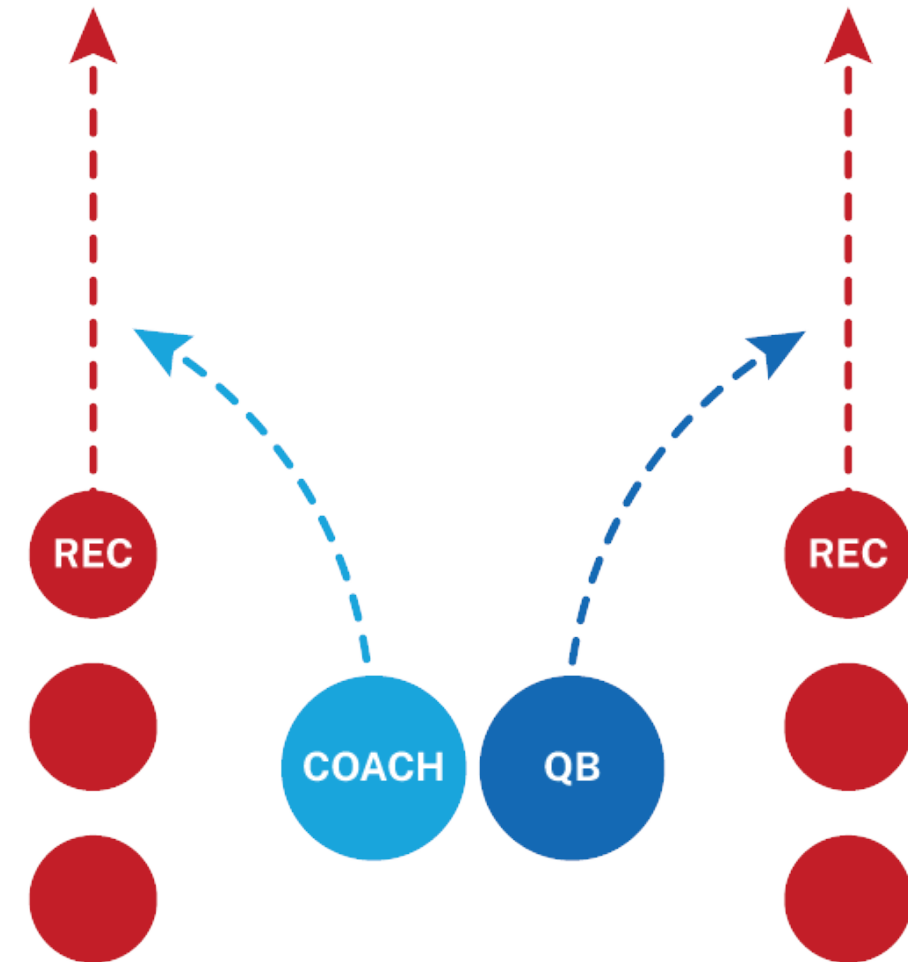


Lateral Partner Throws

Purpose: To develop a mobile QB who can move and throw when rushed by the defense.

Facing a partner at 5-10 yards away, both partners move forward in tandem, remaining parallel to each other while throwing the ball back and forth. Focus on turning the shoulders to complete the throw.

SKILLS & DRILLS

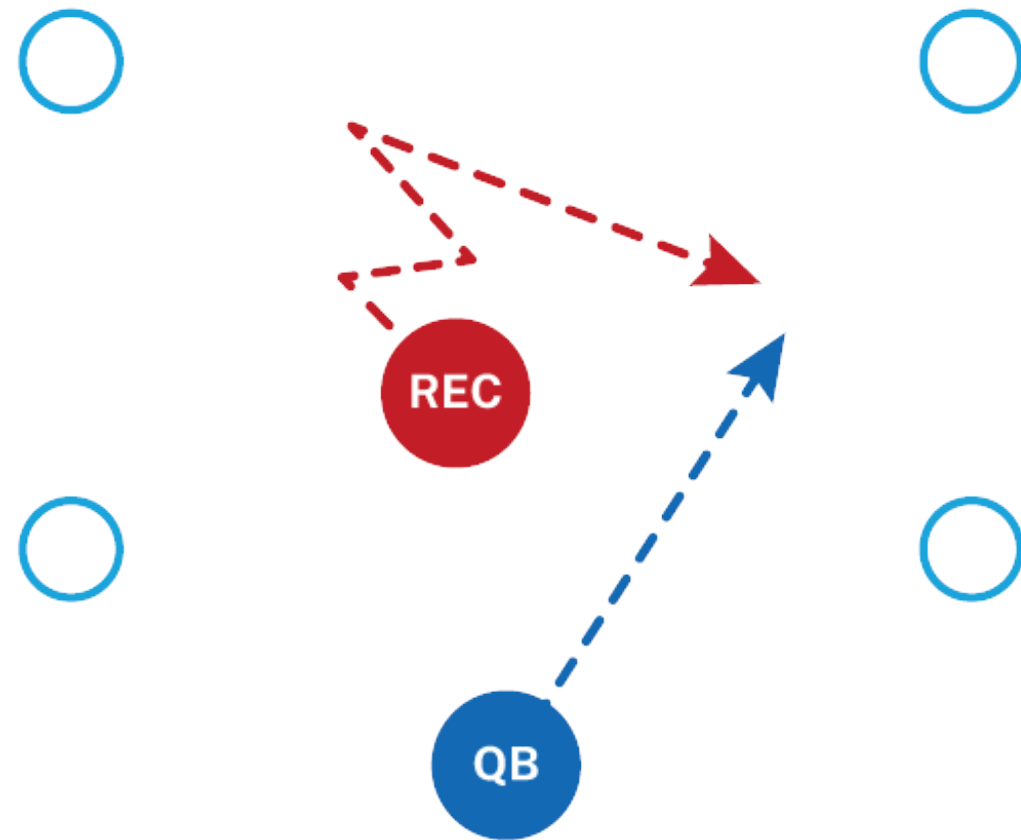


Acceleration Drills

Purpose: To develop the complete receiver focusing on a complex skill of receiving the ball over the head.

Players line up in a single-file line next to the coach/QB. On coach's "GO," a receiver will wheel forward in a straight line. The coach/QB will throw the ball over the player's head, forcing them to accelerate and track the ball in order to complete the catch. Passes should be thrown on the player's second yard out and caught around six yards.

SKILLS & DRILLS

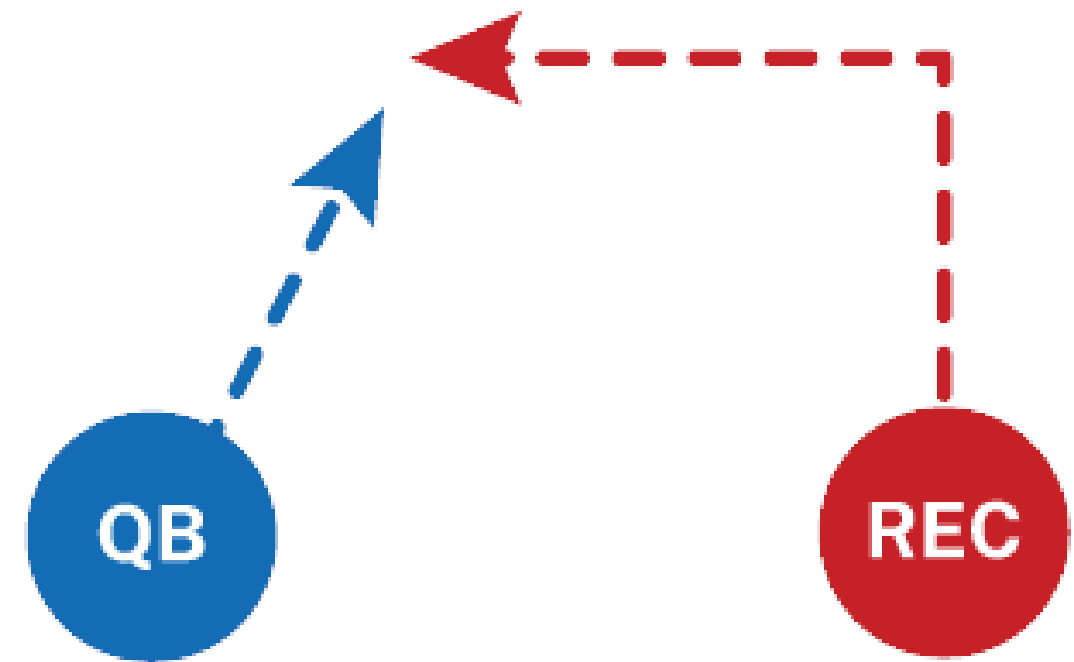


Multi Directional Start and Go

Purpose: Developing wheelchair acceleration mechanics.

Create a square space with cones (10 yards long and 5 yards wide). Have one player enter the space at a time, and on the coach's command, allow the player to move freely. After five seconds, the coach/QB can throw the ball anywhere within that designated area, forcing the player to adjust, accelerate or decelerate to catch the ball.

SKILLS & DRILLS

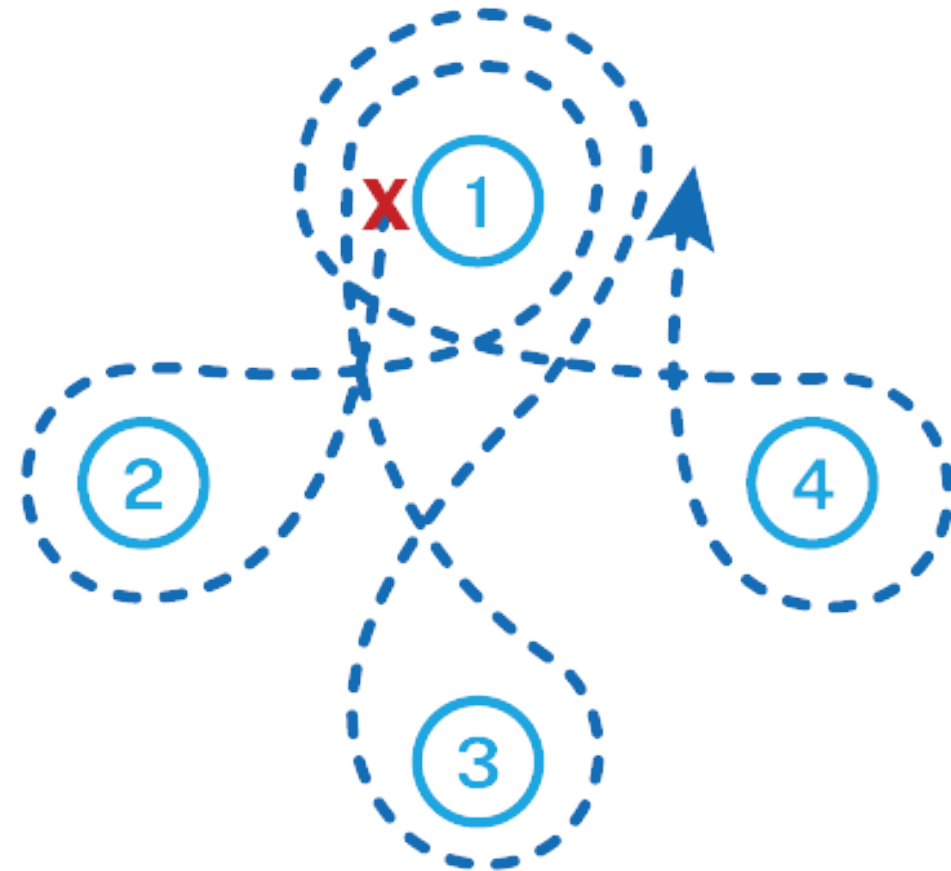


Receiving Routes and Catch / Routes Moving - Working with Passers

Purpose: Improve the passing game with all stakeholders while learning the passing routes.

Working with passers, the coach will specify which routes the receivers will be running. Coaches are encouraged to use routes from their playbook or that are developmentally appropriate.

SKILLS & DRILLS

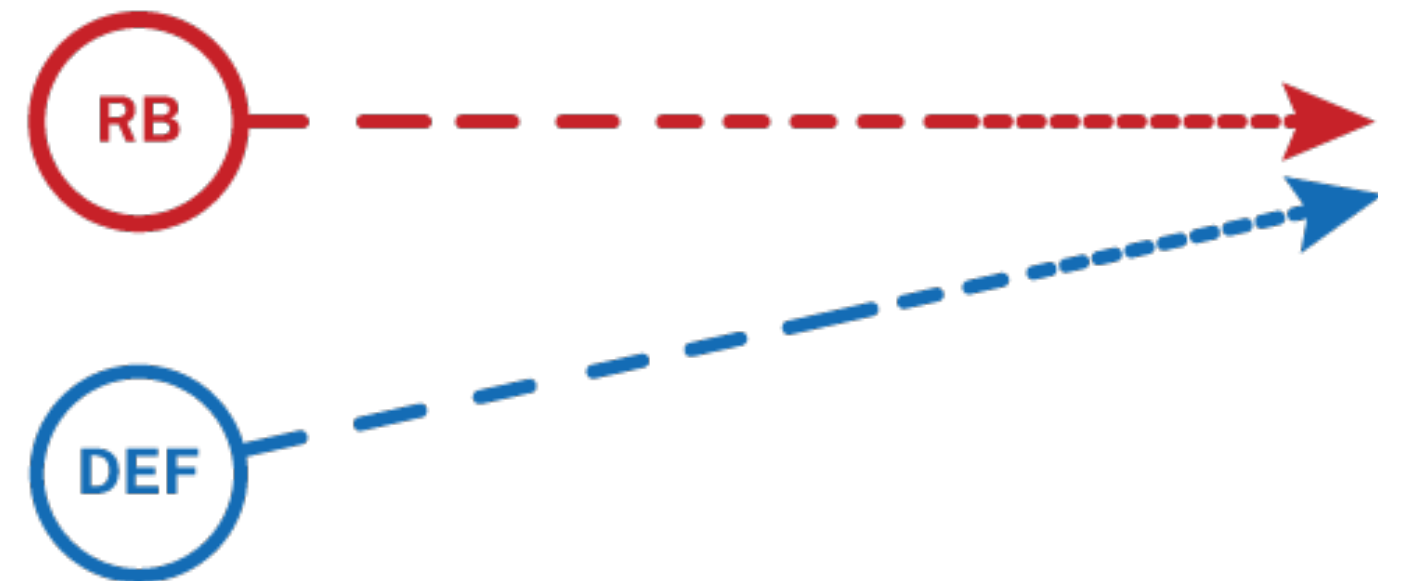


Diamond and Agility Drill

Purpose: Wheelchair movement agility development.

Place four cones 5 yards apart in a diamond shape. Assume a ready position with chair on the right side of cone 1. Move to the left side of the cone 2. Quickly move your chair around the cone and burst to the left side of cone 1, making a figure 8. Quickly move your chair around cone 1 and move quickly to the opposite side of cone 3. Quickly move your chair around cone 3 and move to the opposite side of cone 4, making another figure 8. Quickly move your chair around cone 4 and explode back to cone 3.

SKILLS & DRILLS

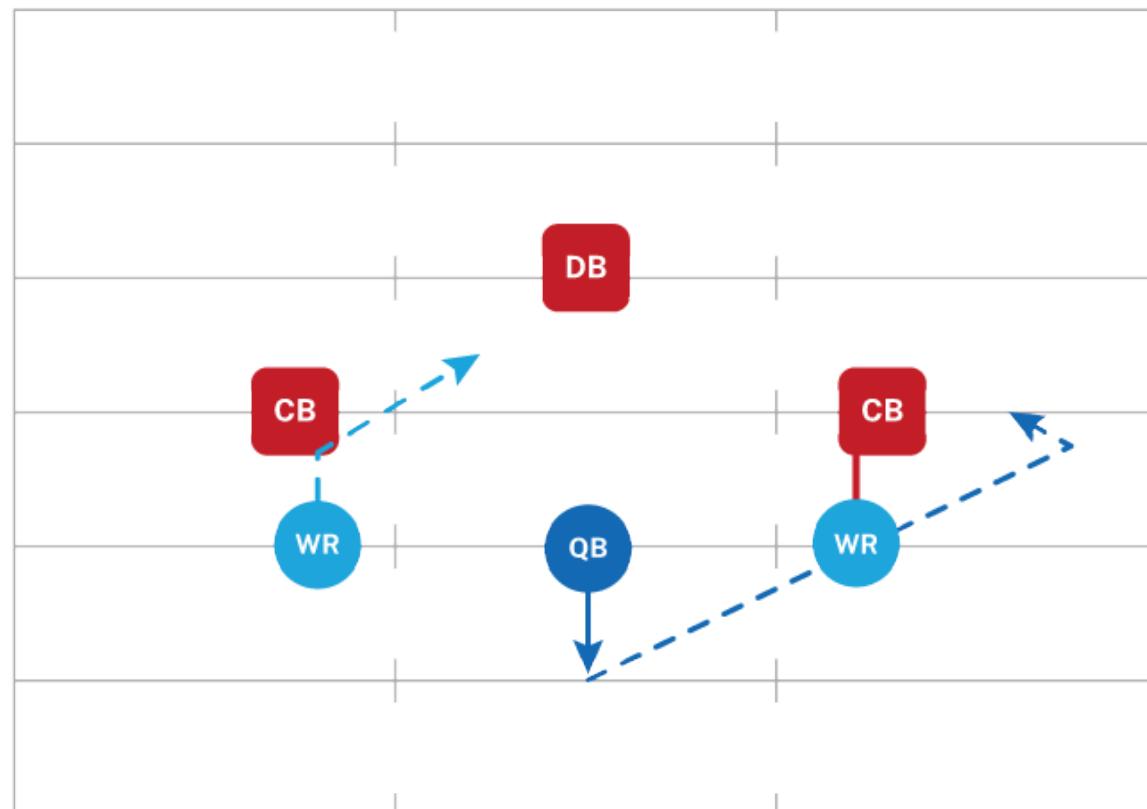


Wheel and Gather Drill

Purpose: Defender works on tracking the ball carrier while maintaining proper leverage.

Start with a ball-carrier and a defender about 10 yards apart. The ball-carrier begins moving down the sideline or a yard line, starting and stopping in intervals. The defender takes an angle to the ball-carrier, tracking the near wheel, changing speeds to match the ball-carrier and maintaining leverage, then closing with a swoop for a two-hand touch on the runner.

SKILLS & DRILLS



4-to Score (3 vs. 3)

Purpose: Chunks the football game in small groups to be able to participate more effectively and be coached up on needed skills to develop.

This is simply a 3 vs. 3 football game where the offense is only given four attempts to score a touchdown. After the fourth attempt, if the offense does not score, the ball goes to the other team. All possessions start at the same spot so the team must go 20 yards. Teams can get more than one score in four tries. Recommended field size is 20 yards long and 20 yards wide. Make sure players maintain speed and body control with limited contact, or ensure helmets are worn.

SKILLS & DRILLS

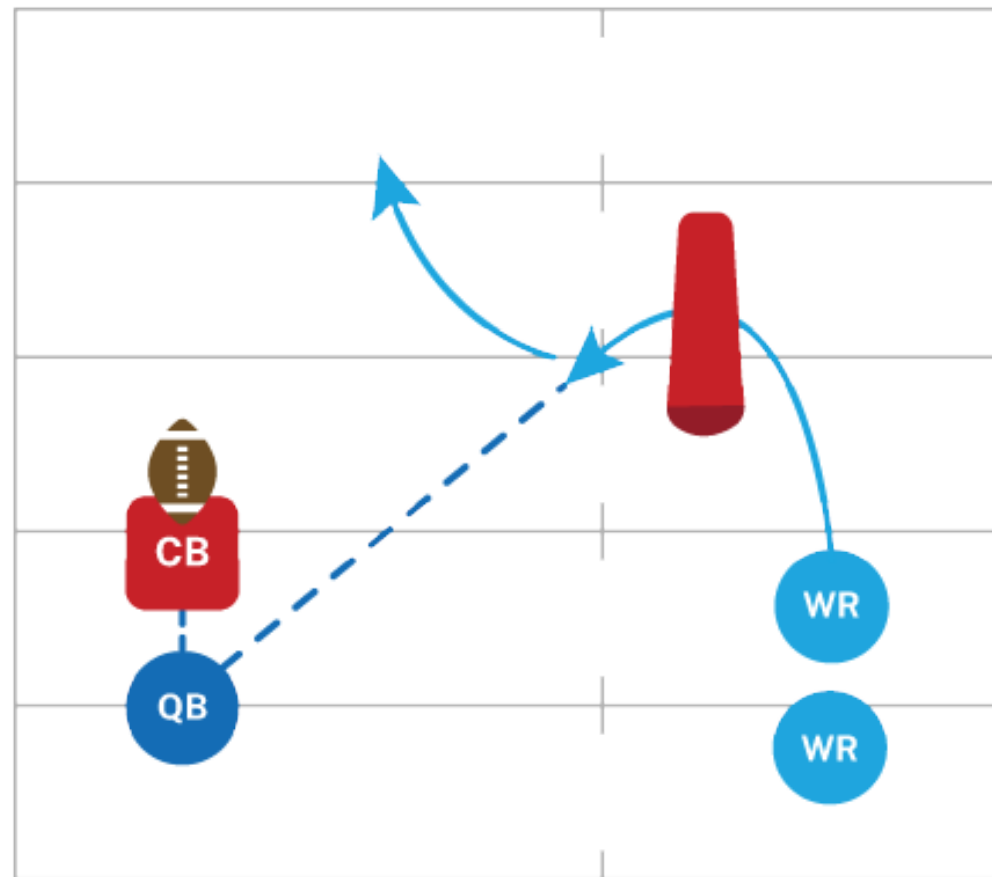


Clockwork Hands Passing

Purpose: Receiving drill to develop the athlete to catch in all possible positions that might be presented to them.

This drill is the same as the clockwork hands receiving drill except the focus is on the passer. Challenge the passers to throw the ball to the different clock positions represented by the receiver's hands (i.e., twelve o'clock is above the head, six o'clock is below the waist, etc...)

SKILLS & DRILLS

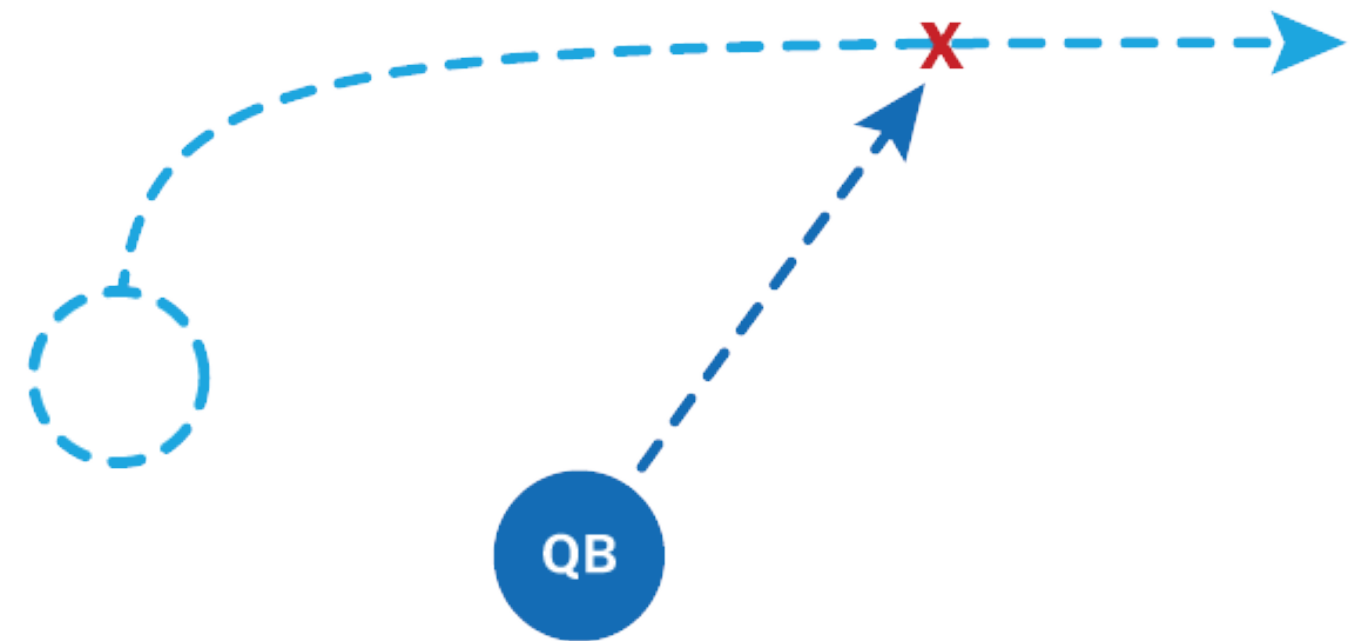


Hide and Seek

Purpose: Receiving drill to develop catching, tucking the ball away, and proceeding upfield towards the endzone

Passers and receivers should line up in parallel lines 10 to 15 yards apart. Place a cone or bag five yards in front of the line of receivers. On the passer's "GO," the receiver will release off the line, run five yards around a tackle bag or cone and turn to catch a pass. The receiver will locate the ball, make the catch and turn up field.

SKILLS & DRILLS

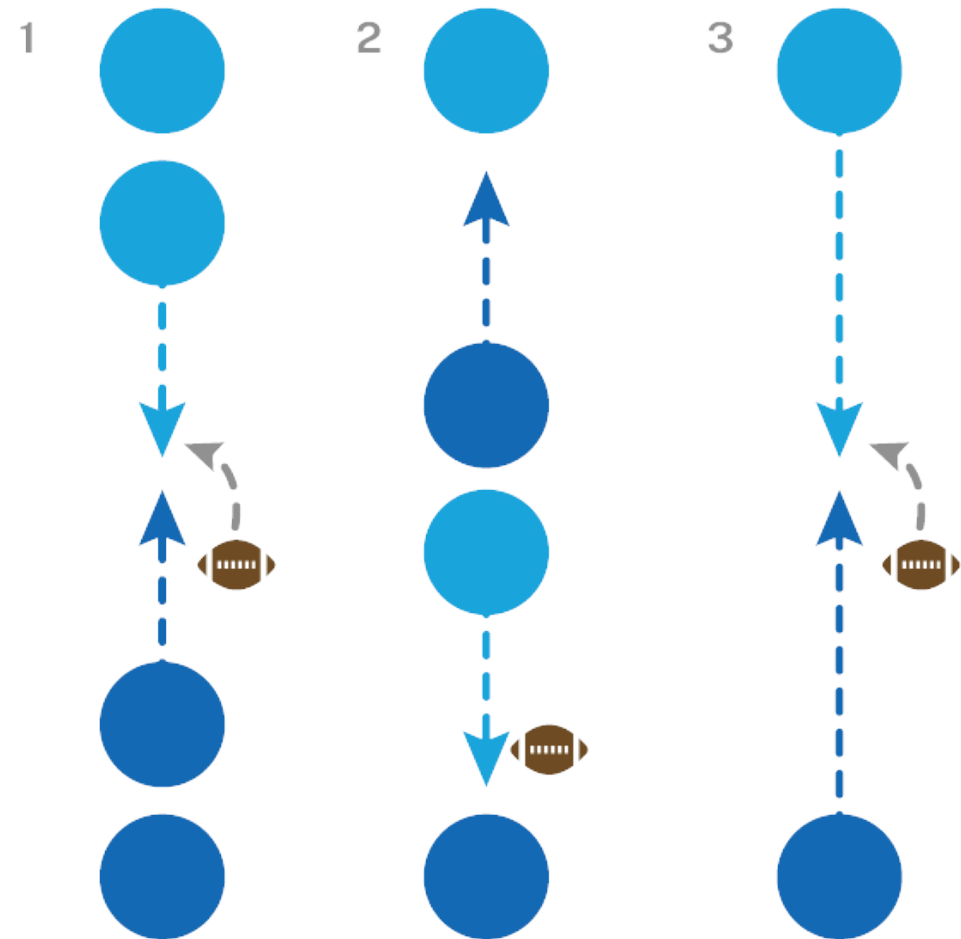


Catch Across the Middle

Purpose: Teaches the QB how to throw to a moving target and anticipate the receiver spot to throw too.

Line up receivers laterally ten yards away from a designated catch zone. Coach or passer is five yards from the zone vertically. Have the receiver move laterally in a ten-yard straight line anticipating a pass. Passer will work on accuracy by throwing the ball to the receiver as he or she crosses the passer's face.

SKILLS & DRILLS

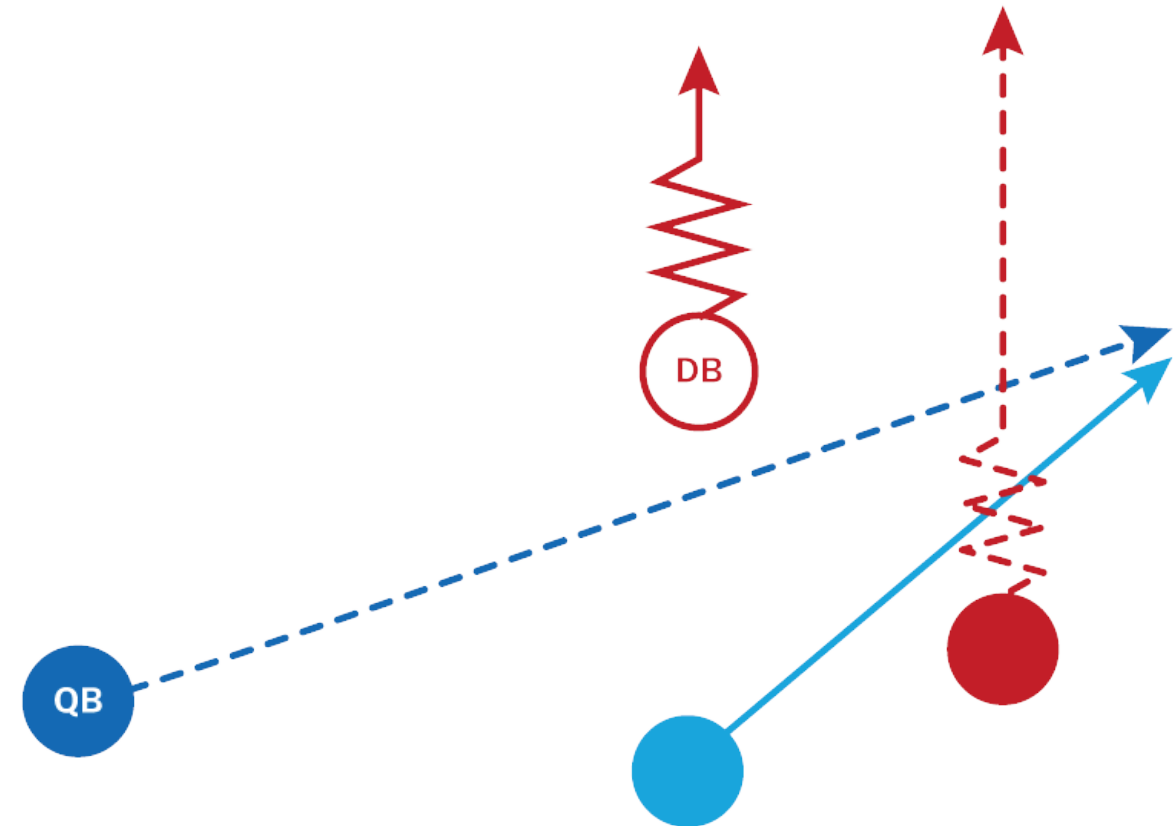


Hand-off Relay

Purpose: To develop RB handoff skills.

Coach will assign relay teams (either 2 or 4). Have teams then divide up equally and stand approximately 10 yards across from their teammates. Using a proper hand-off, teams compete in a relay race. Ball cannot be tossed to the waiting teammate; players must demonstrate a proper hand-off. Coach is encouraged to review arm position for receiving a hand-off.

SKILLS & DRILLS

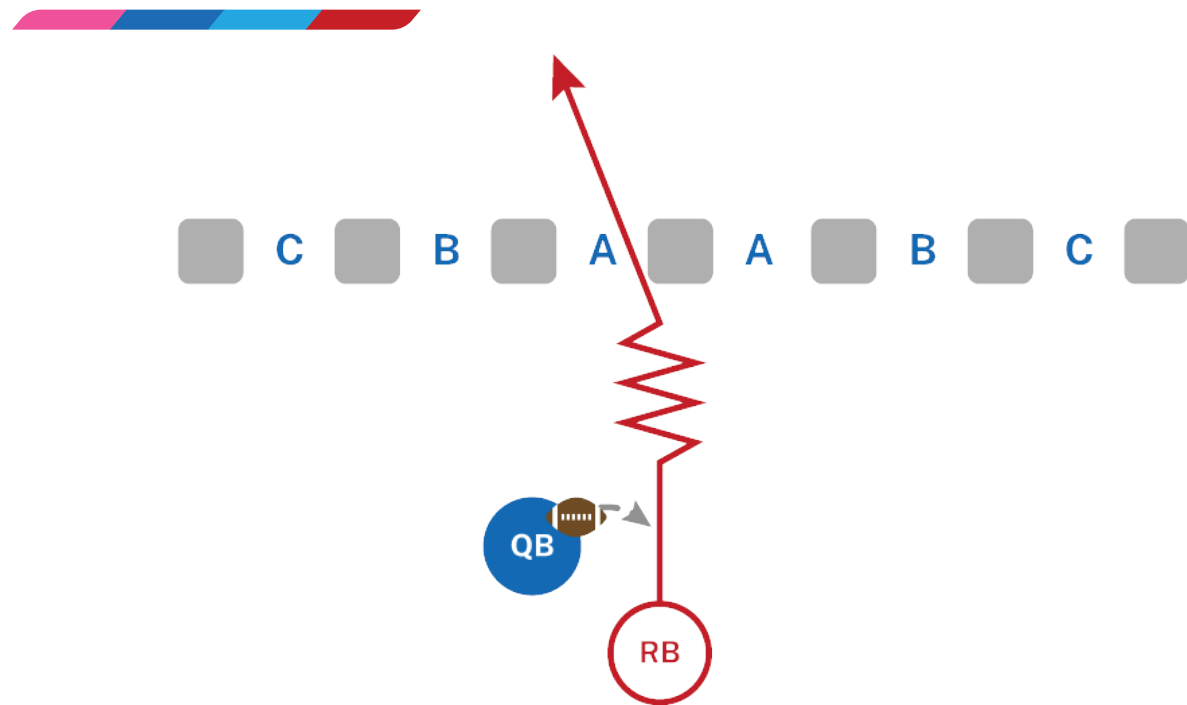


2 vs. 1 Read the Defender

Purpose: To develop the passing game and the QB ability to recognize and throw to the open receiver.

Start two receivers on the same side of the quarterback and opposite a single defender. On the coach's command, the quarterback takes a snap from the center while the receivers run a slant/ arrow or fade/ arrow concept. The defender chooses one receiver to cover. The quarterback recognizes the coverage and throws to the open receiver.

SKILLS & DRILLS

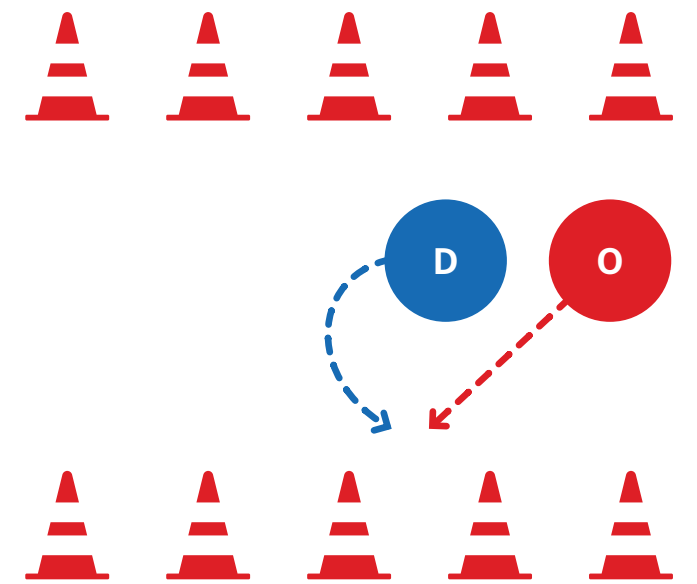


Gap Drill

Purpose: Develops the RB's ability to run to the open hole / space by reacting to a stimulus

This drill will require eight cones and a football. Align four cones in a horizontal line 2 yards apart, then have a space of 3 yards and align the remaining four cones also in a horizontal line. The quarterback should align 3 yards behind the horizontal cones in the 3-yard vacant space. Have offensive backs align in the offensive backfield, two yards behind the quarterback. On the coach's "Go," offensive backs will move downhill taking a handoff from the quarterback. Upon taking the handoff the coaches should say front side A, B, C or D or backside A, B, C, D. Upon hearing the command, the running back should move to that particular cone and burst 5 yards past it. Cones to the right are front side, cones to the left are back side. The inside cone on the right is front side A, second cone on right is front side B, third cone from right is front side C, fourth cone from right is front side D. The inside cone on the left is back side A, second cone on left is back side B, third cone from left is back side C, fourth cone from left is back side D.

SKILLS & DRILLS



Shadow Drill

Purpose: Develop Defensive and Offensive Chair Agility Drills

Set up a coned off lane approximately four-five times the width of a sports chair. You can decide how long to make the lane based on your space and skill of your athletes.

Have two players start at one end of the lane while they are facing each other. The person facing forward is the 'offensive' player and the person facing backwards is the 'defensive' player. Tell the offensive player that their goal is to get past the defender using their chair skills as quickly as possible. Tell the defensive player their goal is to stop the offensive player's progress.

Encourage the defender to never let the offensive player see their toes/footplate. This will mean the defender will need to sometimes turn in the opposite direction that their instincts tell them (spin out to get in front of the offensive player versus turn in and follow).

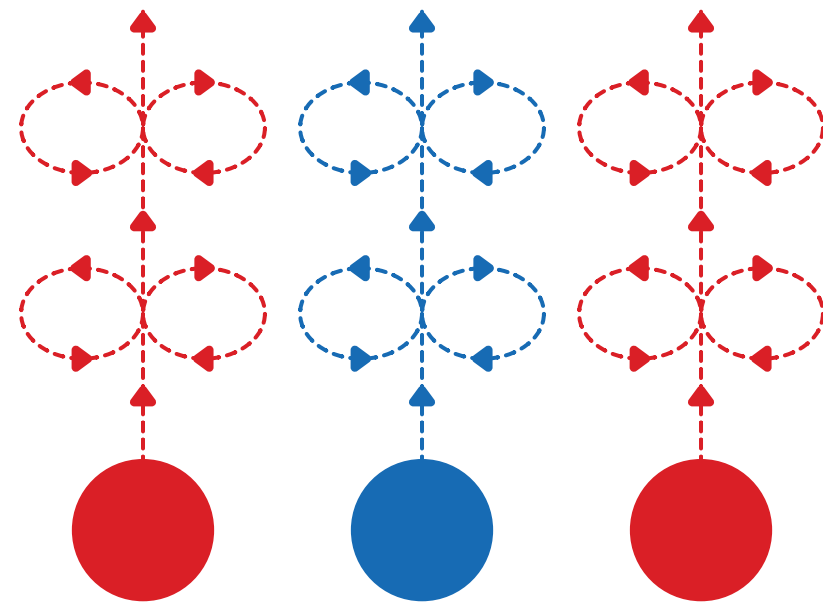
Stop players if the defender uses illegal chair contact to cut off the advancement. Have players switch from offense to defense as needed.

To make the drill harder, you can:

- narrow the lane.
- start the offense in a pinned position from the defense.
- Start the offense in an advantageous position where the defense has to chase

To scale down the drill, you can have the defender just anticipate where the offensive player will go and worry less about chair contact.

SKILLS & DRILLS



Twist Turns

Purpose: Develop Wheelchair Stroke Mechanics and Agility

Set up athletes in a long line facing the same direction on the 'start line.' Indicate a 'finish line' ahead of the athletes, approximately half a basketball court length away (or longer). Have athletes get into their first push stance. In this drill they'll want to work on their push stroke mechanics to help with an explosive first push. This is important in helping athletes get off the line during a football game.

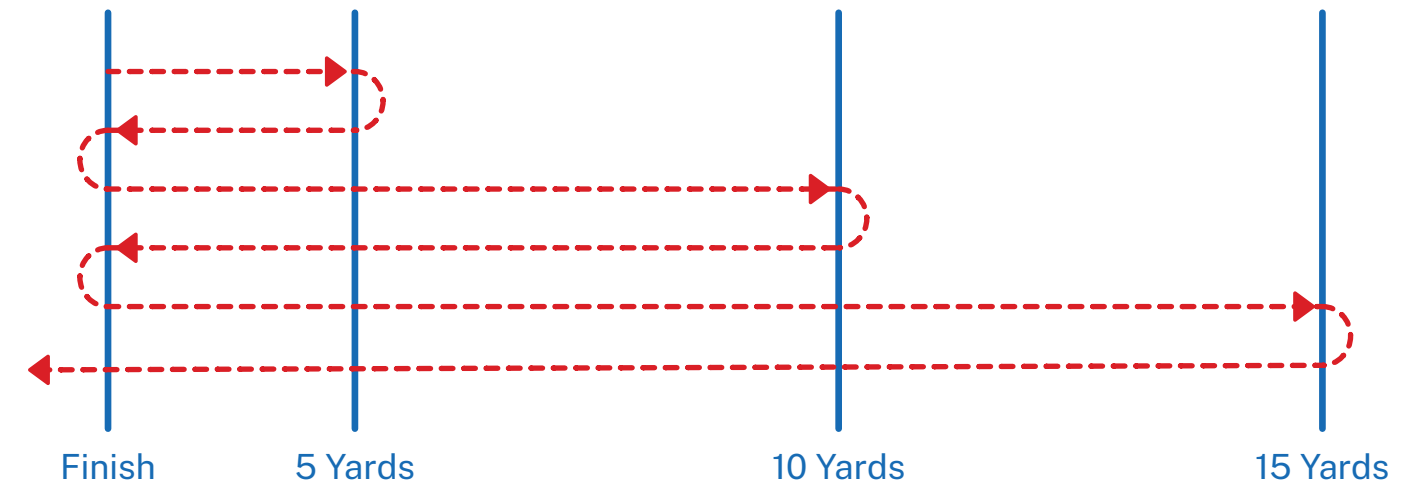
Ask athletes to get to the start line. On your whistle they'll take two hard pushes and then make a hard stop. At the stop location, the athlete will quickly turn their chair 90 degrees left, then back forward, then 90 degrees right, then back forward. After they're facing forward, they will repeat the two pushes and turns until they reach the finish line.

Watch to ensure athletes are using proper push mechanics to propel themselves forward with power, as well as stopping and turning with control and agility.

For higher level athletes, you can adjust the drill by having the athletes get on the start line and instead of stopping after two pushes, you can control the stop/start time with your whistle, adjusting the cadence of forward pushes/twists.

You can also add in another element for receivers by asking the receivers to start with the ball in their hand and secure it before they make the forward push/turn combination.

SKILLS & DRILLS



60 Yard Shuttle / NFL Long Shuttle

Purpose: Develop speed, agility and endurance.

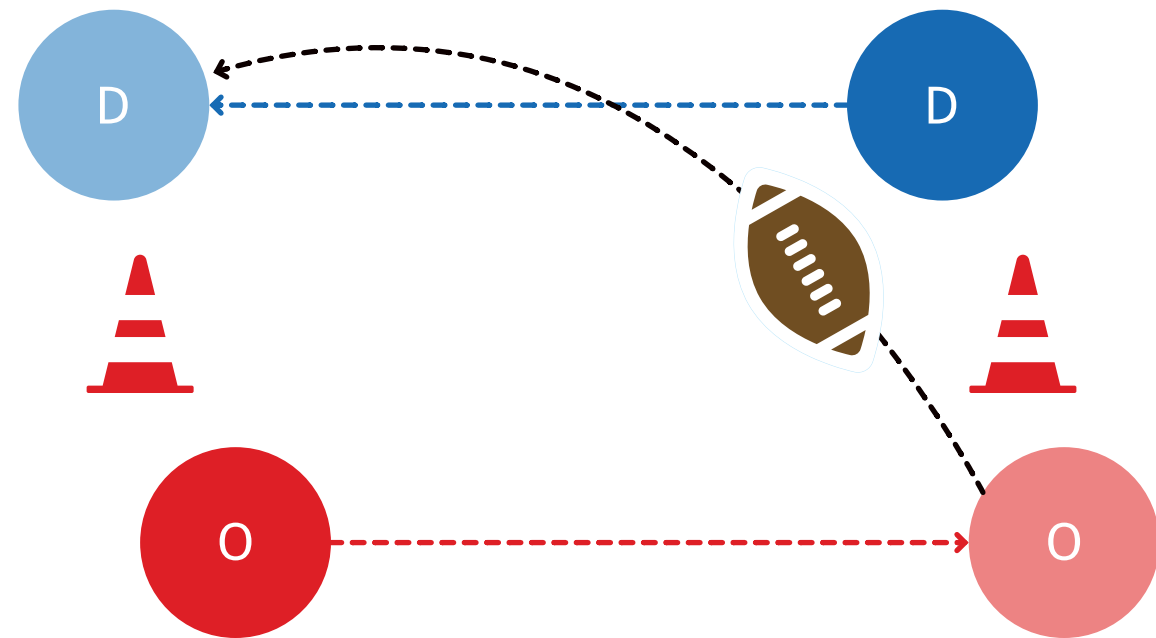
Mark your area with 4 cones or lines that are approximately 5 yards apart.

Have the player start in the ready position on the start line with their front casters facing forward. Prior to starting the drill, the player must be set for 2 seconds to mimic a pre-snap position. Once the player hears 'go' they start the drill. Player will roll to the 5 yard line, then turn and pivot back to the start line. They will then turn back and roll to the 10 yard line, then turn and pivot back to the start line. Finally, they will turn back and roll to the 15 yard line, then turn and pivot back to the start line.

Coaches should watch for the players initial push movement, as well as push mechanics throughout the drill to provide feedback on how the athlete can improve.

To gamify the drill, you can time each athlete and see who is the fastest, with potential penalties for turning prior to reaching the set turn around points.

SKILLS & DRILLS



Pivot and Pass

Purpose: Develop passing with movement skills

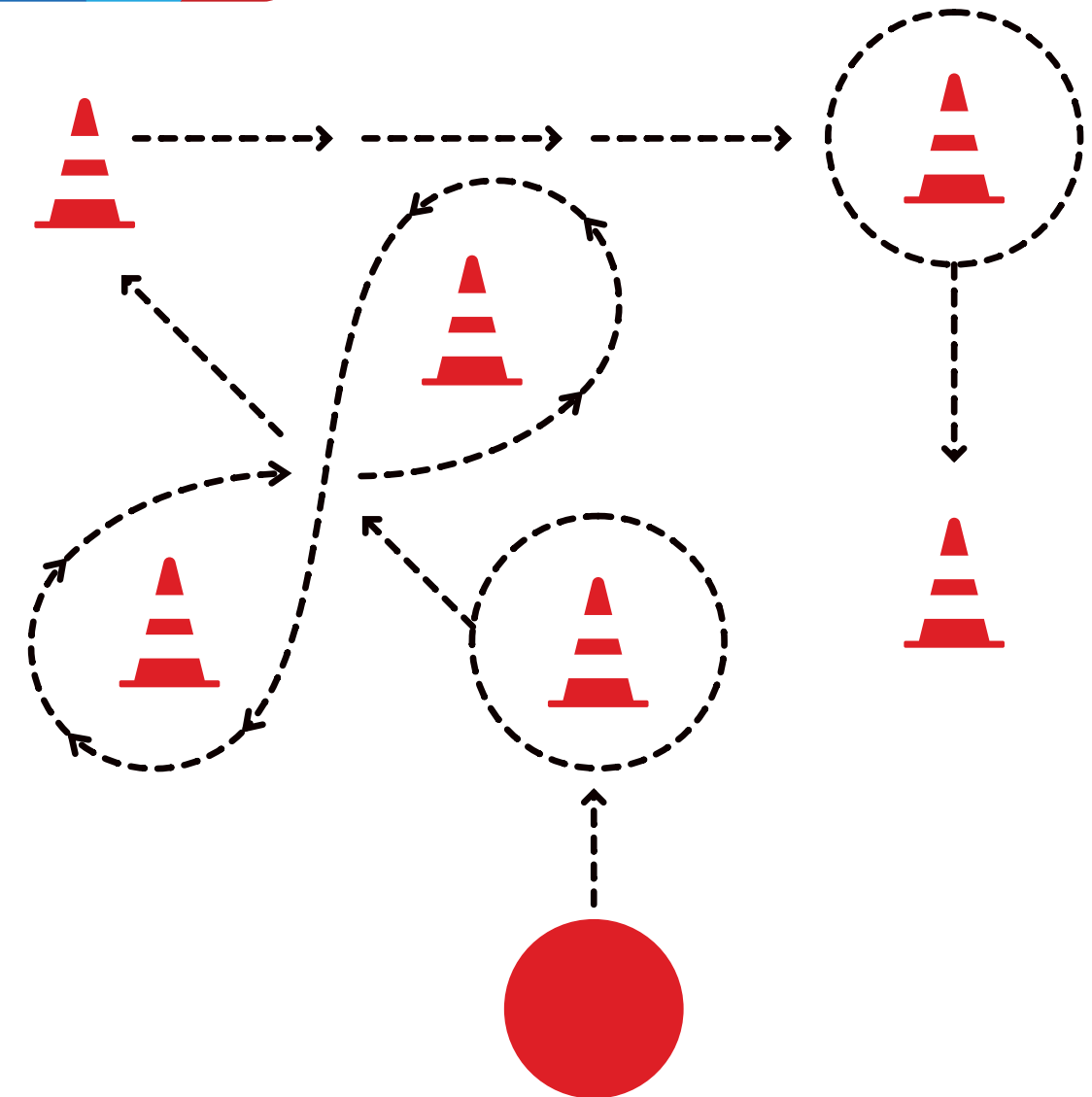
Set up two cones about 10 feet apart. Pair athletes off and have one athlete at one cone and another athlete at the other cone. Both athletes are on the outside of the cones, facing each other. One athlete should have a football.

Ask athletes to push to the other cone, so they'll pass each other along their route. Ensure they're both on the opposite sides of the cones so there are no collisions. When athletes reach the opposite cone, have them turn towards each other. The athlete with the football will then make a pass to their partner.

Repeat the drill, alternating rolls with the partner.

Watch for proper push mechanics, as well as throwing technique. If athletes struggle to make the pass from that distance, move the cones closer or remove the movement portion. If athletes are easily completing the passes, you can move the cones further apart.

SKILLS & DRILLS



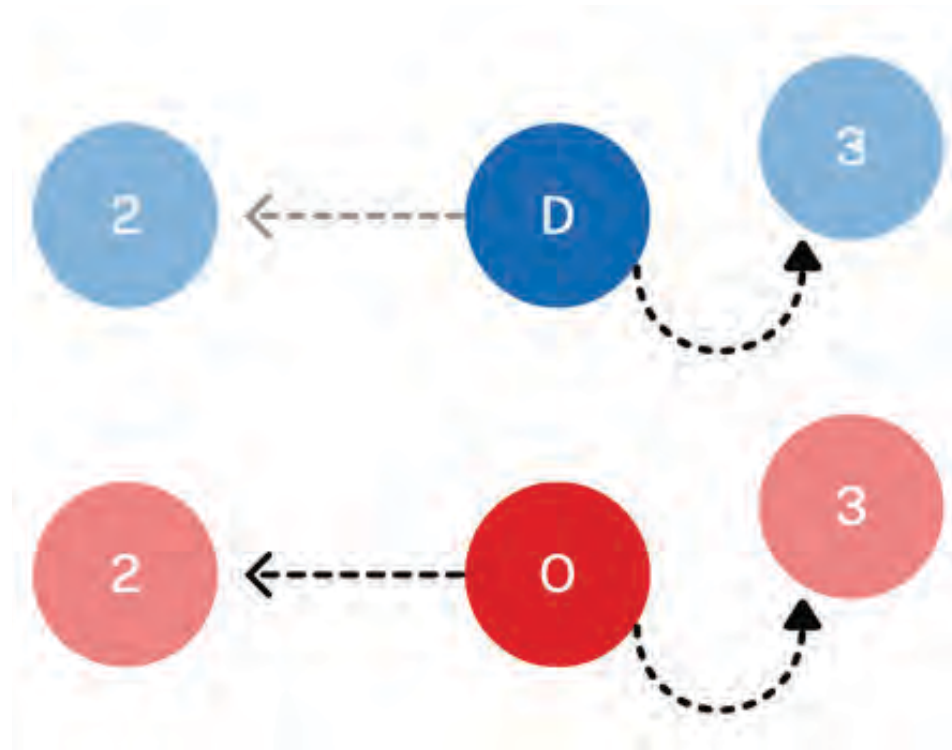
Reactive Agility

Purpose: Develop agility skills and reaction times.

Set up cones in a random pattern. Have athletes face the cone pattern and on 'Go' wheel towards the cones. The coach will call out directions to lead the athlete to various cones, i.e. right, 180 around the cone, veer, etc. The athlete will reach quickly to change direction or speed based on the coach's instructions.

Focus on quick decision-making and sharp changes in direction.

SKILLS & DRILLS



Wheel Mirror Drill

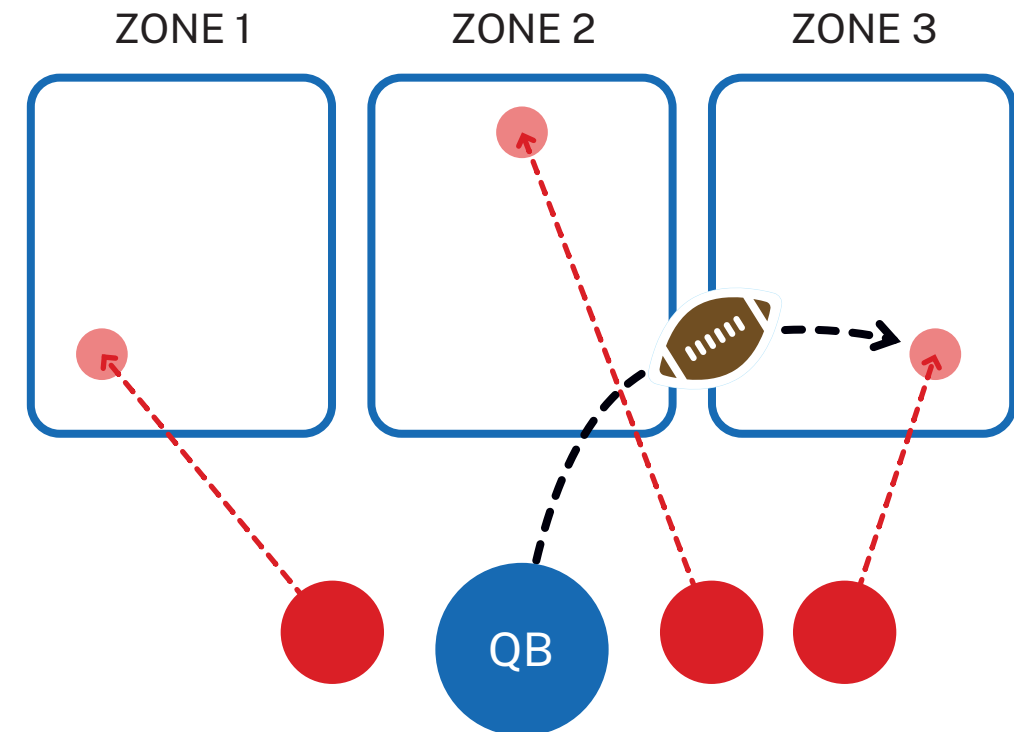
Purpose: Develop defensive tracking skills

Partner up athletes and assign one as the 'offensive' player and one as the 'defensive' player (the mirror). Have the athletes face each other and tell the defensive player that it will be their job to mirror every action of the offensive player.

On 'go' the offensive player will move in various direction, backwards, right, left, etc. and the defensive player will mirror their actions as closely as possible.

Watch for defensive players maintaining a good defensive posture and quickly reacting to their partner's movements while controlling their wheelchair.

SKILLS & DRILLS



Wheel Zone Coverage Drill

Purpose: Working on quarterback, receiving and defensive tracking skills.

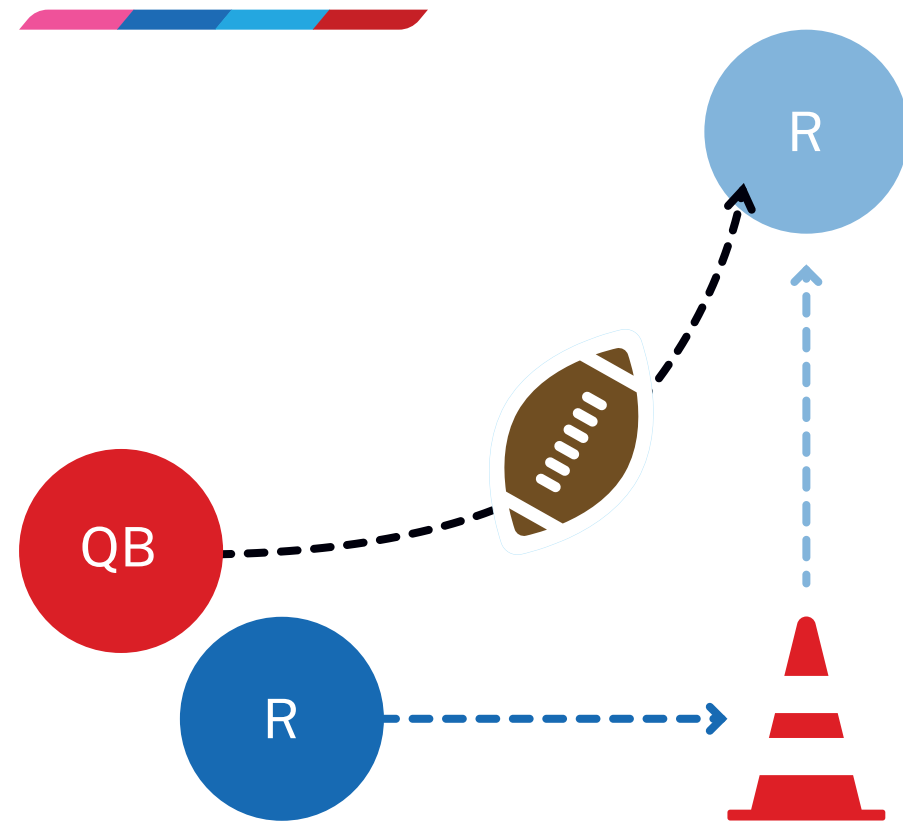
Set up cones or markers to represent different zones on the field. The group should consist of a quarterback and a receiver for each zone.

On 'go' have the offensive team wheel off the line of scrimmage into their assigned zone and practice reading the quarterback's eyes and breaking towards the ball to make a play.

To start, you can assign the zone that the quarterback will throw to prior to the snap. As players get the hang of the drill, you can have the quarterback decide who to throw to.

To increase difficulty, you can add a 'defensive' team who will be assigned to each zone and their goal will be to provide coverage.

SKILLS & DRILLS



Quick Release Drill

Purpose: Develop passing and receiving route skills

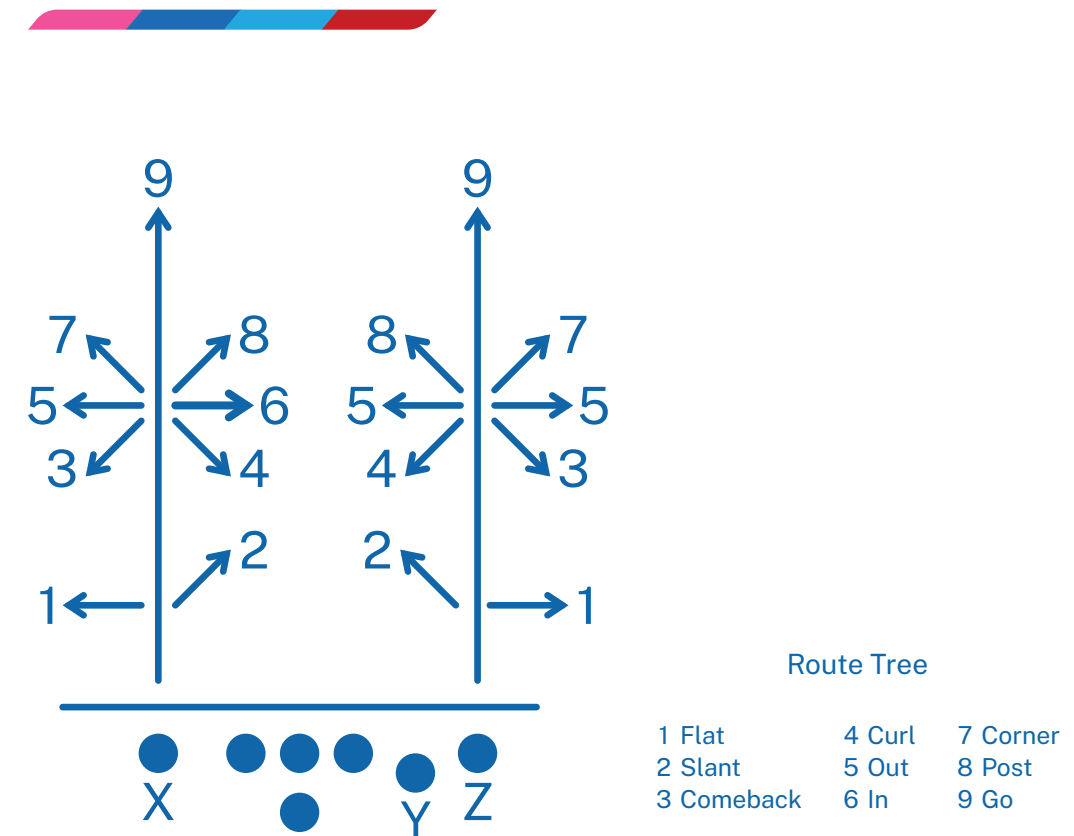
Pair up two athletes and assign one as the quarterback and one as the receiver. Put a cone about 10 yards from the line of scrimmage. At the 'go' have the receiver burst off the line of scrimmage, wheel toward the cone and cut sharply to the inside or outside. The quarterback will work to quickly release the ball, aiming for a precise throw.

Repeat the drill alternating the direction of the receiver's cut.

To increase difficulty, you can:

- have the receiver not let the quarterback know which way they will cut.
- move the cone farther out than 10 yards.
- add a second receiver and/or a defender.

SKILLS & DRILLS



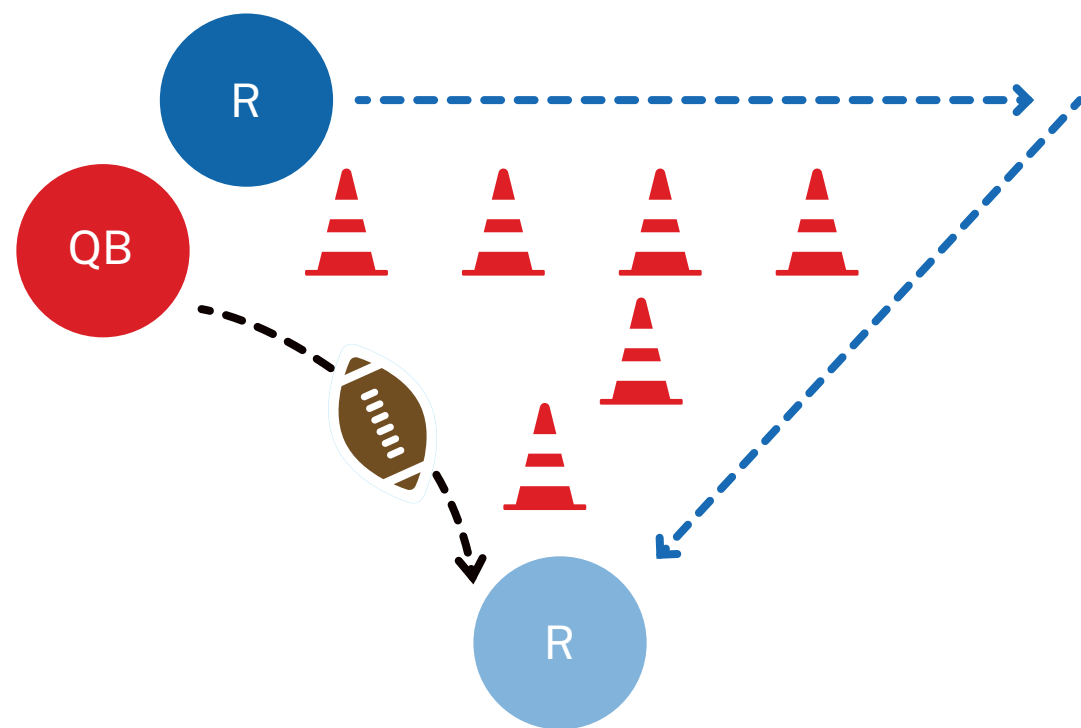
Route Wheeling Drill

Purpose: Teach the mechanics of route running.

In wheelchair football, a route tree refers to a systematic and organized set of routes that receivers can run during a play. The route tree (on the next page) is essential because it enables receivers to quickly understand and execute their assigned routes.

Coaches label routes in various ways, but by numbering each route, the quarterback can easily communicate the desired route to the receivers, even in the fast-paced and dynamic nature of the game. This helps minimize confusion and ensures that the offense operates smoothly.

Furthermore, the route tree enhances the efficiency of the offense by providing a structured framework for receivers to follow. Each route is designed to exploit different areas of the field and create opportunities for the receivers to get



open. By numbering the routes, the quarterback can easily identify and target specific routes based on the defensive coverage, maximizing the chances of a successful play.

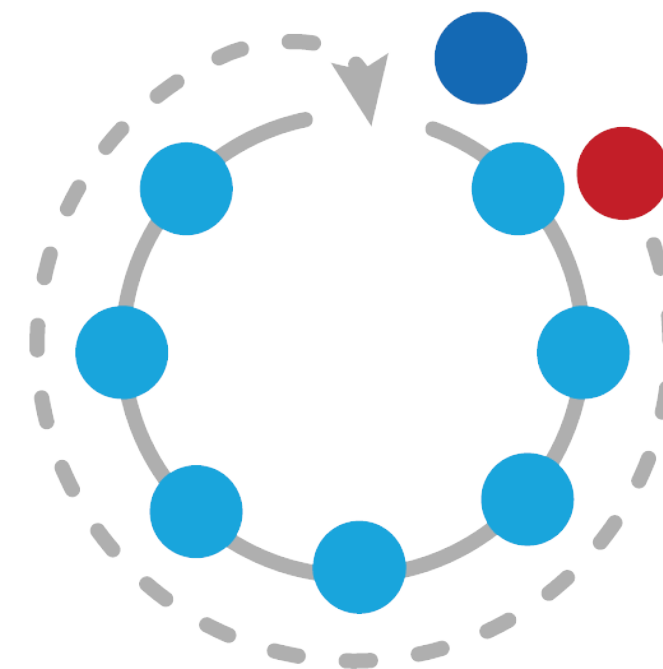
Performing correct routes are designed to stretch the defense horizontally and vertically to create space for other receivers. Horizontal routes like a Flat # 1 Route is particularly effective when facing tight coverage or when the offense needs to gain quick yards through short passes and the opposite is true when running vertical routes like at #9 Go route.

Running a Drill:

Set up cones or markers to create a route (e.g. slant, out, post) for the receiver to follow. Pair athletes off and assign one as the quarterback and one as the receiver. Have the quarterback and the receiver line up, with the receiver at the starting point of the route. On 'go', the receiver wheels the designated route, while the quarterback throws an accurate pass to the receiver at the end point of the route.

Emphasize proper wheelchair mechanics, timing of the throw and precision in both route running and the throw.

GAMES

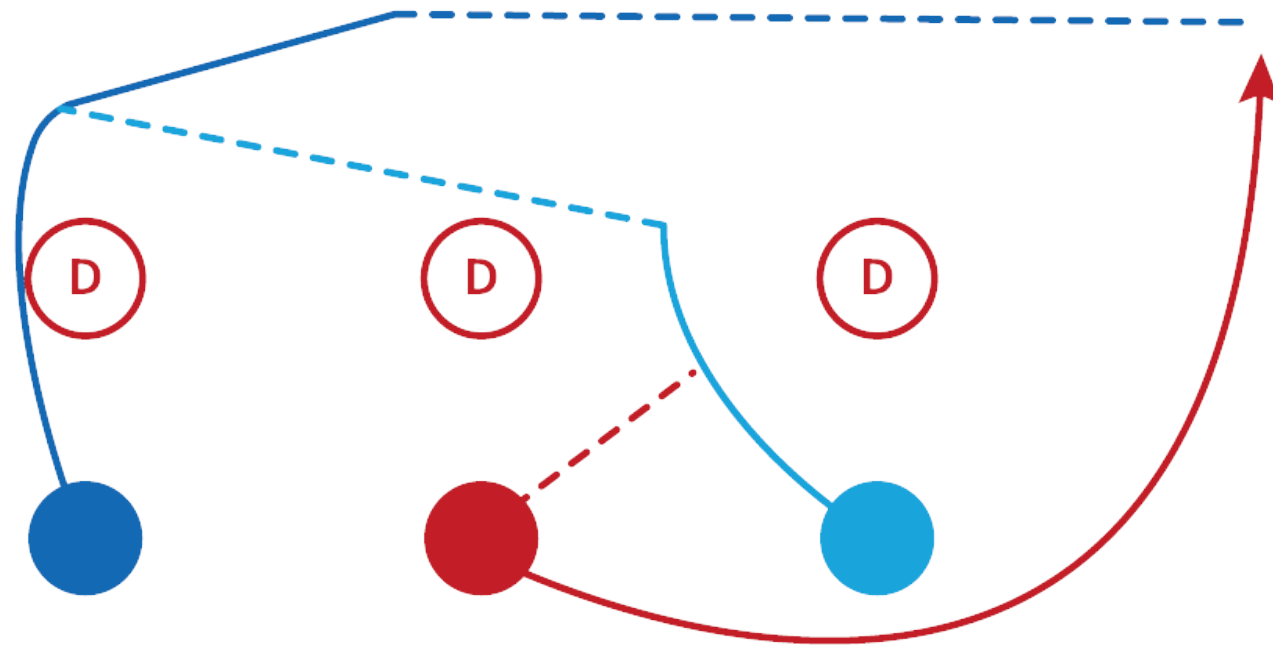


Duck Duck Goose

Purpose: A fun game from the past to develop wheelchair skills while having fun playing a simple game.

All the players, except the person designated as "it", get in a circle. The person who is "it" wheels around the circle, tapping each player on the back, saying "duck" with each tap, until they decide to tap someone and say "goose." The "goose" person wheels after the person who is "it," trying to tag him/her before "it" can take the goose's original spot. If "it" successfully reaches the goose's area without being tagged, the goose becomes the new "it." If the goose tags the person who is "it," then the goose keeps his/her spot in the circle, and the "it" must either continue to be "it" for another turn or be placed in the middle of the circle until a new "it" names a goose and fails to take the goose's area without being tagged. That person then must go in the circle, and the cycle continues.

GAMES

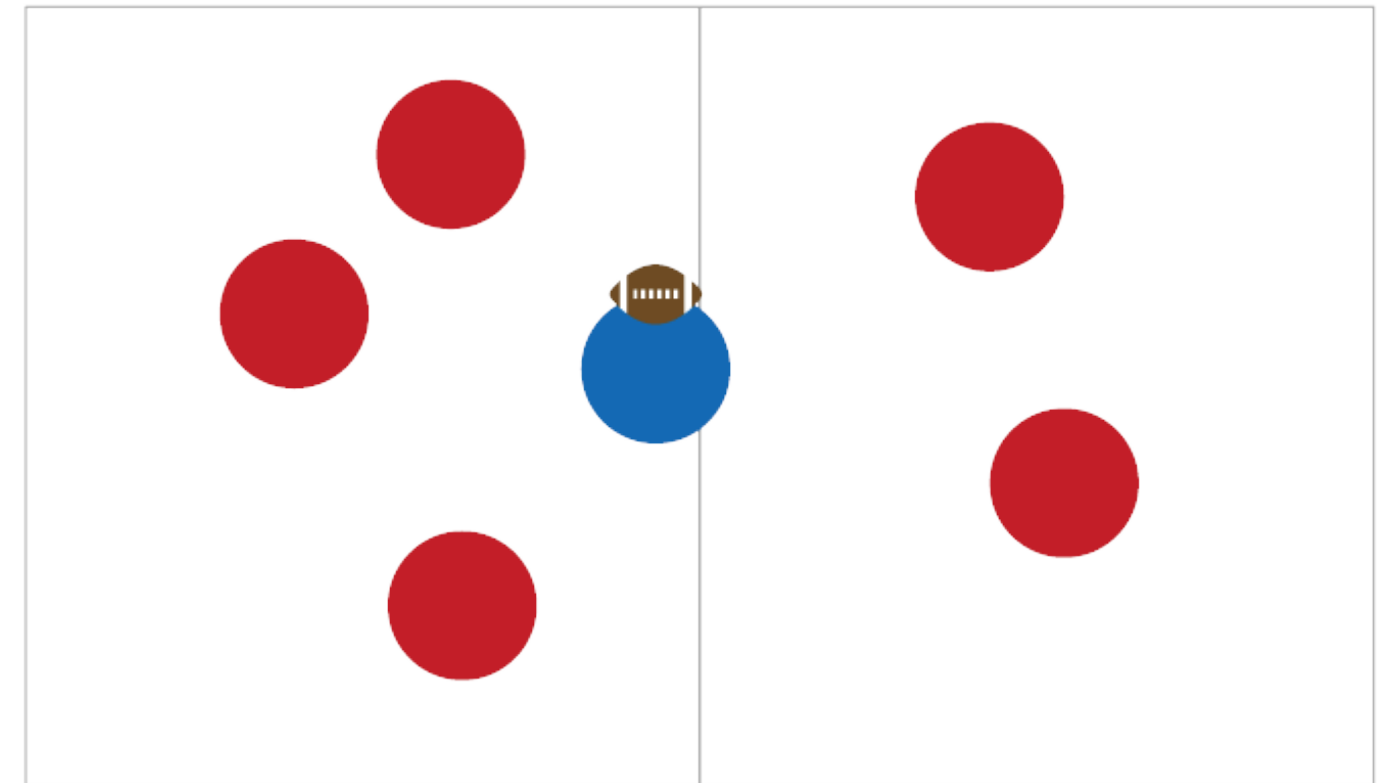


3 on 3 Ultimate Football

Purpose: Ultimate Football is a fast-paced game that involves passing, pitching and receiving

Moving on a run play with the ball is not allowed, but players are allotted two yards before they pass the ball. Once those two yards are used up, the ball-carrier can only spin. The ball can be thrown overhand or underhand going forward, backward or laterally. A goal occurs when a player catches a ball in their end zone. Each goal is worth one point. There is no physical contact. Holding, reaching over the back, blocking, pushing and stripping the ball from an opposing ball-carrier are illegal. The ball is dead when it lands on the ground, a foul is committed, or the ball-carrier takes yards (2 is only allowed). The ball is back in play as soon as it is picked up by the defense. Possession can also change on an interception. With the focus on receiving, simplify the game by playing 3-on-3 to create more open space instead of larger groups.

GAMES

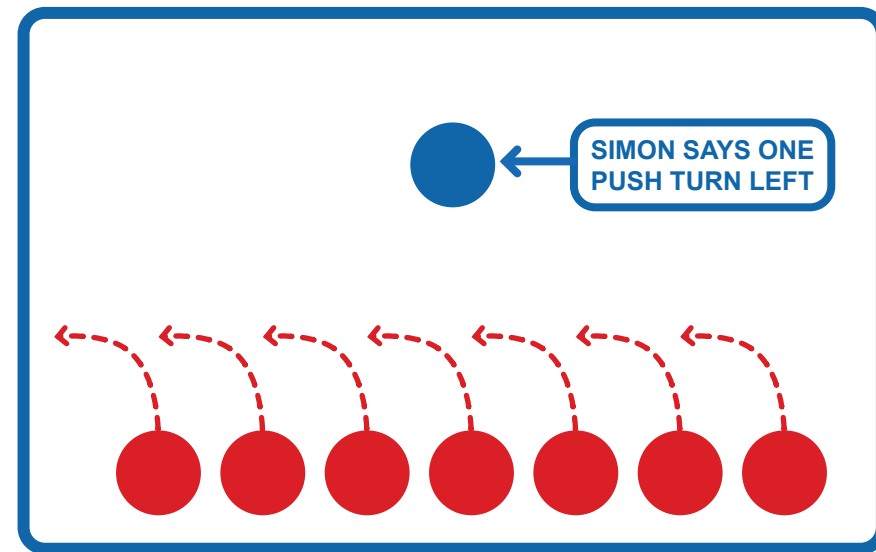


Football Freeze Tag

Purpose: A Fun drill to instill competition and chair agility skills.

Start with one person who is "IT" (blue). If needed, outline an appropriate playing space with cones. Whoever is "IT" carries the football. The rest of the players (red) try to avoid the player who is "IT." Once a player is tagged, he or she must freeze or stop moving. The object of the game is for the player who is "IT" to make all opposing players freeze. Frozen players can be unfrozen if they are tagged by a teammate.

GAMES



Simon Says

Purpose: Develop a wide range of skills as well as ability to follow instruction and play as a team in a fun, game based setting.

Set up a playing area with cones to mark the boundaries. Break group into pairs with one ball among each pair so you can include passing skills in the game. Choose one player to be the leader for the first round of Simon says.

Tell the leader to give specific movement commands to the other players that relate to the skills of wheelchair football. Examples:

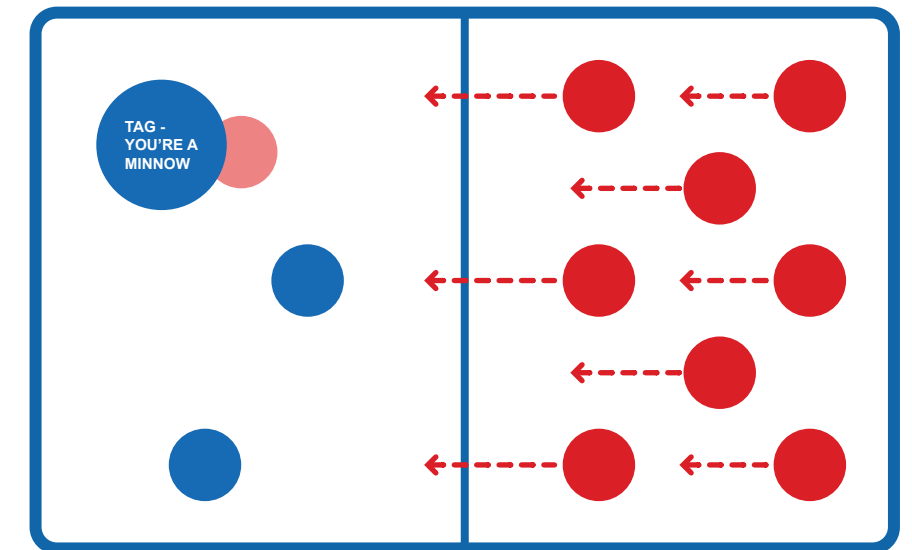
- Simon says pivot to the left and push once.
- Simon says spin around and pass to a teammate.
- Simon says perform a quick turn.

The other players will follow the leader's command, but only if the leader starts the command with 'Simon says.' If the leader does not say 'Simon says' before the command, the players should not perform the action.

If a player performs an action without the leader saying 'Simon says' they are out for that round and should move to the outside of the play boundary area. Play continues until only one player remains.

Rotate the leader role to a different player for each round of play.

GAMES



Sharks and Minnows

Purpose: Build agility and tackling skills and team camaraderie in a fun game-based environment.

Divide the playing area into two halves, with a boundary line in the middle. Assign a few players to be the 'sharks' (defense) and the remaining players to be the 'minnows' (offense). Put the minnows on one side of the boundary line, with the sharks on the other side, facing each other. Tell the minnows that it is their goal to cross the boundary line and get to the end line without being touched. The sharks' objective is to tag the minnows using proper and legal tackling techniques.

Blow the whistle to start the game. If a minnow is tagged by a shark, they become a shark and join the defensive team to try to tag more minnows. The game continues until all the minnows have been tagged, or a set time limit is reached.

To make the game more challenging, you can:

- ask each minnow to hold a football and they would be out if they 'fumble' the ball.
- Introduce obstacles or cones that the minnows must navigate around in the field of play.
- add a football pass to other minnows as they make their way to the goal line.

GAMES



Red Light, Green Light

Purpose: Develop first push, agility and stopping skills in a fun game-based environment.

Set up a playing area with cones or lines to have a start and finish line. Break the group into two if it's very large and have the first group line up on the start line. Explain the rules of the game, which is that players will attempt to reach the finish line first by following the verbal cues given.

Verbal Cues and Instructions:

- Green Light –athlete pushes as fast as possible
- Yellow Light –athlete must slow to half speed
- Red Light –athlete must stop immediately

Assign a player or coach as the 'leader' to give the verbal cues –you can also use visual signals if needed. The game starts with a Green Light cue and the players are off. The leader will choose how long to hold the cue and when to give the next yellow or red light cue.

Any player who is not following the 'rules of the road' by speeding when the yellow light cue is given or not immediately stopping when the red light cue is given is out of the game.

The player who reaches the opposite end of the playing field without getting called out for red/yellow light violations is called the winner.

Watch the players for start/stop stance, medium speed techniques, etc. After each round provide appropriate feedback.

To make the game more challenging, in addition to the color cues, you can add in directional or movement cues, such as weave, spin, veer, or backwards pushing.

POST GAME



WRAP-UP & EVALUATION



If your organization doesn't already have a post-event internal evaluation process, work with your staff and volunteers to create one so you can help make the next event run even more smoothly. Put together a document that includes the clinic's schedule, venue and key contacts, and any successes. Also include any recommendations for future events (i.e. make registration longer, or have 3 more footballs at each station). Working to put all of this information down when it is fresh in your mind will make sure you have it ready for the next clinic.

SURVEYS



In addition to internal evaluation, it's important to understand how your attendees received your clinic. Move United has an event and physical activity survey that can be used if your organization does not have their own template.

EQUIPMENT CARE



Make sure to store all equipment properly so it's ready to go for the next clinic.



Helmets

For helmets to maintain their integrity they should be stored in a temperature-controlled setting away from excess moisture or other outside elements. Helmets should be wiped down prior to being put away to ensure no dirt, debris or germs are left on the equipment.

Footballs

Footballs should also be wiped down and stored in a temperature-controlled area. If footballs are stored for extended lengths of time, make sure to check the air pressure prior to the next use as they could have deflated slightly. Footballs should be pressurized to between 12.5 to 13.5 psi (taut and firm, but not too hard).

Sports Chair

Prior to storing wheelchairs, make sure to thoroughly wipe them down and examine the equipment. Note any potential damage or repairs that should be made. Document the usage, repair date and any other relevant notes according to your organization's equipment protocols.



THANK YOU

Don't forget to thank your volunteers and event staff. A quick text can go a long way, but we recommend a more formal thank you card (including event photos) if that fits into your clinic budget. Volunteers who feel appreciated, are more likely to return for subsequent clinics.

NOTES



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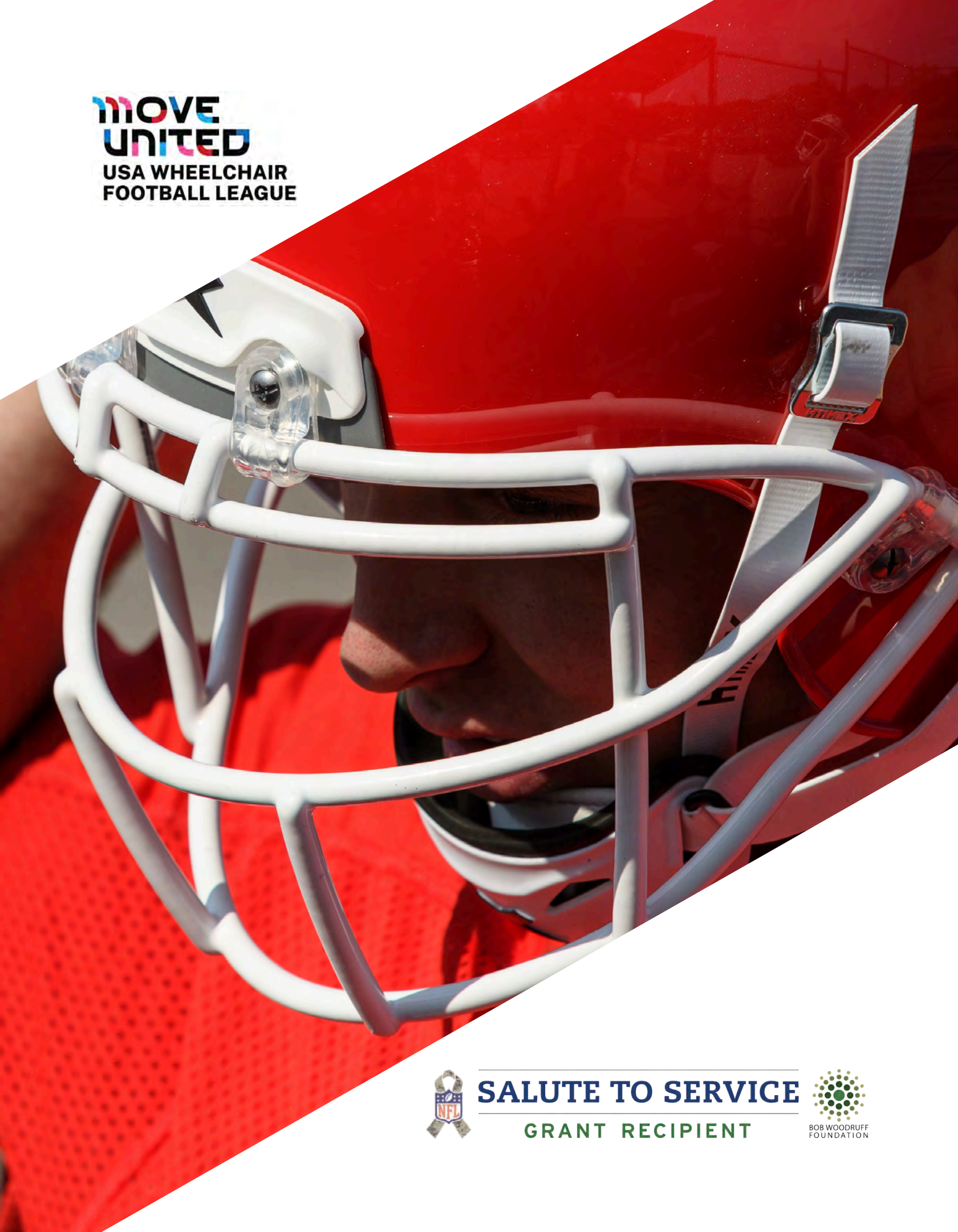
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**MOVE
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FOOTBALL LEAGUE



SALUTE TO SERVICE

GRANT RECIPIENT



BOB WOODRUFF
FOUNDATION