

Dresden Youth League Basketball 2nd and 3rd Grade

Program Objectives: (2nd and 3rd grade)

- To teach the players basic fundamental basketball skills.
- To teach the players how to work together as a team.
- To provide the players with a positive and fun experience

Play: 5 on 5

Basket Height: Regulation

Basketball: 2nd and 3rd grade boys and girls will play with girls regulation ball

Clock: There will be (4) eight minute running quarters with the clock only stopping at mid-quarter for substitution and time outs.

Substitutions: Substitutions can be made at mid-quarter (4 minute mark) and quarter breaks only. (Whoever is sitting out at the substitution mark will enter the game and that number of players will come out of the game until the next substitution mark.

Defense: ONLY zone defense: 2-3, 1-2-2; 1-3-1, etc. NO MAN defense at Dresden. Pressing is not allowed in 2/3 grade.

Fouls: The objective is to let them play, but to also make sure players learn not to commit flagrant fouls. Attempt to keep fouls at a minimum by **TEACHING** your players not to reach or hack. If turnover is committed, the other team will receive ball.

**** AT HALFTIME ALL PLAYERS WILL LINE UP AND SHOOT ONE FREE THROW. EACH BASKET ADDS 1 PT. TO TEAM SCORE. (2/3 grade will shoot at the yellow line)**

Ideas of fundamentals to work on:

- stationary dribbling (right hand, left hand)
- passing (bounce, chest, overhead and learning to receive pass)
 - shooting
- defensive stance (proper footwork and hands)
 - pivoting

**** There will be (2) time outs allowed per game per team per half.**

**** If at end of regulation the game is tied, there will be (3) minutes placed on clock. If at end of overtime the game is tied, sudden death will be played with jump in center court.**

Dresden Youth League Basketball 4th and 5th Grade

Program Objectives: (4th and 5th grade)

- Continue to teach the players basic fundamental basketball skills.
- To teach the players how to work together as a team.
- To provide the players with a positive and fun experience

Play: 5 on 5

Basket Height: Regulation

Basketball: 4th/5th grade girls will use girls regulation ball and boys will use boys regulation

Clock: There will be (4) eight minute running quarters with the clock only stopping at mid-quarter for substitution and timeouts.

Substitutions: Substitutions can be made at mid-quarter (4 minute mark) and quarter breaks only. (Whoever is sitting out at the substitution mark will enter the game and that number of players will come out of the game until the next substitution mark.

Defense: Man and Zone defense will be played in 4th and 5th grade. (Zone 2-3, 1-2-2; 1-3-1, etc. Pressing is **only** allowed at last minute of game.

Fouls: The objective is to let them play, but to also make sure players learn not to commit unnecessary or flagrant fouls. Attempt to keep fouls at a minimum by **TEACHING** your players not to reach or hack.

****AT HALFTIME ALL PLAYERS WILL LINE UP AND SHOOT ONE FREE THROW. EACH BASKET ADDS 1 PT. TO TEAM SCORE. (4th grade will shoot at line between yellow line and foul line/5th grade will shoot at free throw line)**

Ideas of fundamentals to work on:

- dribbling (right hand, left hand with different moves)
- passing (bounce, chest, overhead and learning to receive pass)
- shooting
- defensive stance (proper footwork and hands)
- pivoting

**** There will be (2) time outs allowed per half per team. Overtime will be played if tie at the end of regulation. If at end of overtime the game is tied, sudden death will be played with jump in center court.**

Dresden Youth League Basketball Middle School (6-8 grades)

Program Objectives: (middle school boys)

- Continue to teach the players basic fundamental basketball skills.
- To teach the players how to work together as a team.
- To provide the players with a positive and fun experience

Play: 5 on 5

Basket Height: Regulation

Clock: There will be (4) eight minute running quarters with the clock only stopping at mid-quarter for substitution.

Substitutions: Substitutions can be made at mid-quarter (4 minute mark) and quarter breaks only. (Whoever is sitting out at the substitution mark will enter the game and that number of players will come out of the game until the next substitution mark.

Defense: Man to man or any combination zone defense. PRESSING is allowed. They are old enough to handle it and need to learn from it.

Fouls: The objective is to let them play, but to also make sure players learn not to commit flagrant fouls. Attempt to keep fouls at a minimum by **TEACHING** your players not to reach or hack.

Ideas of fundamentals to work on:

- dribbling
- boxing out and rebounding
- passing (bounce, chest, overhead and learning to receive pass)
- shooting
- defensive stance (proper footwork and hands)
- pivoting and screening on ball and off ball

****** There will be (2) time outs (30 sec) allowed per half per team. ****** If at end of regulation the game is tied, there will be (3) minutes placed on clock. If at end of overtime the game is tied, sudden death will be played with jump in center court.