

YMCA Basketball Warm-Up Activities for 6-7-Year-Olds

Warm Up Description	Page ¹
Individual—Players should stand apart from each other (allow 15 seconds for them to move to their own space); on the signal, players begin dribbling in general space without losing control. Players should stop and catch the ball quickly on a signal. Repeat this activity three times in short intervals (20, 30, and 45 seconds).	81
Individual or group—Players practice dribbling in the following ways either individually, in a small group, or under your direction: <ul style="list-style-type: none"> • Dribbling and changing speed of travel (travel both fast and slow in general space). • Dribbling while changing directions (forward and backward, right to left). • Dribbling in straight, curved, and zigzag pathways. 	85
Choose one of these two activities: <ol style="list-style-type: none"> 1. Individual—Players dribble around cones spaced three feet apart. They try to dribble 60 seconds without bumping into any cones. 2. Pairs—Players pair up with partners of similar skill. Partner 1 dribbles toward the baseline while partner 2 plays cooperative defense. You can increase the difficulty by moving to active defense. 	88
Pairs—Players practice shooting in a game of Around the Key. Use tape to mark shooting spots. Players should take all shots close to the basket (see the figure on page 56).	91
Individual—Players dribble from one basket to the next, and then jump stop and shoot. All shooting should be close to the basket. Jump shots should be taken within two feet of the basket.	94
Individual—Players dribble from one basket to the next, and then jump stop and shoot. All shooting should be close to the basket (jump shots within two feet of the basket).	97
Pairs—Partners take turns. One passes the ball, and the other either shoots from the Around the Key spots or dribbles and drives to the basket.	103
All players—Divide players into two groups: a dribblers group, in which each player has a ball, and a defenders group, which does not have balls. The dribblers group should have more players. Keep the practice within a confined space. On a signal, the dribblers begin dribbling while the defenders attempt to steal the ball. If a defender steals a ball, he or she begins dribbling. Go for about 45 seconds, and then regroup and switch roles as needed.	107

¹ This page number refers to pages in the “Plans for 6- to 7-Year-Olds” document found on the “Season and Practice Plans” page in the YMCA’s **Coaching Basketball** online course.

Warm Up Description	Page ¹
<p>Pairs—Partners take turns shooting three shots from each of five spots marked around the basket (approximately six to eight feet away). The partner not shooting rebounds the ball and passes it accurately to the shooting partner. The shooting partner gets in target position, receives the ball in triple threat, and squares up and shoots.</p>	110