

Pre-Game Warm Up: Are you using this time wisely?

The Typical Pre-Game Warm-up: Good or Bad? Although shooting free throws is important before a game, I would debate on whether having 10 players standing around waiting their turn to shoot a free throw is the best way to warm up. **The point is this:** Players have to pass, catch, run, shoot, dribble, jump, and play defense in the game – why aren't they warming up and getting ready to use these skills? In a real game, players shoot free throws when they are tired so why not practice free throws that way? Analyze your pre-game warm up to make sure that you are getting your players prepared for the game! **Make the most of your pre-game warm up so your team can perform their best in the game! Check out some suggested warm up routines below.**

Are these players getting the most out of this warm-up?



Suggested Warm Ups: Use your time wisely!

Suggestion #1: A very good warm up routine when there is 15 minutes or more for a warm up. The players rotate in the order they are numbered (1 goes to the 2 position, 2 to the 3, 4 to the 5, and so on). Notice how the player shooting the free throw rotates from a defensive drill (so they will be a little "winded" before they shoot). Add your own drills or create your own warm up, etc.

Two Player Passing:
Players 1 and 2

* Work on passing and catching skills – changing from bounce passes to chest passes. Players should "look the ball into their hands."

Ball Handling:
Player 7

* Figure 8 Dribbling.

Player 8

* Crossover Dribbling.

Player 9

* Around the Waste.

Boxing Out:
Players 3, 4, 5, and 6

* 4 and 5 are "Boxing" out and rebounding (rotate).

Pull Back Crossover:
Player 12

* Work on this very important ball handling skill – the Pull-Back Crossover is used to get out of "traps" and pressure defenses.

Free Throw Shooting:
Player 11

* Shoot some Free Throws after the defensive drill.

Zig-Zag Step Slide:
Player 10

* Work on defensive slides using the proper stance, staying low and level (don't bounce up and down). Keep arms up and out.

Suggestion #2: The "Baseline" Shooting Drill – One of the most popular warm up drills used by coaches to get their players ready for a game (especially when there is only 10 minutes or less to warm up). This drill mainly covers mostly shooting (game shots), it also covers other important skills such as passing, catching, hustle and conditioning.

Line #2

Baseline Shooting Drill

Shooting Drill Notes:

- Players must get their own rebound.
- Pass, run around, shoot, rebound, go to the back of the line that passed the ball to you.
- Hustle for the ball, but don't rush your shots!

Line #2

Starts with the players lined up as shown (2 lines, first player in line with a basketball, and one player standing on the block.

- On the coach's signal, X2 passes to X1 and runs around the outside to the other block (Line #2 side).
- X1 shoots, gets their own rebound, and passes to the next person in Line #1 and getting in the line they received the pass from.
- X3 passes to X2 and runs around the outside to the other block (Line #1 side)
- X2 shoots, gets their own rebound, and passes to the next person in Line #2. X4 then passes to X3, and so on...

Change up to Game shots: The great thing about this drill is that you can start close to the basket (on the block), then move farther and farther out as the drill progresses – designate as many different shots as you want. Ex: Start on the block, next move to the elbow, then to the wing area, then to the baseline, then 3-point shots (Use shots that best fit your teams range, etc).