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# **Developing Basketball Skills for Youth**

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## **Basketball Workouts**

Warming up for the big game

Warm-ups before a basketball game are very important. It conditions the muscles so that proper circulation of blood to these muscles is ensured. It somewhat "practices" the muscles and makes them ready for the rigorous activity faced during the basketball game.

Doing warm-ups are essential to prevent injury to the basketball player while playing the game. This shouldn't be taken for granted because doing warm-ups helps the basketball player prepare physically and warm ups increase the performance of the body.

The basics of warm up exercises or workouts before playing basketball involves stretching the muscles and cardiovascular exercise such as running around the court three times.

Head

Bend the head forward, then bring it back to the center and then bend the head to the back. Repeat 10 to 15 times. Bend the head on one side, bring it back to the center and then bend to the other side.

Repeat 10 to 15 times

Make a circle using the head starting from side of the ear near the shoulder, then to the front, then to the other side of the ear, then to the back and back to the starting point. Do this again in the opposite direction. Repeat head circling 5 to 10 times.

### Arms

Extend one arm sideways away from the midline of the body. Imagine holding the wall with your palm and fingers spread apart. Make forward circles and repeat 10 to 15 times. Make backward circles and repeat 10 to 15 times. Do this with the other arm and then with both arms simultaneously.

Stretch one arm by crossing it over to the other side of the body and locking it with the other hand until you feel a comfortable stretch. Hold for about 15 to 30 seconds. Do it with the other arm. Reach the farthest point of the back that the arm can reach using one arm and push the elbow with the other hand until you feel a comfortable stretch. Hold for 15 to 30 seconds and repeat with the other arm.

## Hips

Stand and take a step backwards using one foot. Bend the knee in front and shift the weight back to the opposite hip. Bend forward and reach farther down to the back leg making sure that the legs are kept straight. Hold for 15 to 30 seconds. Switch to the other side and repeat.

## Quadriceps

Stand on one foot and grasp the other foot with one hand at the back and make the foot touch the buttocks until you feel a comfortable stretch. Hold for 15 to 30 seconds and repeat with the other leg.

## Calves

Face the wall and lean forward using the arms for support. Put one foot forward and bend the knee. Put the other foot backward keeping the leg and knee straight and the heel down. Hold for 15 to 30 seconds switch sides and repeat with the other foot and leg.

## Achilles' tendon

Face the wall and lean forward using the arms for support. Put one foot forward and bend the knee. Put the other foot backward keeping the leg straight, knee bent and the heel down. Hold for 15 to 30

seconds switch sides and repeat with the other foot and leg.

### Legs

Hold on to anything for support with both hands. Bend the knee and extend the leg forward. Then swing the leg backwards from the previous position. Repeat 10 to 15 times. Switch legs and repeat.

Hold on to anything for support. Swing one leg about 30 degrees from the floor and return to standing position. Swing the leg again a little higher than before. Keep on swinging gradually increasing the height until the highest comfortable height is reached. Do this about 10-15 times and then switch legs and repeat.

### Jumping Jacks

Stand straight with feet together. Do a low jump landing with the feet apart as well as bringing your arms up from the sides to the top of your head. Do a low jump when returning to the starting position. Repeat 15 to 30 times.

A simple warm up exercise shouldn't be taken for granted. A little time should be allotted for warm ups before each basketball game or practice to help prepare the muscles and increase the ability of the



body to perform at it's best. When taken for granted it can hurt the basketball players and may even cause injuries. Everybody should do themselves a favor and warm up properly.

## **Basketball Basics – Defense**

Playing basketball with tenacious defense

During a basketball game, people commonly shout the word "DEFENSE!" Come to think of it, do people in the stadium really know the meaning of the word? Does the basketball team, players and coaches, understand the meaning of the word? Is the value and importance of the word defense recognized? Sometimes basketball players themselves take it for granted. Everyone should remember that it is as important as scoring. A closer look at playing basketball defense is done in this chapter to clearly stress the meaning and importance of the word DEFENSE.

Defense is the team that doesn't have the ball. Defense is also the act of protecting the basket and making it impossible for the offense, which is the team who has ball, to score.

It can be considered as a state of mind that dictates the body to do measures to keep the other team from scoring. It is the “get the ball” attitude that fuels the defensive team along with the desire to win.

Defensive skills can be taught and learned as long as the player puts his heart in it and realizes its importance in every basketball game.

Transition Play

Moving from offensive to defensive play should be done quickly.

Defensive assignments should be set as soon as the basketball gets out of the team’s hands so the offensive team can't get ahead. The mentality of the players at this point should be to get the ball back immediately.

**Thank You For Reading The Developing Basketball**

**Skills For Youth Preview**

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