

YMCA Basketball Warm-Up Activities for Ages 12 and Up

Warm Up Description	Page ¹
Players dribble, jump stop, and shoot, traveling from one basket to the next. All shooting should be 2 to 4 feet from the basket.	188
Play 1 v 1 games, starting at the foul line. Defense checks the ball and offense begins in a triple threat position.	192
<p>Players pair up and practice shooting off of various offensive moves. The shooter shoots 25 consecutive shots; the rebounder quickly returns the ball. After 25 shots they switch roles. The shooter follows this pattern:</p> <ul style="list-style-type: none"> • First 10 shots—no dribble • Next 5 shots—dribble once • Next 5 shots—dribble twice • Last 5 shots—use a crossover dribble <p>The shooter keeps moving around the perimeter during all 25 shots.</p>	195
Groups of three players—a shooter, passer, and rebounder—play “Rapid Fire.” The shooter has one basketball; the passer has another. The shooter keeps moving, shooting without dribbling (later you might add shooting off the crossover dribble). The shooter shoots, working on balance, position, and technique; the passer uses bounce and chest passes to pass to the shooter; and the rebounder outlets to the passer. After one minute, players rotate positions. The shooter becomes the rebounder; the rebounder, the passer; and the passer, the shooter.	203
Players play “Rebound-Outlet.” Player O ₁ shoots the basketball, guarded by X ₃ . X ₃ rebounds the shot and makes a strong outlet pass to O ₂ . As soon as 1 takes the shot, he or she moves quickly to play defense on 2. Player 1 then rebounds 2’s shot and makes an outlet pass to X ₃ . After 2 takes the shot, he or she plays defense on X ₃ . The players continue the process for the duration of the warm-up.	209
Players play “Spot Shooting,” shooting five shots from each of the five areas. Player should run to get each rebound and then dribble back to the appropriate spot. Players should try to make at least 15 out of the 25 attempted shots.	218

¹ This page number refers to pages in the “Plans for 12 and Up” document found on the “Season and Practice Plans” page in the YMCA’s **Coaching Basketball** online course.