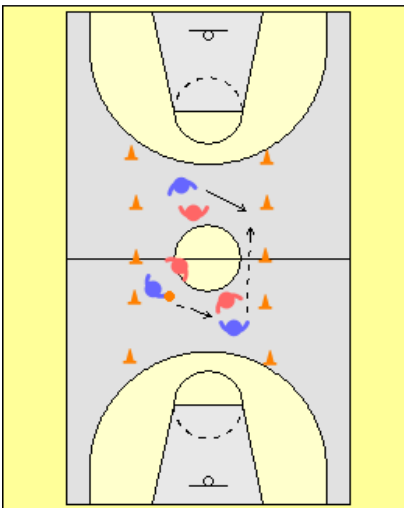


## Loading a Warm up

FIFA has developed a dynamic warm up that they promote with coaches for preparing athletes to play soccer. The website where you can see it is : <http://f-marc.com/11plus/index.html>

This warm up is easily adapted to basketball. Another concept is loading a warm up so that you easily progress from increasing body temperature, fundamental movement skills and then into basketball skills and concepts. By keeping the drill or activity the same you waste little time in setting up for a new activity.



### Increase Body Temperature

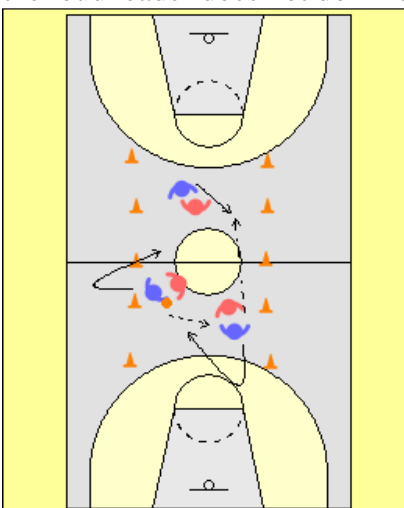
The first goal of a warm up should be to warm the body. This is done with light aerobic activity. The use of low organized games is a fun way to start practice. It gets the players energized and increases the body temperature at the same time.

### 10 Passes

The pylons define the boundary for the game. Two equal teams must pass the ball 10 consecutive times without a fumble, going outside the boundary or traveling when having possession of the ball. The defense takes over possession when a violation occurs.

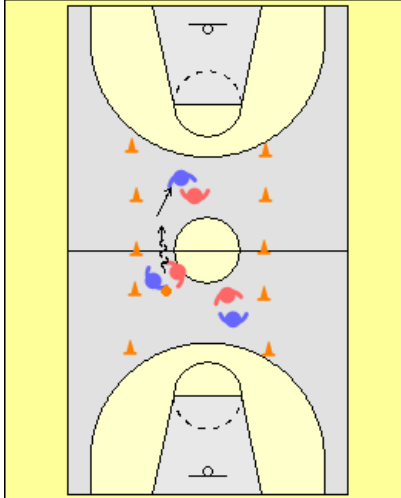
### Mental load

It encourages the players to talk; the player who receives a pass must call out with a leadership voice the number of the catch. It is important to make each player count individually. This way the loud leader does not dominate. The quiet player learns to talk.



### Pass and move

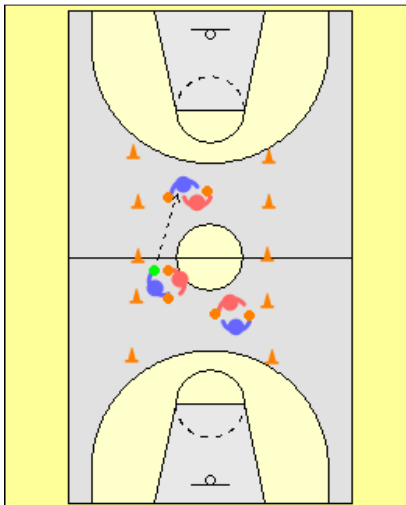
We now load in the concept of moving after you pass. The player must touch outside the pylons before returning to the game.



### Pass off the dribble

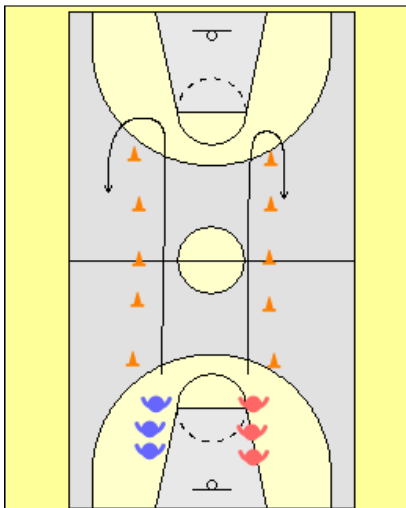
In this version the player with the ball must pass or dribble within one second of possession. This forces player to scan when dribbling, keep their dribble until ready to pass and making quick accurate passes off the dribble.

You can load in a five second count when dribbling to encourage passing.



### Everyone dribbles

The final version of the game has everyone dribbling a ball. A second ball is passed in order to achieve the ten consecutive passes. You may want to start with a ball that is easy to catch and pass with one hand.



### Dynamic movement

We now move into the dynamic movement part of the warm up. This is where we are working on fundamental movement skills that are the backbone of all human movements.

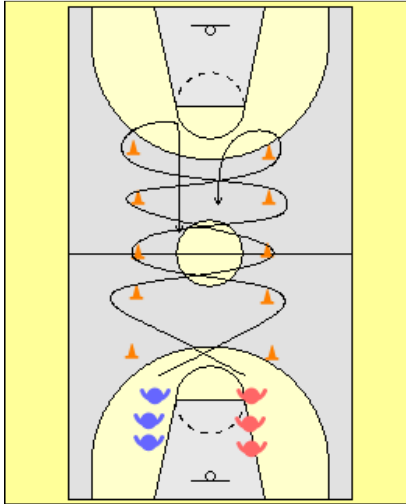
The players line up in two lines at the end of the pylons. They can perform a variety of movements:

- Forward jog
- High knees
- Kick the butt
- Carioca
- Gallops
- Slides
- Backward run



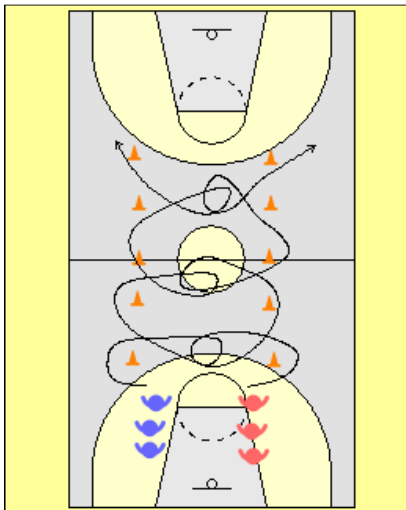
- Knee out /knee in

Once the athletes have mastered the movements a basketball can be loaded into the activities.



### **Zigzag**

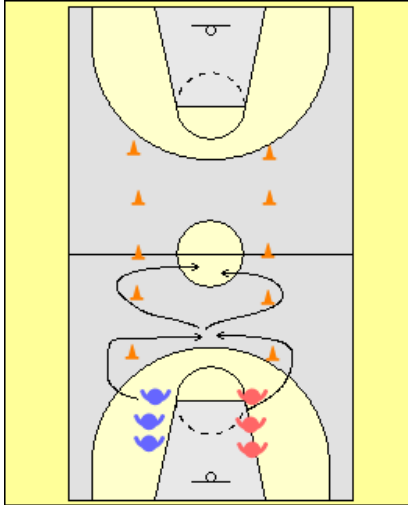
The players work on cutting around pylons. They also must communicate when crossing with the opposite person in the middle. The more complex version is to have them run back though the middle. This means lots of bodies and lots of communication.



### **Circle your partner**

The players shuffle into the middle circle each other and then back around the pylon. This makes them work on coordinating their movement and making quick forward and back movements.



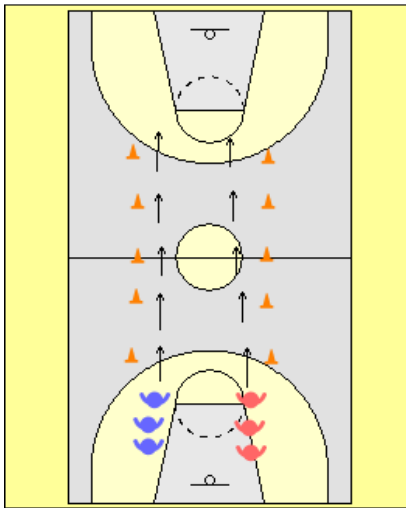


### Coordinated jumps

The players work in pairs. They circle the pylon and then come together for a coordinated jump. They can:

- Bump shoulder in the air
- Clap outstretched hands while jumping
- Bump the basketballs in the air

This forces players to jump under control and land on balance. Once they land they must get back under control before moving to the next pylon.



### Movement Prep

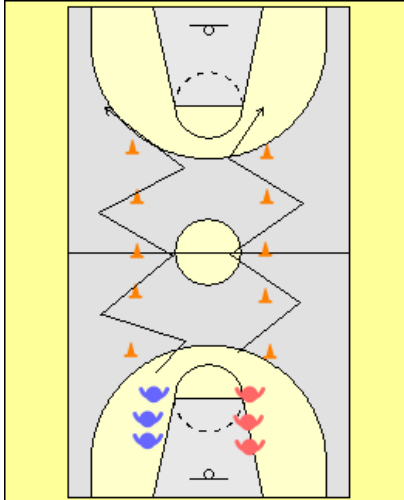
In this sequence, the players work on power yoga types movements that build core strength plus flexibility:

- Walking lunges
- Walking squats
- Walking slide lunge
- Inch worm
- Inverted hamstring stretch (747's)
- Forward lunge
- Hops

The players should also work on the following core exercises while in their line:

- Hip crossovers
- Front bridge
- Side bridge
- Back bridge

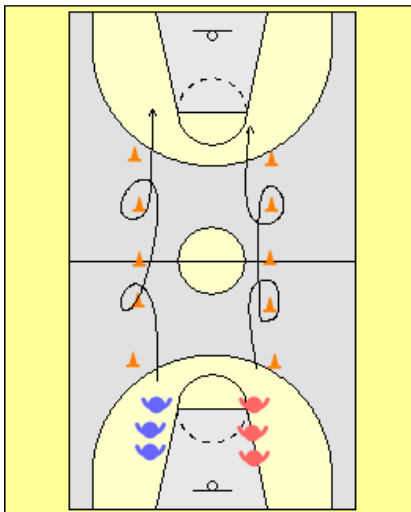




### Agility footwork

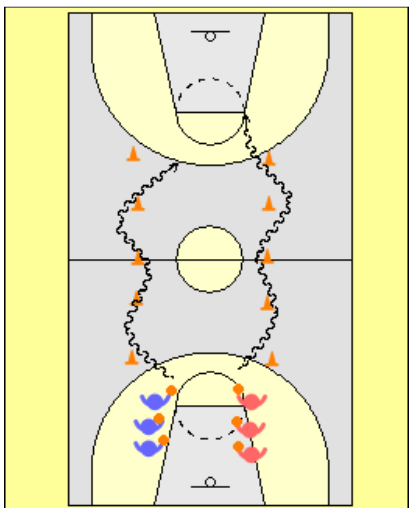
The player work on specific agility footwork that may be needed later on in the practice:

- Lateral bounding – hop from one leg to the next in a zigzag fashion. These are important if working on creative layup finishing moves.
- Icky shuffles
- Figure of 8
- One foot hops
- Cross country skier



### Two forward one back

This will be especially important when working on the pull back crossover dribble.



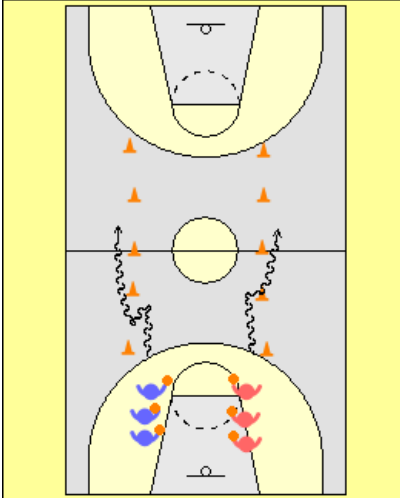
### Basketball skills

Without changing the formation of the drill we move directly into dribbling and lay ups. The players work on various dribble moves at each pylon and score a layup at the far basket. On the way back you can have them use a speed dribble.

Load:

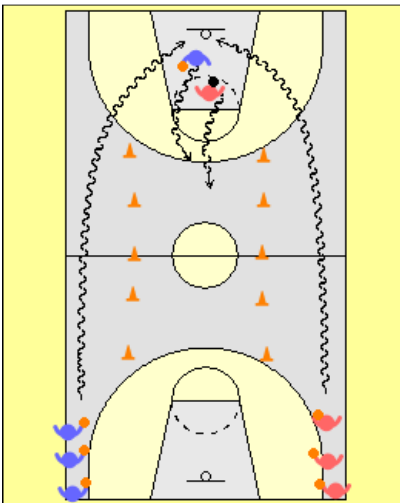
- Have a coach show ten fingers to keep the eyes up.
- Coach takes away the prime angle for the lay up





### **Pull back crossover**

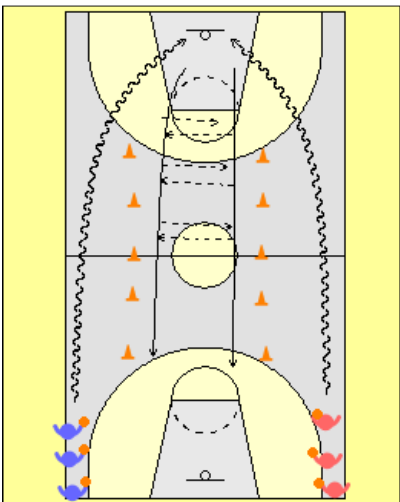
This is a very important dribble for all of the players to master. They go forward for two pylons and backward for one, followed by an immediate crossover dribble.



### **Russian layups**

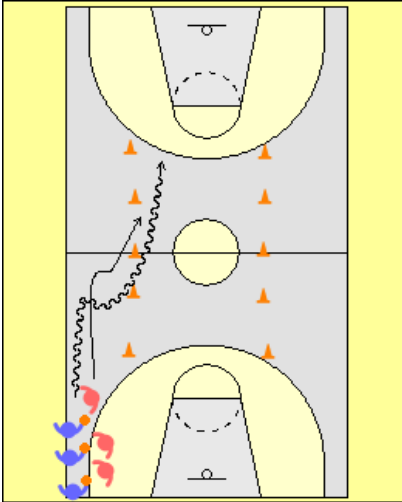
Here is a layup dribbling drill by the team from Russia, which Fabian MacKenzie observed at the FISU games this year. Notice we keep the same basic set up of the drill. This means there is little wasted time in learning a new activity. The focus can be on the skills.

Two players dribble down and score a layup. They come back through the idle with one player on offense and the other on defense. It forces the defender to be able to dribble low and under control going backwards.



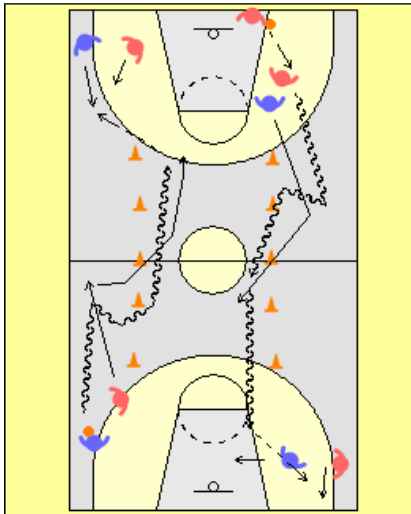
This time after scoring the players pass the two balls back and forth when returning down the centre lane.





### **Pull back crossover with guided defense**

We now move into the main concept that the coach wanted to work on for that day, the pull back crossover dribble to avoid crossing half on the side line. The players partner up with one ball. The guided defender forces the ball handler towards the half court line. The ball handler uses the pull back crossover to cross in the middle of the floor. The players now play one on one in the centre lane.



### **2 on 2**

The final progression is to play 2 on 2 in the full court. The players now see how the various warm up and skill activities fit into the game. The practice reads like a book. Too often, when we choose drills that do not fit together, the logical progression for the players is lost.

