



Warm-Up Activities



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Ages: 10 to 11

Description

Players dribble, jump stop, and shoot, traveling from one basket to the next. All shooting should be two to four feet from the basket.

Players in pairs play Around the Key—one player shoots; the partner rebounds and returns the ball. The shooter tries to make five different shots around the free-throw lane in 30 seconds. Players receive two points for each shot made.

Players in pairs play Around the World. Spots are marked in an arc around the basket, about 5 to 8 feet out. Shooters follow a set pattern. The first player shoots from spot #1; if the shot is good, the player moves to spot #2. The player continues until he or she misses a shot. On a missed shot, the shooter may elect to stay there until his or her next turn, or “chance it.” This gives the player another shot immediately, but if the shooter misses, he or she goes back to the beginning. A made chance allows the shooter to skip the next spot.

Play 1 v 1 games, starting at the foul line. Defense checks the ball and offense begins in a triple threat position.

Players play “Now you have it, now you don’t.” Divide players into two teams. Each team stands on opposite sidelines of the gym facing each other. Each member of team A has a ball; team B doesn’t. On signal, team A players begin dribbling toward the opposite sideline. Team B approaches, trying to take away the balls. If a team B player gains possession of a ball, that player dribbles toward the opposite sideline. When players from team A or team B make it over their “goal” line (the opposing sideline), they stay there until all balls are behind the sidelines. Team B is now given the balls and the game begins again.

Players take and follow their shots. Players with the ball shoot for 20, 30, or 45 seconds. They shoot, rebound, and shoot again. Players are limited to three dribbles before their next shot. They keep track of how many shots they make during the timed interval.



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Players play “21.” Two or more players are at the free-throw line. The first player shoots a free throw; a made free throw is worth two points. Players who make a free throw can then shoot a lay-up. A made lay-up is worth one point. If they make both the free throw and the lay-up they get to shoot again. Lay-ups cannot be shot until the first free throw is made. Once players have made one free throw, they always get to shoot the lay-up. Shooters who miss a free throw shoot a lay-up, and then the next player shoots. The winner is the first person to reach 21.

Players play “5 3 4 Shooting”—a game that focuses on form shooting and footwork. Players must make five shots of each of the following:

- Feet square to the basket, one to two feet from the basket, right and left side of the basket (five shots total here).
 - Shoulders at 90 degrees to the basket; pivot off the left foot, square shoulders to basket, and shoot.
 - Same as above but pivot off the right foot.
 - Toss the ball from the free-throw line, use a two-foot jump stop about 5 to 8 feet from the basket, and shoot.
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