

# Basketball Warm Up Drills for Kids

Getting kids prepared to play basketball includes doing warm-up drills that help their conditioning, skill development and competitive nature. It's important for all players--including kids--to not go out on the court cold because it's harder to be at your best skill level without warm-up, and it's more likely you could get injured.

## RUNNING WARM UPS

In order to prepared to play basketball, it's important to get your legs warmed up. Since youngsters who are playing the game will be running up and down the court, one of the best drills is to run the baselines. Start off at the near baseline and run to the near free-throw line, turn around and return to the baseline. Then run to midcourt and back, and follow that by running to the far free-throw line and back. Finally, run from the near baseline to the far baseline and back. Take a one-minute break and repeat the run. That should get your legs and cardiovascular system ready for basketball.

## AROUND THE WORLD SHOOTING DRILL

Start off at the right baseline, about 18 feet from the basket. Take five jump shots from that distance. Move to the right elbow--the extended part of the foul line--and take five jump shots from that distance. Move to the top of the key and take five more shots, then do the same from the left elbow and the left baseline. This will help prepare young players for taking shots from all over the court.

## DRIBBLING DRILL

One of the hardest things for young players to learn is how to dribble properly. Dribbling practice is essential for building confidence and helping a youngster improve in this critical area. Set up five cones past midcourt, each one about 3 feet apart. Have the young ball-handler dribble to the right of the first cone, the left of the second cone, the right of the third cone and then continue on in that manner. When the youngster has dribbled past the fifth cone, he speed-dribbles back to the midcourt line and hands the ball to a teammate, who then does the drill.

Read more: <http://www.livestrong.com/article/148430-basketball-warm-up-drills-for-kids/#ixzz2d5wHg2jD>

**5. Offensive skills- one on one, screens.**  
(passing, helping each other, calling names)

### **GRADES 5&6**

- 1. Team defense- rally teaching positioning of players on the floor and how all five players must move together on all passes, etc.** (shell drill, helps with offense as well)
  
- 2. Weak hand work- shooting lay-ups, dribbling, passing.** (practice everything mentioned with non-dominant hand)
  
- 3. Court spacing- rally concentrate on players staying 12-15 ft. apart on offense so you can generate better ball and player movement on the floor**
  
- 4. Full court basketball- begin to teach fast break concepts and possibly full court defensive play** (simple pressing, 1 on 1, 2 on 1, 3 on 2)

Skill	K/1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>	6 <sup>th</sup>
<p><b>Dribbling</b></p> <p>*Dribble with fingertips and one hand at a time</p> <p>*Able to dribble down the court with dominant at a faster pace than walking, keeping control of ball</p> <p>*Know they cannot walk with ball – must dribble (if they dribble more than once – it is okay, emphasize cannot walk with ball)</p>	<p>*Able to dribble with both hands down the court at a pace faster than walking.</p> <p>*Attempt change of hands – crossover dribble</p> <p>*Know they cannot travel with ball – once they pick-up their dribble they must establish a pivot foot – emphasize must pass the ball</p>	<p>*Able to use the cross-over and hesitation dribble effectively</p> <p>*Attempts spin and behind the back moves</p>	<p>*Can change speeds with the ball in either hand</p> <p>*Can successfully use cross-over as a change of direction</p> <p>*Attempts spin, behind the back, between legs moves</p>	<p>*Begin to understand angles when using change of direction dribbles (Cross-over, spin, behind back, between legs)</p>	<p>*Able to use offense for teammates by beating their defense and drawing defense to play them</p> <p>*Able to drive to basket and pass to teammate if they are picked up by defense</p>	
<p><b>Passing</b></p>	<p>*Uses both hands to catch and pass ball</p> <p>*Step to catch and pass ball</p> <p>*Able to make a chest and bounce passes 10 feet to partner with thumbs down, fingers straight</p>	<p>*Able to pass to partner 15 feet away</p> <p>*Dribble, jump stop, make pass</p>	<p>*Ball Fake before passing</p> <p>*Able to Pass/catch on the move – Star passing, monkey in the middle</p> <p>*Attempts to pass inbound to defender</p>	<p>*Introduce 1 hand passing around defender</p> <p>*Able to make overhead and baseball pass</p> <p>*Able to pass inbound with a defender</p> <p>*Understands when to utilize passes – chest, bounce, overhead, baseball</p>	<p>*Successfully pass one handed</p> <p>*Successfully complete 3 man weave</p> <p>*Successfully dribble and pass around a defender at ¾ speed</p>	<p>*In a game situation can most times pass to an open player with speed and precision</p> <p>*Introduce angle passes – to post players, wings, under basket etc.</p>

Skill	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>	6 <sup>th</sup>
<b>Defense</b>	<ul style="list-style-type: none"> <li>*Able to guard one player. Feet spread, knees bent, hands out, arm length from offense.</li> <li>*Shuffle feet</li> </ul>	<ul style="list-style-type: none"> <li>*Move feet, hands straight up for shot</li> <li>*Force player to dribble to one side</li> </ul>	<ul style="list-style-type: none"> <li>*Box-out: every shot offense/defense.</li> <li>*Rebound ball with two hands</li> <li>*Ball side help defense: if another player beat your teammate step up to help</li> </ul>	<ul style="list-style-type: none"> <li>*Help and recover: after helping teammate control dribbler find your man</li> <li>*Deny pass</li> </ul>	<ul style="list-style-type: none"> <li>*Help Side: ball is opposite you, both feet in paint, see ball and man</li> <li>*Able to recognize "dead ball" (when player has picked up dribble and cannot dribble again)</li> </ul>	<ul style="list-style-type: none"> <li>*Able to deny pass when another player has a "dead ball"</li> </ul>

(CONTINUED)

## The Elbow Keeps the Basketball Straight:

This is the most important step of shooting. The elbow is directly under the ball in line with the basket. Not too close or not too far from the body. I place my elbow under the ball, the elbow will keep the ball straight to the basket. Do not allow your shooting arm to stick out to the side or be an angle. I use the dart theory to illustrate this. It's elbow straight and then I release the dart, elbow keeps the dart straight, the elbow will also keep the basketball in a straight line. When the elbow is straight, the basketball will rest in one hand easily and can still be released straight to the target. If my elbow sticks out to the side or to an angle it will be difficult to keep the ball straight along with creating the habit of bad form.

**Note:** A good practice method is to stand close to the basket, resting the ball in one hand while taking close shots. This will help you to develop good basic form, concentration, correct spin or rotation on the ball, and touch.

## Follow Through:

Every time I shoot the ball, whether I make it or miss it, I follow through. Stick your shooting hand inside the basket. Do not snap the hand downward. All my left hand does in the shot is to help hold the ball (left hand on the side of the ball) and my shooting hand follows through every shot. I am on balance, my eyes on the target, my elbow is straight, and I follow through.

## Jump Shot:

The basics of the jump shot are the same; balance, eyes on the target, elbow straight, and the follow through. Again, I repeat, I must do the same thing on every shot. It is important that you take note that my right foot is always slightly in front of my left foot. When I land after my jump shot, I am always on balance and ready to play. I don't follow my jump shot, I feel **CONFIDENT** that every shot will go in the hoop. Again, I am building a muscle-memory reflex.

Other than bad form with the elbow, fading away during the jump shot is probably the worst habit a jump shooter can create. When a jump shooter fades away he has two forces against each other; the ball going one direction and the body going the other way. The best habit is to go straight up and down. If you must move. . . move towards your target. This will help you keep a good rhythm and maintain concentration on your jump shot.