

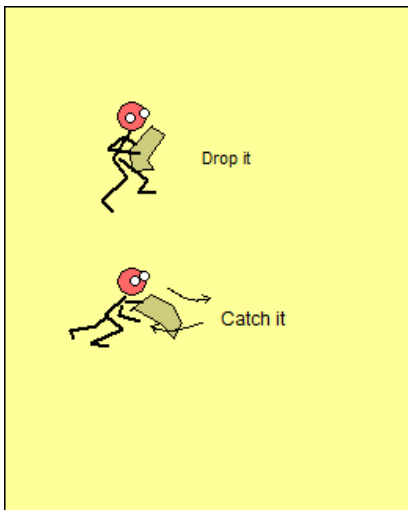
Mike MacKay - Manager of Coach Education and Development



Newspaper Novelty

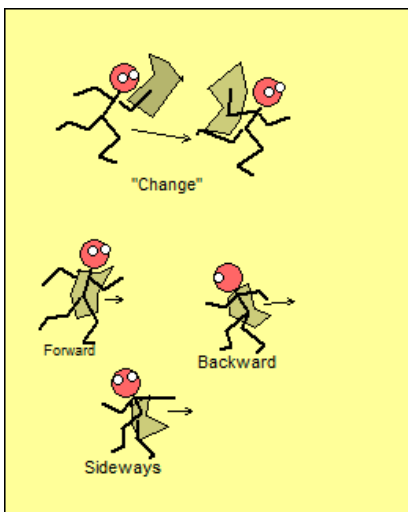
I recently met with David Leman, a basketball friend whom I met at the Junior World Championships in 2007 in Serbia and Slovakia. David is from Sweden and was attending a wedding in Toronto. We spent a great day together sharing ideas. One idea I picked up on was the use of a newspaper as part of a dynamic warm up. I am a strong believer of the use of novelty or creative ways to say or do the same old thing. It makes it fun and exciting. As someone who taught physical education for close to a quarter of a century it was very easy to fall into the routine of doing "the same old, same old" for warm up. "Jog a lap" is a sign that we are getting stale in our thinking.

I have used this a number of times now with different ages. The smiles on the faces tells me it works. Do not stay with a single activity too long. I always like to stop it before the players get bored.



Warming up the hands

Each player starts with a single sheet of a newspaper (you will have to tear the double pages into single sheets). The first activity is to warm up the hands. The player hold the paper between the palms of two hands. Let the paper go and catch it again between the palms before it floats to the floor. They are trying to slap the paper between the two hands, not catch it in a ball by closing the hand.



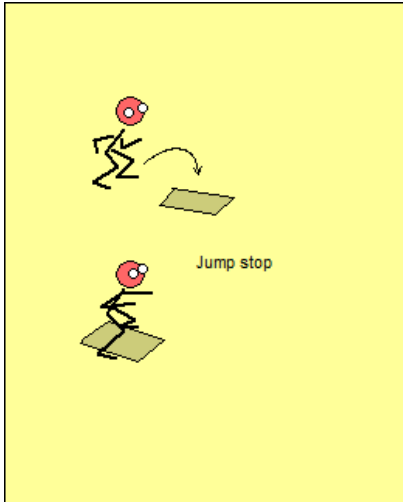
Warming up the body

The next activity gets the players moving to increase the body temperature. The players run around in different directions using the wind to hold the newspaper on to their hand. When the coach says switch they must change hands.

A good question to ask is; "What are our safety concerns for this activity?". They will need to keep the eyes up.

Load

- Run with the paper on the chest
- On the back
- Slide with it on the side of the body

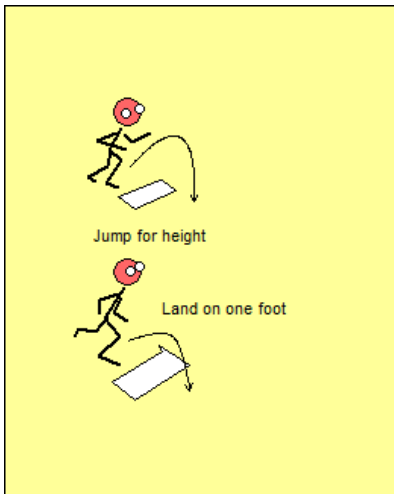


Newspaper as a pylon

We now use the newspaper as a pylon. The player sets the paper on the floor. Practice doing a jump stop using the width of the paper as a guide.

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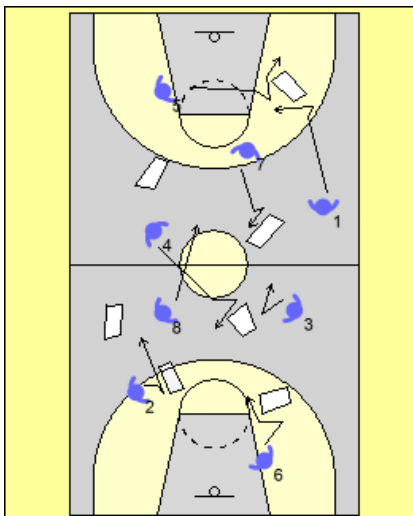
- 1-2 stop
- pivots after stopping



Jumping over the paper

The player practices jumping over the newspaper and landing in a balanced position.

- Jump off two feet for height.
- Bound over the paper
- Jump of one foot land on one foot
- Load in a ball
- Have the players move around using all of the newspapers.

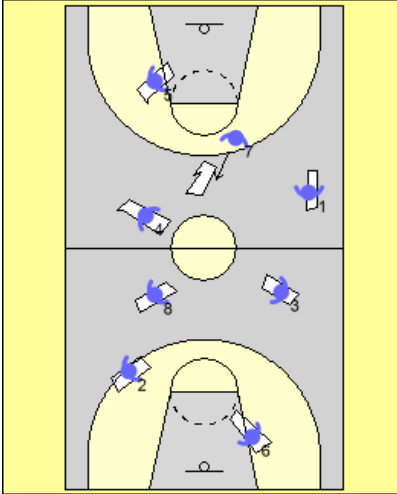


Change of direction

The players move around the space changing direction when they come to a newspaper.

Load in:

- Add a fake before changing direction
- Add a basketball

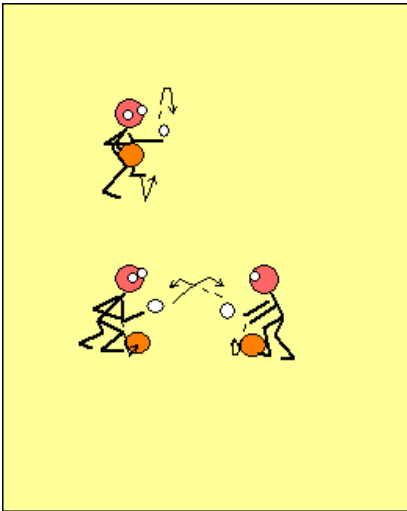


Musical newspaper

Have the player move around the space doing different activities at each newspaper. When the coach gives a visual signal (two hands above the head) the players must find a newspaper and come to a stop. The last player must do a Maravich drill (around the neck, waist and knees).

Load:

- Use music
- Add a ball
- The player must return to his/her own newspaper

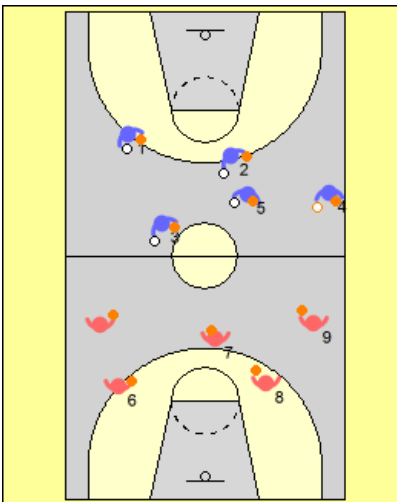


Newspaper as a tennis ball

Ball the newspaper into a tight ball. The player works on dribbling the ball while catching the newspaper. Start static and progress to moving and dribbling.

Load:

- Dribble while tossing one newspaper ball back and forth between a partner.
- Toss two newspaper balls while dribbling
- Add a crossover dribble as you toss the newspaper
- Move about while tossing to a partner



Newspaper dodge ball

Divide the group into two teams. Everyone has a ball and is dribbling. Half of the players have a newspaper ball also. On the command to start, the players with the newspaper ball are trying to hit the other players with the newspaper ball. As a teacher/coach you can decide what the consequence of getting hit entails:

- do some activity before rejoining the group
- join the other team (get a newspaper ball)
- exchange places with the person who hit you with the ball

Let yours and the players imagination guide you. I have also used the newspapers in the cool down in the place of bean bags for a shooting game. Have fun!