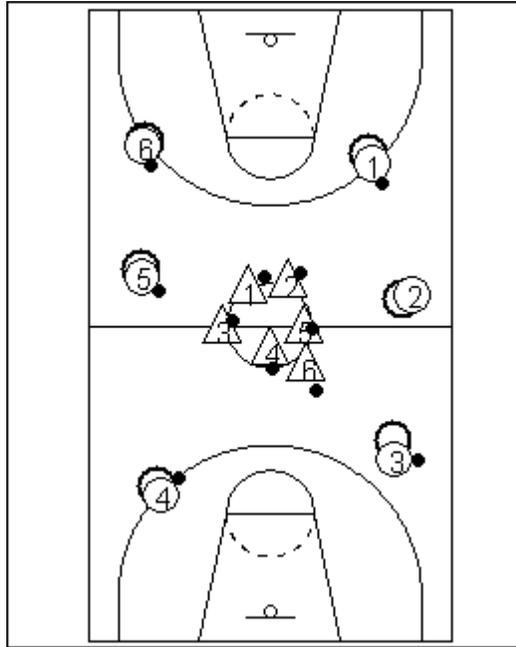


Here are some youth warm-up games provided by Mike MacKay, Manager of Coach Education and Development for Canada Basketball

## Warm up games

### Castles



Player's partner up  
Each pair has two balls, a hoop  
and some bean bags.

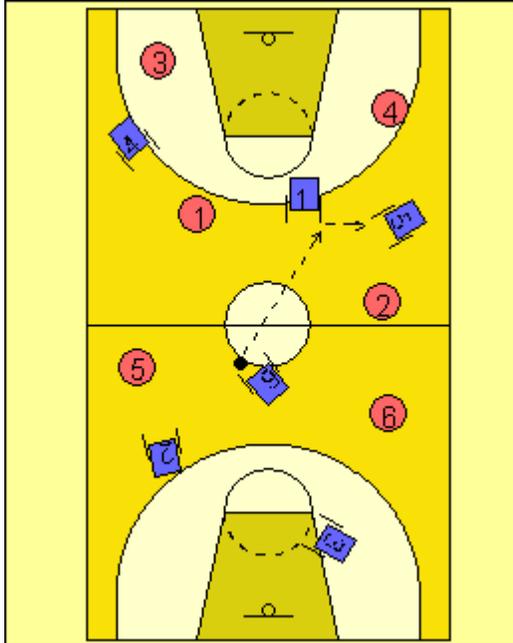
The player inside the hoop protects  
the bean bags. The player outside  
the hoop visits the other hoops and  
attempts to steal bean bags.

If a player is tagged by the  
defender he/ she must visit another  
hoop. If a bean bag is stolen she  
returns to his/ her home and  
switches.

The coach can also call switch  
forcing the players to switch  
positions.

Note: To add more basketball skills make the players score a lay up when tagged before they can return to attempt a steal. Another addition is to add pinnies to the players as flags that they tuck into their shorts. The players can steal the flags and set them in their castle instead of bean bags.

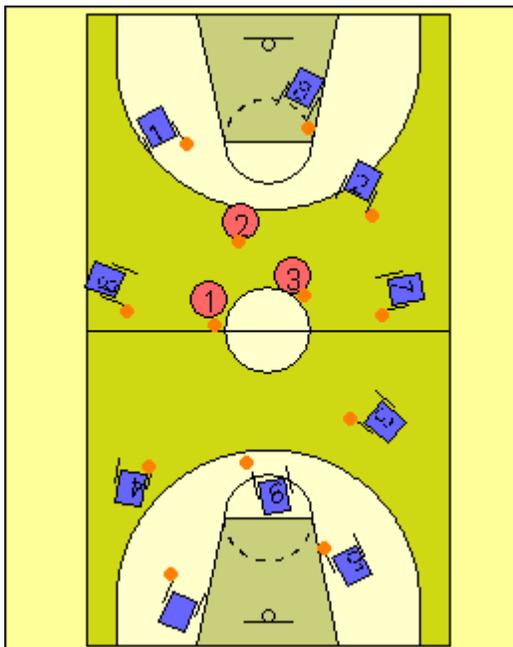
## 20 passes



### 20 passes

There are two equal teams with one ball. The object is to pass the ball between your team mates 20 times without dribbling, traveling or fumbling the ball. The players without the ball can move to get open. If any of the above three things happens the other team immediately grabs the ball and starts to pass

## Dribble tag

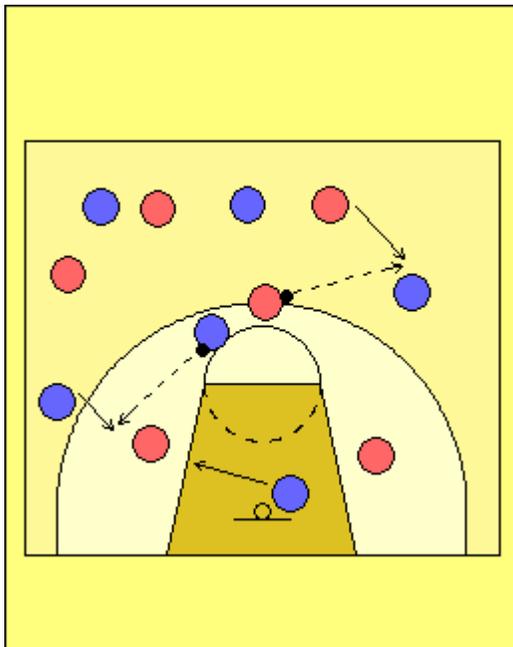


### Dribble tag

All of the players have a ball and spread out around the court. In this example three players are chosen as "it". When the coach says "go" the players who are hit try to tag the others players while dribbling the ball. When tagged you have a number of options;

- 1) eliminate - not a good option
- 2) have them perform a task and then return
- 3) become "it" (two option here - keep going until only one remains or the Old "it" is now being chased.
- 4) frozen and wait for a teammate to unfreeze him/her ( a good way is to do a ball tip with legs spread so a teammate can dribble a ball between the legs to unfreeze.

## Ball tag

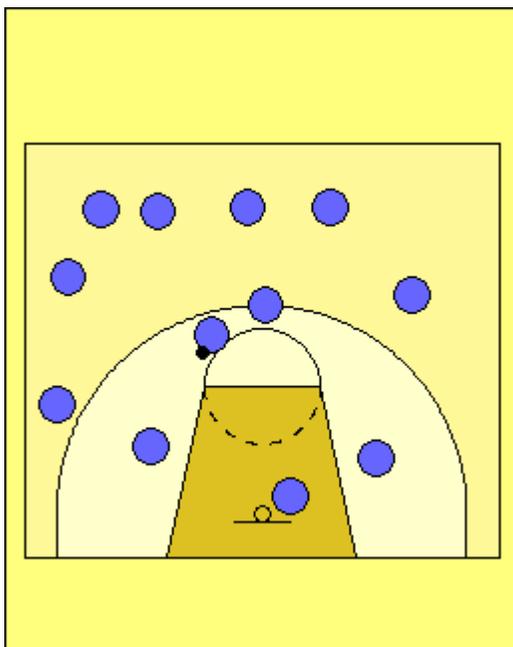


### Ball Tag

In the first version of the game there are two teams. The player with the ball is only allowed to pivot. Players with out the ball are allowed to move within the boundary. For this example the space is half of the basketball court.

By passing and moving one team attempts to tag the other team with the ball. The ball cannot be thrown. Once tagged the player is eliminated (you can have the player do an exercises or a skill before he or she can re-enter the game).

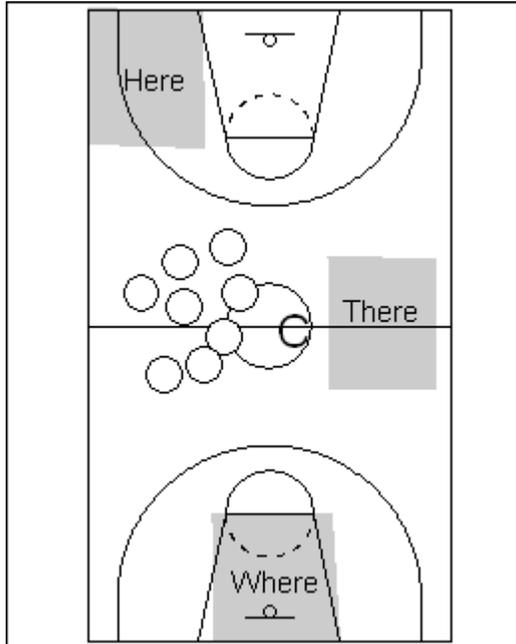
You can start with one ball but slowly add more. The team without the ball is allowed to try and steal the ball.



### Alliance Ball tag

In the second version there are no teams. The players form temporary "alliances" to tag a player with the ball. Once tagged the player must perform an activity before being able to return. Again, multiple balls can be added.

## Here there where

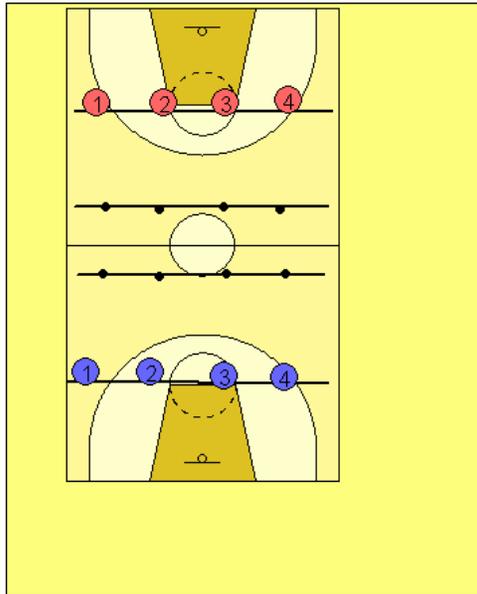


### Here There Where

This is a concentration game. There distinct areas are outlined on the floor. The coach calls out one of the areas and the players must sprint to the area.

Once the children have the idea start to eliminate the last person. Have them do an exercise. Or they continue to jog around the perimeter. Some times call the same place that they are already at. If they leave the area they are eliminated.

Add a basketball. Once they arrive in the area they have to do a ball handling activity.



### Combine two games in one

This is another game that I modified that worked very well in camp to teach concentration, agility speed and ball handling. The two games are **steal the pig** and **crowns and cranes**. The players line up along the foul line extended in two teams. The players are given a number corresponding to a person on the other line. They are also called crows (red) and cranes (blue). When the coach calls a number the players must run up grab their ball and then score a lay up back at their end of their court.

Note: I have found if you use one ball one kid always wins or someone gets hurt. This way both players get a chance to score. If you call crows the entire players sprint forward to grab their ball. The crows, the red, team now try to tag the blue players before they can return to their home base.