



Warm-Up Activities



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Ages: 8 to 9

Description

Players travel from one basket to the next dribbling, jump stopping, and shooting short shots (two to three feet).

On your signal, players begin dribbling without losing control. Players stop and hold the ball quickly on your signal. Dribble three times: 20, 30, 45 seconds.

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 one point for each shot made.

Players in pairs play Around the World. Spots are marked in an arc about five feet from the basket. 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 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.

Players play 1 v 1, starting at the foul line. Defense checks the ball and offense begins in a triple threat position. The offensive player’s first movement should be either a ball fake or a jab step.