

# Calverton Recreation Council Basketball Program

## Objective and Regulations

### Objective

The objective of Calverton's Intramural Basketball program consists of five major goals. These goals are:

- 1. Provide all children, regardless of capability, with sound basketball fundamentals.** At all grade levels, coaches should stress the basic skills (defense, dribbling, passing, shooting).
- 2. Teaching the value of sportsmanship.** Children must conduct themselves in a manner that is acceptable to all that are present at games and practices. Fighting, cursing, and disrespect for other players, coaches, and officials will not be tolerated.
- 3. The importance of teamwork should be stressed.** The children on each team practice as a team, play as a team, and win or lose as a team.
- 4. Every member of every team is valuable, and has something to contribute.** It is up to the coach to recognize the individual values, using them to benefit both the child and the team.
- 5. Fun...** The idea is for the kids to play, win or lose, but go away being able to say that they had fun in the process.

Coaches **must** give each player equal amounts of playing time in both teaching sessions and scrimmages. While this might not be possible in each and every session or practice, it is expected that over a short period of time, playing time will be equalized among all members of the team. Any exceptions to this rule and actions to be taken by coaches (discipline or multiple skipped practices or games) should be reported to the Division coordinator and Deputy Commissioner prior to taking action, or as soon as practical thereafter.

### Kindergarten through 2<sup>nd</sup> Grade

CRC basketball for K through 2<sup>nd</sup> grade is intended to provide an introduction to the game of basketball, as well as, a first opportunity to play as part of a team, have a coach/coaches, learn fundamental skills, get some exercise and have FUN! The emphasis for coaches AND parents is to teach the game and its skills, fair play, sportsmanship and teamwork. We do not keep score or game records at this age. We talk to the kids about playing well, not winning.

## How This Works

K-2 basketball is Saturday only, no weekday practices. The sessions are one hour long and are generally scheduled with kindergarteners early, followed by 1<sup>st</sup> graders and finally 2<sup>nd</sup> graders. If there are even numbers of teams in an age group, there will be two teams per session. If an odd number of teams are unavoidable, only one team will be present. We try to not let this occur.

These sessions are to run as a clinic, with the emphasis on teaching fundamental skills and working as part of a team. This is all about teaching kids how to play and letting them give it their best shot. No matter what happens, it's all good, as long as they play. How well really doesn't matter at this point.

The first portion of the session is a team practice. Focus on teaching basic rules and objectives of the game. Then focus on fundamental skills such as dribbling, passing, shooting, defensive play and rebounding. Rotate ALL kids in different positions, not that positions matter at this age. ALL players should get to bring the ball up court and initiate the offensive play. Do not just have the more accomplished ball handlers serve as "point guards"; they all need a chance to participate fully at this age.

The second portion of the session is a scrimmage between the two teams. When this begins is a joint decision between the two coaches. Early in the season, more practice time and less scrimmage time makes sense. As they improve and learn the basis skills, you can shorten the practice time and lengthen the scrimmage time. Coaches may be on the court and should serve as referees for out of bounds and turnovers and helping them with positioning. Try to let them just play as much as possible. Please have a whistle to get their attention.

## Rules

**All kids play equally** regarding time on the court and handling the ball.

**No defenders beyond the 5 second line** (approximately top of the key).

**No zone or trapping defenses. Man-to-man defense only.** At this age most do not have the offensive skills to work against multiple defenders. No exceptions; if a player leaves the one he is guarding and makes a steal, the ball goes back to the other team.

**No fast breaking.** After a basket, shot or turnover, the defense should hustle back to the defensive end and the team gaining possession should immediately begin to walk the ball up court.

**Severely limit aggressive play, especially on defense.** Coaches must council their players on rough play and teach them about fouls and fouling out in older leagues. This is basketball, not rugby.