

## 2<sup>nd</sup> and 3<sup>rd</sup> Grade Instruction League

**PROGRAM OBJECTIVES:** These are the primary objectives of the 2<sup>nd</sup> and 3<sup>rd</sup> grade basketball program:

- 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.

The players will make a lot of mistakes and won't be perfect. Coaches need to adjust their expectations appropriately to the age of the team. Sportsmanship should be emphasized.

**PLAY:** 5 v 5

**BASKET HEIGHT:** 9ft

**CLOCK:** There will be 8-minute running quarters with the clock only stopping at mid-quarter for substitution.

**GAME:** 10 minutes before the game give the Scorekeeper your team line-up roster of who plays in what quarter. Injury and illness are exceptions. Equal playing time will be enforced by the Scorekeeper and the Head Official. This is not a win situation, but a learning experience for each child.

**SUBSTITUTIONS:** Substitutions will be made at mid-quarter 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).

**PRESSING:** Pressing is NOT allowed. Defense has to drop back to the key to allow the other team to bring the ball up.

**STEALING:** Stealing is part of the game of Basketball. The Individual will be allowed to steal the ball when the Player is dribble in front of them in an almost teasing way. Coaches teach your players to protect the ball to the side. Reach in Fouls will be called.

**DEFENSE:** Half-court man-to-man or zone defense. There will be no double teaming a single player. Players will be given a warning and then passed in bounds from side court.

**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 instructing the players not to reach or hack. Only flagrant shooting fouls result in 2 free throws. All other fouls result in an out of bounds play.

**SCOREBOARD:** The scoreboard will keep track of time and score. The score will be tracked until there is a 20 point lead and then the score will be turned off and the clock will continue to run. **Coaches, try to keep it close and not run up the points.** Imagine the other teams pride.

**HALFTIME:** At the beginning of halftime of each game, all players are to line up in numerical order to shoot one free throw each. Any points scored will count toward game score. If a team has fewer players than the other, the short team repeats enough to equal the number. The first players to miss their shot will be ones selected to repeat.

**PLAYS:** We will run plays at this age group. Remember, the plays need to adhere to the age group and not high school level plays.

Ideas of fundamentals to work on:

- Stationary dribbling (right and left hand)
- Walking/Slow Run dribbling
- Protecting the ball
- Passing (bounce, chest, overhead, and learning to receive a pass)
- Shooting (right, left, and center shots and layups)
- Defensive stance, footwork, hands and reaching

Please listen to WCMT Radio regarding weather related problems with practices or games or call the Info Plus #587-6000, hit #4.

## **Special Note**

**Do not leave a Child outside unattended waiting for a Parent  
Make sure Coach/Supervisor remains with them until ride  
arrives. Parents, try to have a guarding at the practice and  
games at all times incase of Emergency.**