**South Muskoka Breakers Coaching Notes - Warm-up Games**

These drills are all basketball related but are intended to be fun warm-up games. They are high energy and will help work on numerous sport-specific skills. Use these drills for 5-20 minutes at the beginning of practice to help the players warm-up and work on basic basketball related skills.

|  |  |  |
| --- | --- | --- |
| **Drill** | **Details** | **Level** |
| British Bulldog |  2-3 people are ‘it’ in middle of floor, everyone else on the baseline-Players must get from one baseline to the other without getting tagged-If you are caught, you become ‘it’-Can use jerseys to distinguish who is ‘it’Start with carrying basketball, add those not ‘it’ must dribble, add everyone must dribble | 1 |
| Octopus | Everyone has a basketball, 2-3 people are ‘it’, everyone else on the baseline-Players must get from one baseline to the other without getting tagged-If you are tagged, you are frozen in the spot in which you were tagged-You may now tag other people, but can only do so by pivoting on a selected foot (teach pivot!)Start with carrying basketball, add those not ‘it’ must dribble, add everyone must dribble | 2 |
| Adi Tag | In pairs, with basketball-Objective of game is to tag your partner’s knee-First one to touch the other person’s knee with their hand wins-Once you win/lose a game, you switch partner’s by holding ball over your head, signalling to others that you need a new partner-Can play until a player wins X number of games | 2 |
| Line Tag | Players spread out, stand on a basketball court line, 2+ people are ‘it’-Must move around basketball court without getting tagged, staying on court lines-Great opportunity to teach the lines of the basketball courtStart with no ball, add holding ball in hands, add dribbling basketball | 2 |
| Dribble Tag | Everyone with ball, 2+ people are it, use court boundaries-Everyone dribbles around, ‘It’ tries to tag those who aren’t it-Once tagged, you are frozen, must stand still with legs spread-You can be unfrozen by someone else, not ‘It’, who crawls between your legs-Play until everyone is frozen or time runs outStart with no ball, add carrying ball, add not ‘it’ must dribble, add everyone dribbles | 2 |
| Cone Swap | Groups of 5/6, require 4/5 cones set up in a square, one person in middle, others at a cone-Object of game is to switch to another cone as many times as possible-Every time you switch cones, you get a point (shout out number of points each time)-Person in the middle has to try to steal cone when others are switching-You are safe if you are touching a cone (1 person per cone)-You must move in order to gain pointsStart with no ball, add holding ball, add dribbling ball | 3 |
| Hunter | One player has basketball, a different player is ‘it’-Object of game is to not be tagged by player who is ‘it’-If you have the ball in your hands, you cannot be tagged-Player with ball should chase around player who is ‘it’ and pass ball to whoever they try to tag | 3 |