

## Basketball Warmup Games

**Dribble Freeze:** Have players dribble with specific hand, change direction, switch hands, freeze while dribbling with guard arm up, freeze and pivot.

**Freeze Tag:** Players will dribble in a defined area, coaches will tag players who then freeze. Others can unfreeze them by tagging them. You can also have players be able to “freeze” other teammates, rather than the coach.

**Catch the Coach:** Players dribble and attempt to catch coach, who is running around the court and changing directions. Once the player tags the coach, the game is over. Strong emphasis on players dribbling under control with their head up.

**Hit the Cones:** Scatter the cones around the court, and have each player dribble their ball and grab as many cones as possible in one minute.

**Red Light, Green Light:** Players caught moving after coach turns around and says “red light” must return to start. Emphasize speed and control of basketball.

**Mousetrap:** Create 2 S-shaped lanes. Place balls at both ends. Mice must run through the maze, grab a ball and dribble it within the channel to the opposite end. Ball control amid confusion and traffic is goal.

**Relay Race:** Form 2 or 3 teams and have them dribble to cone and return back. Once they return to starting line, they will pass the ball to their teammate. Finished players will sit down at the end of the line. To increase difficulty, have players weave in between cones.

**Sharks and Minnows:** Use the width or length of the court, and have players dribble past the shark (s) to opposite side of the court. Any players that are tagged by the shark, will then turn into a shark in the next round. Remaining players attempt to return to start. Continue until all minnows are tagged by the sharks. Repeat with new shark.

**Shooting Gallery:** Have two lines on the baseline under the basket. Place the balls at mid-court. Players start at both ends and on the whistle, players will retrieve a ball and score it in the basket that they came from. Emphasize dribbling with head up and in control and accurate shooting form.