

# Success of the China Women's Wheelchair Basketball Team in 2020 Tokyo Paralympics



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# Chapter One

## The Unstoppable Chinese Paralympic Delegation



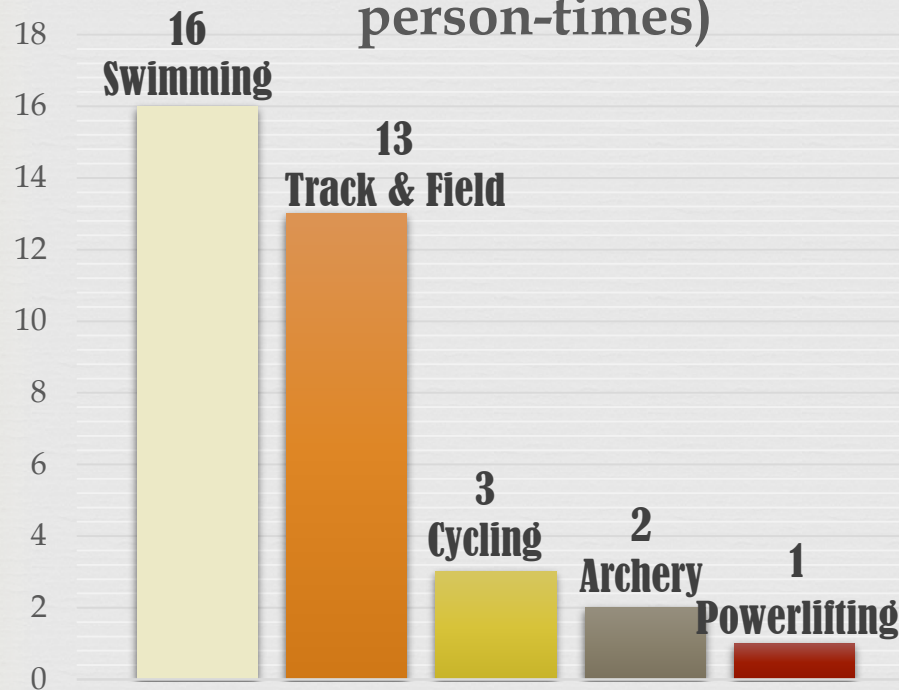
- ✧ In the Tokyo Paralympic Games, the Chinese sports delegation fought and pushed themselves hard, and with **96 gold, 60 silver, 51 bronze**, a total of **207** medals, and made **29 world records**, topped both the gold and the total medal count chart for the fifth consecutive Paralympic Games, singing an Ode to Life with the spirit of self-improvement.
- ✧ During the 12 competition days, each time the five-star red flag was raised and the national anthem played, it highlighted the self-reliance and hard work of our athletes and inspired and moved the nation.
- ✧ There are no losers on the stage of the Paralympics, and their tenacious spirit has far transcended victory and defeat. Today, more and more of China's 85 million disabled people are participating in sports activities, marking the flourishing development of sports for the disabled in China

	Entry	Event Gold Won	Event Medal Won	World Record
Number	<b>20</b>	<b>9</b>	<b>16</b>	<b>35 person-times</b>

# The Unstoppable Chinese Paralympic Delegation



World records by the  
Chinese delegation (35  
person-times)



## TOKYO 2020 PARALYMPIC GAMES FINAL MEDAL TABLE

					TOTAL
1	CHINA	96	60	51	207
2	GREAT BRITAIN	41	38	45	124
3	USA	37	36	31	104
4	RPC	36	33	49	118
5	NETHERLANDS	25	17	17	59
6	UKRAINE	24	47	27	98
7	BRAZIL	22	20	30	72
8	AUSTRALIA	21	29	30	80
9	ITALY	14	29	26	69
10	AZERBAIJAN	14	1	4	19

PARALYMPIC GAMES



# The Unstoppable Chinese Paralympic Delegation

## Medals won by the Chinese delegation in various events

S/N	Event	Gold	Silver	Bronze	Total
1	Athletics	27	13	11	51
2	Swimming	19	19	18	56
3	Table tennis	16	4	6	26
4	Wheelchair fencing	11	4	5	20
5	weightlifting	7	6	0	13
6	Badminton	5	3	2	10
7	Shooting	4	2	0	6
8	Archery	4	1	3	8
9	Cycling	3	4	3	10
10	Boccia	0	1	0	1
11	Sitting volleyball (men's and women's teams)	0	1	0	1
12	Goalball for the blind (men's and women's teams)	0	1	0	1
13	Wheelchair basketball (women's team)	0	1	0	1
14	Judo for the blind	0	0	1	1
15	Rowing	0	0	1	1
16	Taekwondo	0	0	1	1
17	Canoe	0	0	0	0
18	Triathlon	0	0	0	0
19	Wheelchair tennis	0	0	0	0
20	Football for the blind (men's team)	0	0	0	0
	Total	96	60	51	207



# The Unstoppable Chinese Paralympic Delegation



Among all the gold medals and outstanding results there was one silver medal that is especially precious, and it was won by the women's wheelchair basketball team





# Chapter 2

## The Tactical Advancement of the China Women's Wheelchair Basketball Team



- ❧ A distinguished track record
- ❧ Successful application of techniques and tactics in competition
- ❧ Pre-games training and an empowering support system



# The Tokyo 2021 Paralympic Women's Team Line-up



- ❧ The team: 12 regular players. Oldest: 34, youngest: 23, average: 28. The two coaches are from Guangdong and Beijing.
- ❧ The core team is drawn from the 1993 cohort of players who finished third at the 2015 U25 Wheelchair Basketball World Championships.



# General information on players

Name	Province/ city of registration	Functional Classification	Year of birth	Number of years in training
Chen Xuejing	Beijing	1.0	1993	9
Dai Jiameng	Beijing	4.5	1995	12
Lei Tianjiao	Beijing	4.5	1993	10
Zhang Tonglei	Guangdong	1.0	1993	8
Zhang Xuemei	Guangdong	4.0	1993	8
Lu Guidi	Guangdong	4.0	1993	9
Lin Suiling	Guangdong	3.0	1991	11
Chen Mei' er	Guangdong	1.5	1990	10
Deng Mingzhu	Guangdong	2.0	1987	14
Huang Xiaolian	Guangdong	2.0	1990	11
Chen Wenli	Guangdong	1.5	1990	12
Yang Yan	Yunnan	4.0	1998	7

# A distinguished track record



- ❧ A number of historic achievements of the Women's Wheelchair Basketball Team at the Tokyo Paralympic Games.
- ❧ 1. Wheelchair basketball is the most influential sport in the Paralympics. The Chinese Women's Team's achievement leaves a lasting impact.
- ❧ 2. A result equals hat of the historic achievement by the Chinese basketball team during the Zheng Haixia era, igniting the dreams of the disabled.
- ❧ 3. In the same Games, it beat the previous Paralympic champion, the US team twice, and beat the World Championships winner, the Dutch team, for the first time during group matches.
- ❧ 4. Won 4 out of 4 in the group matches.
- ❧ 5. Its impenetrable defense has become a quintessential example in restricting opponents' scoring.



# Scores of the Chinese team's 7 matches



## Scores of the China Women's Wheelchair Basketball Team's seven matches at Tokyo Paralympic Games

Match Type	Opposing Teams	Score	Winner
Group	China vs Algeria	74:25	China
Group	China vs Netherlands	45:38	China
Group	China vs Spain	46:29	China
Group	China vs USA	42:41	China
quarter-final	China vs England	47:33	China
semifinal	China vs USA	41:36	China
final	China vs Netherlands	31:50	the Netherlands

# Successful Application of Techniques and Tactics



- ❧ I. Fully playing out the team's strengths:
- ❧ 1. Excellent wheelchair techniques.
- ❧ 2. Widespread points of attack, and excellent mid-to-long range shots.
- ❧ 3. Speed and agility of low-functional capacity classified players are strong.
- ❧ 4. Better fitness reserve.
- ❧ 5. Excellent defensive momentum speed and full-court press.





# Successful Application of Techniques and Tactics

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❧ II. Building a suitable tactical system:

❧ (i) Defense:

❧ Full-court press defense:

Delay opponents' advance, fight for space, restrict tall players' positioning to force them to make hasty shots.

❧ Half-court defensive rotations:

1. Increase rotation speed and limit the opposing team's opportunities for mismatched offences between high and low-functional capacity classified players.

2. Interfere with the opposing team's shooter and prevent pick and roll.



# The Team's Main Tactical System



## ∞ (ii) Offense:

1. Slow down the defense-offense transition, delay for 24 seconds, do not go for a fast break unless necessary.
2. Set offense is based on a 2-inside, 3-outside positioning, and through ball passing in set offense, openings are sought to enhance mid- and long-range shots.
3. The five players advance and retreat together, giving up frontcourt rebounds and denying the opposing team the opportunity for "front block", where they have more players playing against us.





# Pre-games Training and an Empowering Support System

- ❧ THE COACHING TEAM: At the Rio 2016 Paralympic Games, the Chinese Women's Team ended up 6<sup>th</sup> place, slipping from their previous 5<sup>th</sup> place finish at the London 2012 Paralympic Games. In order to do well at subsequent major world events, the coaching team was re-organized.
- ❧ Chen Qi, the coach of Guangdong Provincial Wheelchair Basketball Team became Head Coach.
- ❧ Han Yan, the coach of the Beijing team became the Assistant Coach.



# Pre-games Training and an Empowering Support System



Sharpening the fighting spirit through competition.

The new team of coaches and players was formed in 2017. The team has developed clear playing style after 2 IWBF Asia Oceania Championships, 1 Asian Para Games and 1 World Championship.

Coaches accumulate experience in collaborating and supporting players and in-game coaching. Players' confidence and maturity boosts with more experience.

The whole team was driven by for a breakthrough in the the Tokyo Paralympics.





# The International Events Results of the Newly Formed Team



Year	Major Events	Results	Members of the Tokyo lineup
2017	Beijing IWBF Asia Oceania Championships	Champion	Coaching team + 8 athletes
2018	World Championships in Hamburg	Fourth place	Coaching team + 10 athletes
2018	Asian Paralympic Games in Jakarta	Champion	Coaching team + 8 athletes
2019	Pattaya IWBF Asia Oceania Championships	Champion	Coaching team + 9 athletes
2021	Tokyo Paralympic Games	Runner-up	Coaching team + 12 athletes

# Pre-games Training and an Empowering Support System

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## ☞ Ample Training

- ☞ Due to Covid-19 we had an extra-long training camp period of 278 days in total before the Tokyo Paralympic Games. The coaching team used the ample training time for foundational training, including a abundant drilling on wheelchair skills, physical fitness, shooting, tactical alignment, and offensive and defensive strategies.
- ☞ The ample training time also allowed many players to solidify their basic skills and allowed them to understand each other resulting better tactical coordination.





# Pre-games Training and an Empowering Support System



## Well-supported Camp:

- The China Administration of Sports for Persons with Disabilities served as the training base of the national team.
- The base provided a quality and comfortable environment for training. The first-class support was all-encompassing, including: catering, accommodation, medical care, facilities, equipment, transportation, culture and entertainment.
- The monotony of the team's training life was alleviated through various activities.



# Pre-games Training and an Empowering Support System

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❧ Off-camp training:

❧ To alleviate the monotony of the team's training, a 70-day off-camp field training in Guangzhou was arranged.





# Pre-games Training and an Empowering Support System

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- Practice partners enhanced training results:
- To increase the intensity of the team's training and simulate the playing style of the major opponents, 5 high-level players were sent from Guangdong to serve as the team's practice partners in the last 60 days before the Games. The team enhanced its confidence and awareness in competition and adapted to the intensity of competition through playing against them, laying a solid foundation for achieving excellent results.



# Pre-games Training and an Empowering Support System



- ❧ Support by the Research Team and technical analysis of videotaped matches
- ❧ With the help of the Research Team, the basketball team conducted a series of scientific tests, including: physical fitness, physiology, biomechanics, and condition monitoring, etc., to provide the coaching team with data and technical support for conducting scientific training.
- ❧ To further study and analyze the opponents' play, the team collected videos of 100+ matches of all opponents from 2016-2021, collected 200+ reports of technical statistics of the opponents, and produced special scouting reports to provide intelligence support for the Coaching Team.





# Chapter Three

## The 17-year Heart-felt Journey of the Women's Wheelchair Basketball Team



- ❧ The formation of the first wheelchair basketball team from scratch.
- ❧ The development of provincial and municipal teams in women's wheelchair basketball in the country.
- ❧ The national women's wheelchair basketball team forging ahead in international competitions.

# The Formation of the First Women's Wheelchair Basketball Team



- ❧ The country's first women's wheelchair basketball team: the Beijing Team.
- ❧ To prepare for the Beijing 2008 Paralympic Games, women's teams were established one after another in China since 2004. The Beijing Women's Team was the first women's team in China, and it participated in the National Wheelchair Basketball Championships in 2004, competing with men's teams.





# The Development of Women's Wheelchair Basketball in China



- ❧ Since 2004, a number of women's wheelchair basketball teams have been established in the country.
- ❧ Women's wheelchair basketball quickly became a standalone event in national wheelchair basketball competitions, and in 2007 it entered the National Para Games.
- ❧ In 2005 and 2006, the Chinese Paralympic Committee invited high-level international players and coaches to China to conduct wheelchair basketball training and teaching, helping Chinese players and coaches to learn and understand the sport of wheelchair basketball.
- ❧ As their experience of training and competition accumulates, the teams' competitive ability keeps improving. Performing far better than the rest, the Beijing, Guangdong and Yunnan teams have become the provinces/municipality that have sent the most core athletes to the national team.

# Women's Wheelchair Basketball Results (National Championships)



Ranking	2005	2006	2010	2013	2014	2017	2018
1 <sup>st</sup>	Beijing	Beijing	Beijing	Beijing	Beijing	Guangdong	Guangdong
2 <sup>nd</sup>	Henan	Yunnan	Zhejiang	Guangdong	Yunnan	Beijing	Beijing
3 <sup>rd</sup>	Guangxi	Hebei	Guangdong	Yunnan	Guangdong	Yunnan	Yunnan
4 <sup>th</sup>	Yunnan	Henan	Guangxi	Henan	Liaoning	Guangxi	Guangxi
5 <sup>th</sup>	Tianjin	Guangdong	Hebei		Guangxi	Hebei	Hebei
6 <sup>th</sup>	Liaoning	Guangxi	Henan		Shaanxi		Henan
7 <sup>th</sup>		Shaanxi	Liaoning		Hebei		
8 <sup>th</sup>		Liaoning	Shandong		Henan		



# Women's Wheelchair Basketball Results (National Games)



Ranking	2007	2011	2015	2019	2021
1 <sup>st</sup>	Beijing	Zhejiang	Beijing	Guangdong	Guangdong
2 <sup>nd</sup>	Yunnan	Beijing	Guangdong	Beijing	Beijing
3 <sup>rd</sup>	Guangdong	Guangdong	Yunnan	Yunnan	Yunnan
4 <sup>th</sup>	Liaoning	Hebei	Hebei	Guangxi	Guangxi
5 <sup>th</sup>	Hebei	Liaoning	Guangxi	Hebei	Shaanxi
6 <sup>th</sup>	Henan	Guangxi	Liaoning	Henan	Hebei
7 <sup>th</sup>	Shaanxi	Henan	Shaanxi	Sichuan	Sichuan
8 <sup>th</sup>	Guangxi	Shandong	Sichuan	Shandong	Henan
9 <sup>th</sup>			Henan		

# The Ups and Downs of Approaching International



- ❧ It has been 16 years since the women's national team was formed in 2005.
- ❧ After 6 IWBF Asia Oceania Championships, 3 Asian Paralympic Games, 3 World Championships and 4 Paralympic Games, the team has experienced ups and downs but the overall level of performance has kept improving.
- ❧ With the joint efforts of multiple generations of players and coaches, the national women's wheelchair basketball team has kept identifying and correcting its own shortcomings and learning advanced technical and tactical concepts. With the maturing of a group of talented players, the women's team has finally developed, through trial and error, and strictly implemented a suite of technical and tactical concepts that suits its own characteristics and can bring out the full capabilities of its players, building itself into a well-disciplined world-class crack team.





# Historical Results of the Chinese Women's Team in World Events



**Results of the Chinese Women's Team in Major World Events**

<b>IWBF Asia Oceania Championships</b>	<b>Asian Games</b>	<b>World Championships</b>	<b>Paralympic Games</b>
2005: 3 <sup>rd</sup>	2010: 2 <sup>nd</sup>	2010: 8 <sup>th</sup>	2008: 7 <sup>th</sup>
2011: 2 <sup>nd</sup>	2014: Champion	2014: 6 <sup>th</sup>	2012: 5 <sup>th</sup>
2013: 2 <sup>nd</sup>	2018: Champion	2018: 4 <sup>th</sup>	2016: 6 <sup>th</sup>
2015: Champion			2021: 2 <sup>nd</sup>
2017: Champion			
2019: Champion			

# Chapter 4

## The Plan for Paris



- ❧ Remaining shortcomings at present
- ❧ Some plans for the next three years





# Remaining Shortcomings at Present



- ❧ There are few provincial teams that stick to systematic training, large gaps between teams across the country, vacancies for age-appropriate high-functional capacity classified inside players, and a narrow selection pool overall.
- ❧ After Tokyo, the team has seen extensive adjustment, with some of the leading players returning to their families and facing pressure from all sides, including childbirth. Young, energetic and talented players are urgently needed.
- ❧ There are few domestic events, the level of competition has room for improvement, and competition reform is necessary.
- ❧ With drastic increase of work pressure in relation to international events and trips due to Covid-19, a solution is sorely needed for resolving the situation where international exchange activities are subject to severe limitation.

# Work Plan and Arrangements for the Next 3 Years



- ❧ As part of the annual plan, continue to push forward work related to training camps, identify and develop more promising youngsters to add to the national teams at all levels.
- ❧ When conditions permit, based on the cycle of the u23\ u25 championships, form youth training teams on a national basis, carry out, in a planned manner, work related to training camps and centralized training of youth teams and the national team.
- ❧ Stabilize the coaching team, separate the national women's team, women's u25 team, national men's team, and men's u23 team when forming echelons, and clarify the responsibilities, rights and benefits of coaches.
- ❧ Recommend that the reform of national events be continued, so as to increase off-schedule competitions, enhance the impact of the events, promote and test the competitive level of the teams through competition events, and continue to feed talents to the national team.
- ❧ In the interims between the IWBf Asia Oceania Championships, Asian Championships and World Championships, do our best to prepare the national team and strive to achieve excellent results.



# List of Domestic & International Events in the Next 3 Years

Quarter	2022	2023	2024
1 <sup>st</sup> quarter	National team pre-event training IWBF Asia Oceania Championships Qualifying Tournament	Training camp	National team training
2 <sup>nd</sup> quarter	Training camp National Championships	U25 Championships (Women's)	National Championships
3 <sup>rd</sup> quarter	National team pre-event training	National Championships	Paris Paralympic Games
4 <sup>th</sup> quarter	National team pre-event training Hangzhou Asian Paralympic Games World Wheelchair Basketball Championships	National team pre-event training IWBF Asia Oceania Championships Qualifying Tournament	Training camp



- ❧ Building a stage for friends with disabilities to realize their dreams
- ❧ Work hard to clear the environment and attitude barrier for friends with disabilities.

Thank you!