



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Basketball Warm Up

Today's YMCA activities are focused on basketball skills and drills that can easily be done from home. Make sure that you find a clear space that you can utilize to practice your skills. Remember practice is KEY to mastering these skills. So grab a ball, find a family member and have FUN!

- Activity 1:
  - [https://www.youtube.com/watch?time\\_continue=6&v=H-EzioX1c7k&feature=emb\\_logo](https://www.youtube.com/watch?time_continue=6&v=H-EzioX1c7k&feature=emb_logo)
- Activity 2:
  - [https://www.youtube.com/watch?v=71Mwch0hJXg&feature=emb\\_logo](https://www.youtube.com/watch?v=71Mwch0hJXg&feature=emb_logo)
- Activity 3:
  - [https://www.youtube.com/watch?v=Fpns28JNFpo&feature=emb\\_logo](https://www.youtube.com/watch?v=Fpns28JNFpo&feature=emb_logo)

## DID YOU KNOW – BASKETBALL WAS INVENTED AT THE YMCA?

The very first game of basketball was played on December 21, 1891 in Springfield, Massachusetts. The creator was James Naismith, a 30-year-old physical education faculty member at the YMCA International Training School (later to be named Springfield College.) He was tasked with creating a game that could focus young men and be played indoors in the winter. He was given two weeks to do so.

Today, James Naismith would be amazed at what his “simple” game has become. Thanks to his imagination, terms like “March Madness,” and “Final Four” are part of America’s collective vocabulary. Basketball is played and enjoyed at schools and YMCAs around the world by children and adults.

