

# ***Avoiding Injuries Simple Warm-up Activities***

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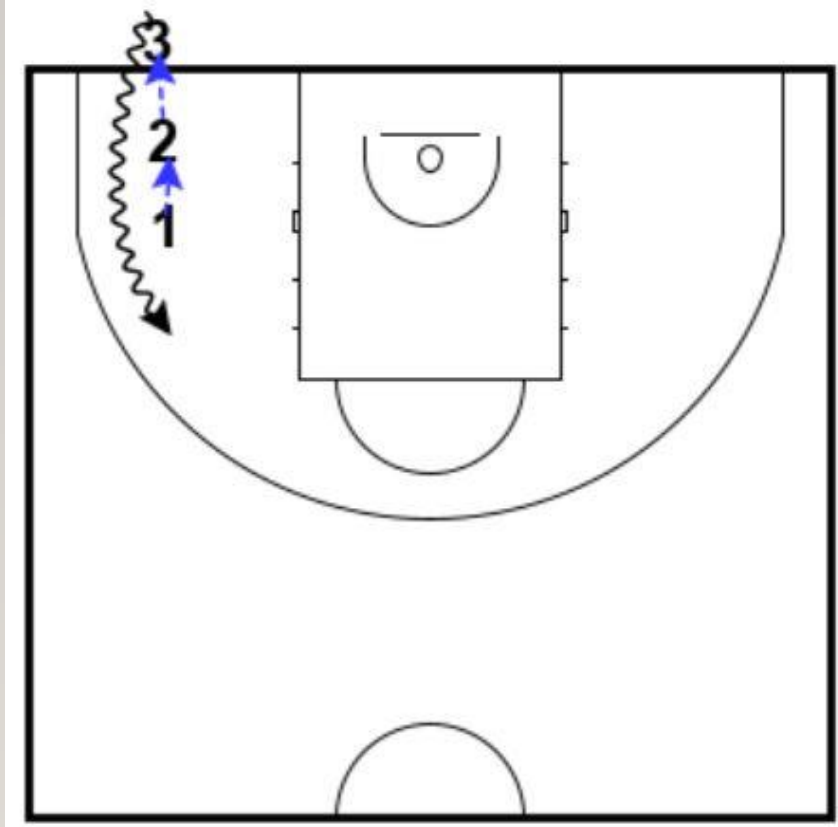


# ELEMENTS OF AN EFFECTIVE WARM-UP

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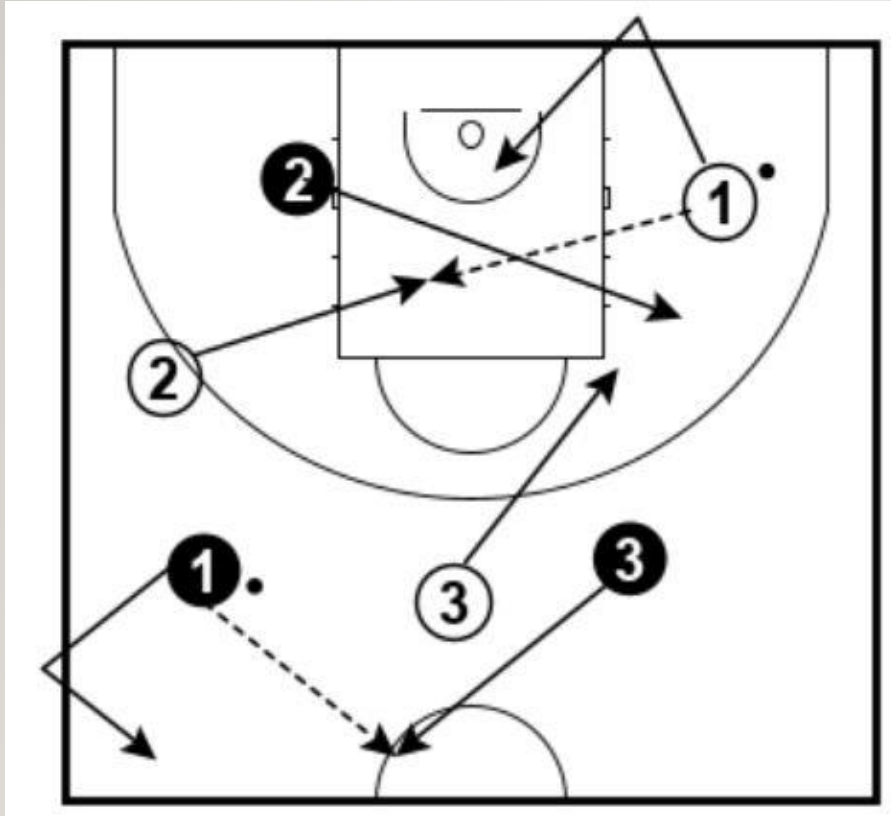
- Replicate movements that occur in the game: slowly and build up to game speed
- Move arms and legs through a “range of motion”
- Consider having a warm-up that is utilised throughout a Club, making transition from one team to the other easier

# 'UNDER OVER' RELAY RACE



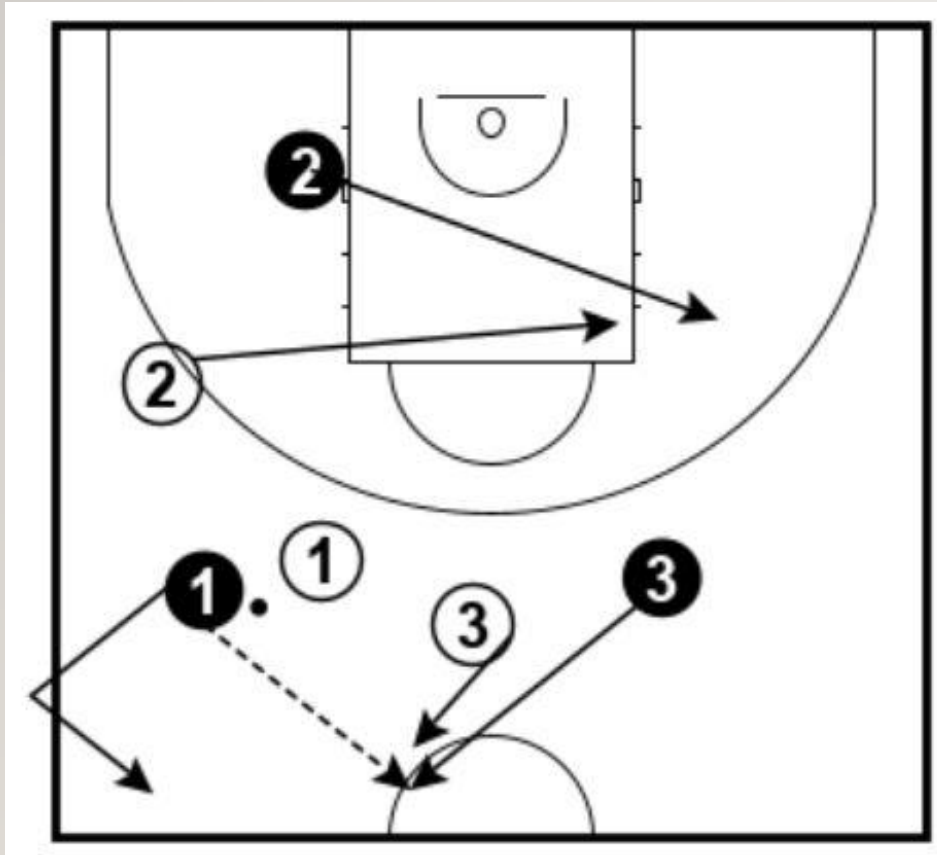
- Divide in small groups (e.g. groups of 3), each group has one ball.
- Players stand behind each other on the baseline, with the player in front having the ball
- Player in front bends down and passes the ball through their legs to the player behind them
- That player passes the ball over their head to the player behind them
- When the last player in line gets the ball, they dribble to the front, and then pass the ball through their legs.
- Teams race to get to half way first!

# TALLYBALL



- Divide players into small teams, each team has one ball
- Players cannot stand still!
- Teams pass the ball amongst themselves, and it's a race for the first team to make 15 passes.
- A player cannot pass to the person that passed to them.
- After passing, player must run and touch a sideline / endline / centreline and cannot receive a pass until they have done so.

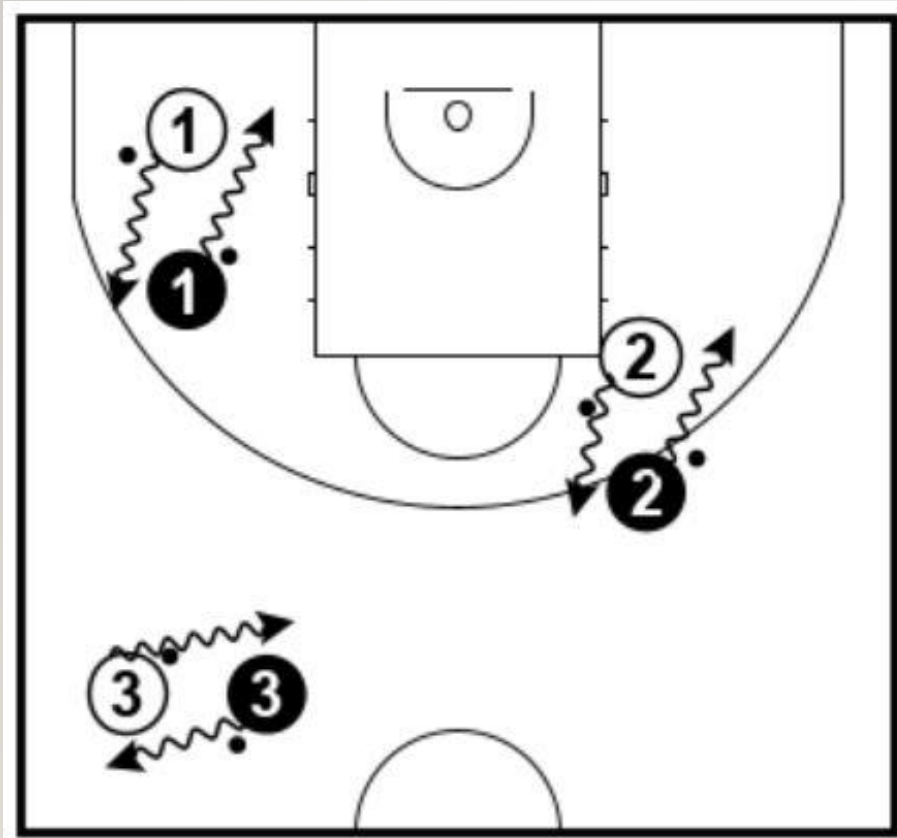
# 'KEEPING OFF'



- Quickly move from 'Tallyball' to Keeping Off by removing a ball!
- Now, whichever team doesn't have a ball needs to try and steal one!

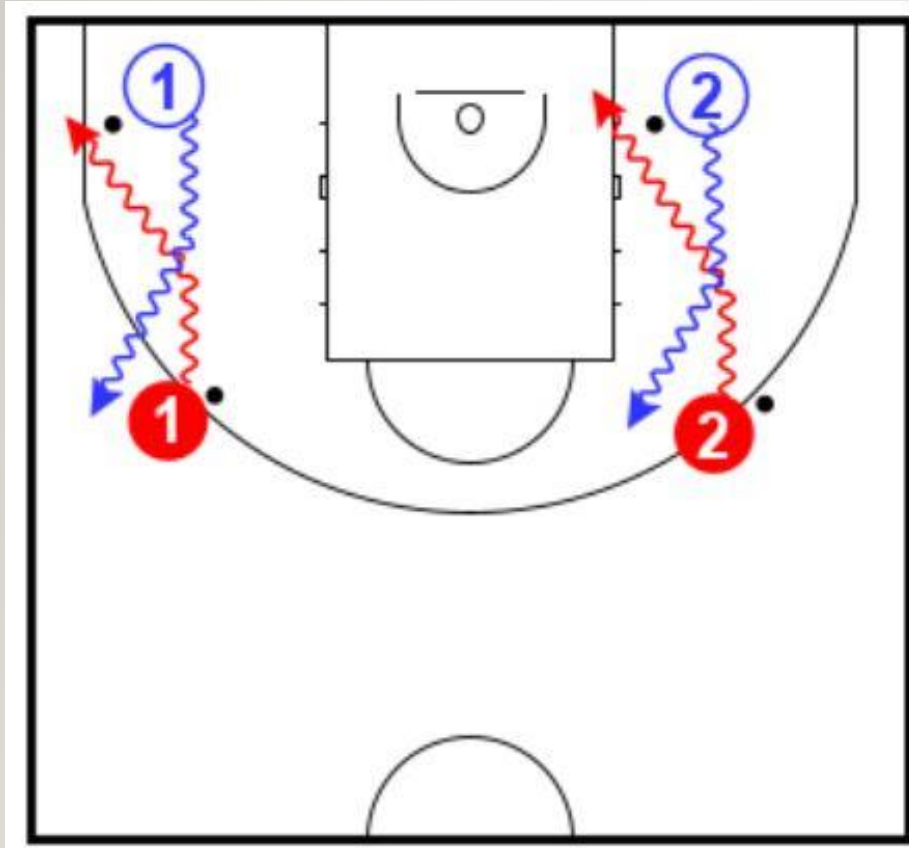


# 'BLOW BY'



- Everyone has a ball and divide into pairs
- Players stand facing each other, 2m apart
- Nominate one player as the leader (e.g. youngest in pair).
- Players dribble on the spot (e.g. both dribble right hand). Leader chooses when to dribble forward, and their partner must also do so. Player's go past as close to each other as they can and then turn around, and change hands.
- You can also have the Leader doing various dribbling while standing still and their partner must mirror that.

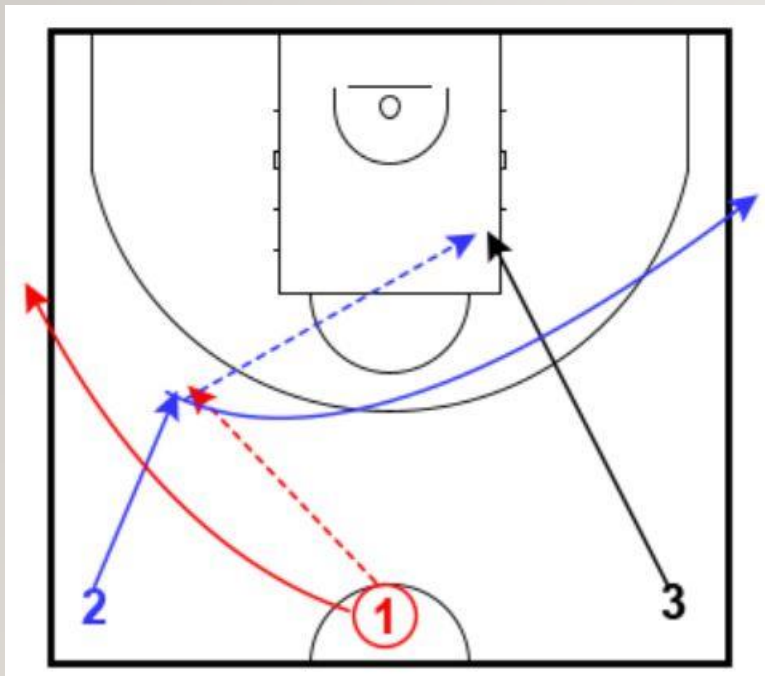
# 'DRIBBLE CHICKEN'



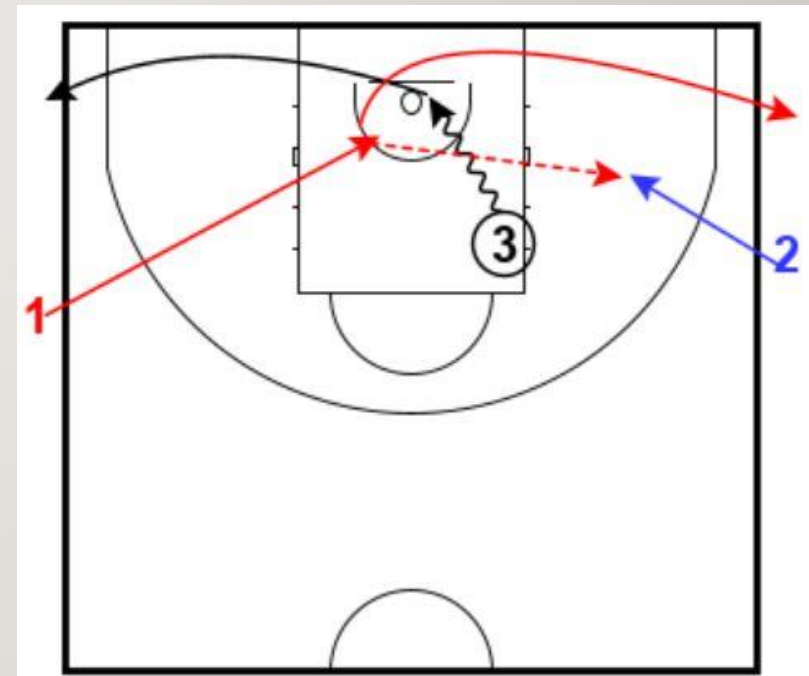
- Progress easily from “Blow By” to Dribble Chicken
- Everyone has a ball and divide into pairs. Partners now stand 4-5m apart
- Players dribble toward each other and get as close as they can before performing a nominated dribble move to go past, for example:
  - Cross-over
  - Hesitation Dribble
  - Fake Cross-Over

# 'COBURG' LAY-UP (Part I)

3 person lay-up activity. Each person takes one shot and will rebound once.



- 1 passes to 2, and moves to sideline
- 2 passes to 3, and cuts to sideline

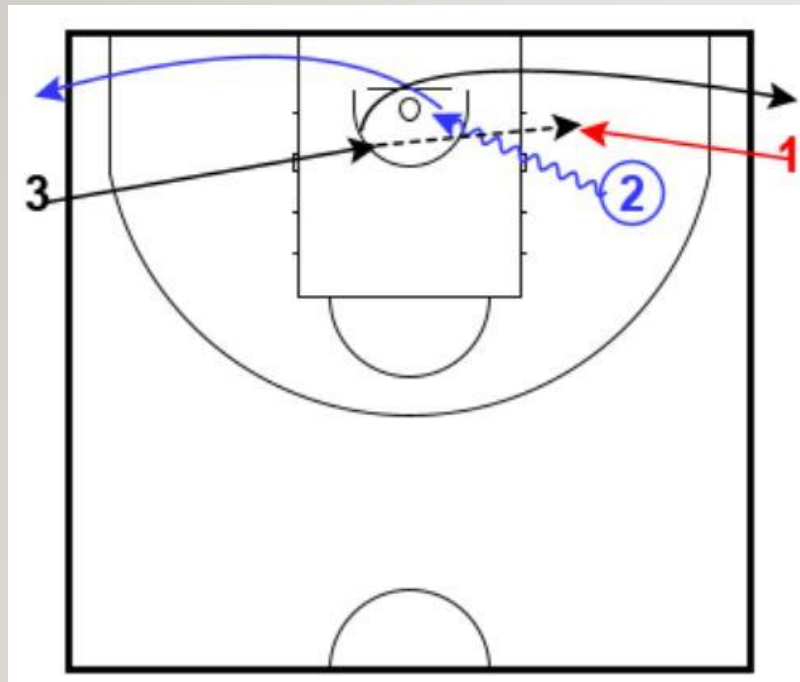


- 3 shoots lay-up and runs to sideline
- 1 rebounds, passes to 2, runs to sideline

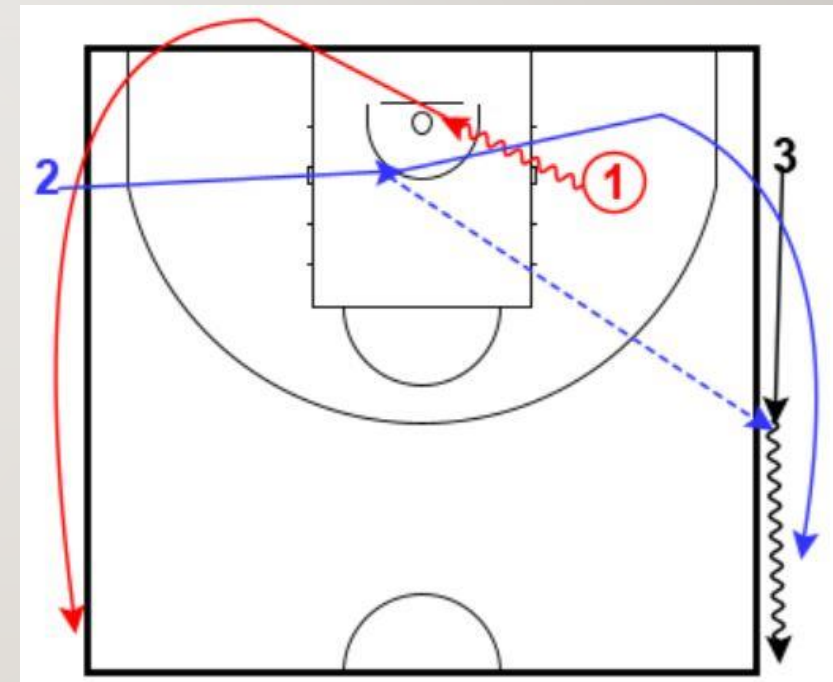


# 'COBURG' LAY-UP (Part 2)

3 person lay-up activity. Each person takes one shot and will rebound once.



- 2 shoots lay-up
- 3 rebounds, passes to 1 and moves to sideline



- 1 shoots lay-up and moves back to line
- 2 rebounds, makes outlet pass to 3, runs to line
- 3 catches outlet pass and dribbles to line

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