

## 1<sup>st</sup> Grade Boys and Girls

### GOALS:

- Have fun and introduce kids to the fun of basketball
- Basic Skills to be taught
  - Jump Stop & Pivot **with out traveling**
  - **Traveling and double dribble should be taught and enforced**
  - Basic shooting form and using the backboard
  - Bounce pass / chest pass
  - Dribbling with strong hand and weak hand
  - Cross over dribbling
  - Forward and guard positions
  - Moving without the ball and getting open
  - Defensive position and posture. Proper footwork.
  - Aggressive defense without fouling
- Understand basic rules of basketball
  - NON-AGGRESSIVE DEFENSE – work more on proper position and not getting beat
  - Traveling, double dribble, and turnovers should be called with discretion

### RULES:

- Every player receives **equal playing time** during the game and at each position. NO EXCEPTIONS.
- **Basket height is 8 feet**
- Teams are 4 on 4.
- **Score is not kept.** Focus is on fundamentals.
- Games are **four 10-minute running quarters**. The quarters can be split in half and players rotated at 5 minute intervals. You will be expected to be off the floor on the hour even if you do not get your entire game played due to delays caused by your team. Please finish your game approximately 5 minutes early to allow time to collect gear and clear the court.
- **Half court defense only**; no pressing and no defense until the offensive team has crossed half court
- Over and back is NOT called
- **NO BLOCKED SHOTS – hands MUST be straight up in the air.** The kids can't help themselves so it is important for the coaches to enforce this rule.
- **NO STEALING** from the dribbler.
- **Passes can be intercepted.**
- No zone defense or double-teaming – **man to man only**.
- Call OBVIOUS fouls and BLATANT infractions. It is not too soon to call traveling, double dribble, and blocking the shot. This does not have to be a turnover. But stop play and explain the violation.
- Maximum 2 coaches on the court per team – one on the defensive end and one on the offensive end (try not to interfere with the play of the game).
- No food or drink allowed in school hallway or gym.
- No dribbling in the hallways.