

Instructional Basketball League 1st-2nd Grade COED

THIS IS A RECREATIONAL LEAGUE - The purpose of this league is to provide an active outlet as children learn basic basketball fundamentals, learn sportsmanship and fair play, develop new skills, make new friends, and have fun!

One ref and one site supervisor to run the clock will be provided

Game Guidelines: Coaches will teach skills and run drills during first 20 minutes of each 'game' on their side of the court followed by a shortened scrimmage consisting of:

- **Four 6-minute quarters with a 3-minute half time**
- Each team will receive **2 timeouts** per half. Each timeout will be **30** seconds in length
- Please **use quarter breaks for substitutions**; coaches may also sub on dead balls if desired, but the clock will remain running
- Game will begin with a jump ball
- Teams will switch baskets at halftime
- There are no forfeits. You may play with what team members you have.
- Each player must play **half** of each game.

NO BACKCOURT PRESSURE AT THIS GRADE LEVEL!! Once a rebound is secured by the defense, the other team must retreat to their defensive basket.

Defense is only allowed inside the 3-point line. No double teaming!

Coaches can choose to play **man-to-man or a zone defense**.

Teaching Fundamentals: Each court will have one referee there to call fouls, traveling, double dribbling and occasionally warn about 3 seconds in the key. The purpose of this league is to teach players these fundamentals.

Scoreboard: If a team is ahead by ten (10) or more points the scoreboard will not reflect the total points of the team that is ahead. The running score will still be kept in the book.

Basket Height and Ball Size: 1st – 2nd grade will play on an **8 ft hoop** with a **28.5** size ball.

No **HARD CAST** can be worn in games- wrapped or not. Shorts without pockets recommended.

Spectators and Players: We encourage all spectators and participants to not question decisions of the officials. Please take the opportunity to use positive encouragement with all involved and show your child what great sportsmanship is!

Basketball Skills Outline

Each coach will be responsible for teaching skills and running drills for their team on their half of the court during the first 20 minutes of each 'game'- the two teams will then scrimmage each other.

Basic knowledge of the game:

- The court: markings on the floor, out of bounds, the Key, foul line
- Terminology: traveling, double-dribble, 3 seconds in key, offense, defense, foul...

Dribbling skills basics

- Control without looking at the ball
- Use either hand (no double-dribble)
- Dribble while moving
- Dribble while standing

Passing basics

- Control the ball with the fingertips
- Bounce pass
- Proper form to pass and receive
- Chest pass

Shooting basics

- Hand position on the ball
- Arm position
- Release and follow through
- Foot position

Offensive skills

- Pivot and use
- Lay-ups
- Jump shots
- Screens

Defensive skills

- Ready position/ moving to defend
- Man-to-man/ zone defense
- Rebounding
- Relationship to basket

Game basics

- Jump ball
- Passing the ball in
- Offense/defense
- Fouls- how to avoid fouling