

YMCA Basketball Warm-Up Activities for 3-5-Year-Olds

Warm Up Description	Page ¹
Players free dribble and handle the ball in space (one ball per player), using an area no larger than half-court.	39
Individual—Players should stand apart from each other (allow 15 seconds for them to move to their own space); on a signal, they begin dribbling around the court without losing control. Players stop and catch the ball quickly on a signal. Repeat this exercise three times in short intervals (20, 30, and 45 seconds).	4
Individual—Each player has a ball to practice dribbling. Have them try the following activities: <ul style="list-style-type: none"> • Dribbling and moving with the ball. • Dribbling in different places around the body while stationary. • Dribbling continuously while switching hands. • Dribbling at different heights. 	46
Individual—Players dribble in different pathways: Move in straight, curved, and zigzag pathways in general space. <ul style="list-style-type: none"> • Follow the straight lines on the gym floor. • Move in a straight pathway. Each time a player meets another player or hears your signal, he or she turns quickly to the right or left and continues dribbling. • Move throughout general space, quickly moving from side to side in a zigzag. 	50
Pairs—Partners play follow-the-leader in single file while dribbling (have players leave three feet between them); they should switch who leads frequently.	54
Pairs—Partners practice shooting in the game Around the Key. They keep track of the number of baskets made.	58
Individual—Each player dribbles from one basket to the other, and then jump stops and shoots. All shooting should be close to the basket (within two feet).	62
Pairs—Partner 1 dribbles the ball 8 to 10 times and then passes it to partner 2. Partner 2 starts dribbling the ball forward and then passes it back to partner 1. The partners continue to dribble and pass from one end of the gym to the other.	69
Pairs—The defensive player moves in a defensive position in front of the offensive player, who is dribbling slowly and then gradually dribbles faster in a zigzag pathway. The offensive player changes speed and directions. The players move down the length of floor, and then switch roles.	72

¹ This page number refers to pages in the “Plans for 3- to 5-Year-Olds” document found on the “Season and Practice Plans” page in the YMCA’s **Coaching Basketball** online course.