

**St. Patrick's Youth Association
Intramural Basketball
Kindergarten through 3rd Grade
2018**

Rules and Guidelines

St. Patrick's kindergarten through 3rd grade program is intended to be an introductory program. It is our goal to begin the process of teaching fundamental basketball skills to our youth. Our primary goals, beyond teaching basketball skills, are to teach fair play, sportsmanship and teamwork in an environment where there is no pressure to perform placed on the children. The skills to be taught are the most fundamental; passing, dribbling, shooting and basic man to man defense. While we encourage coaches to scrimmage as a regular part of each session, we do not believe the purpose of the scrimmages should ever be to win, but to provide the children the opportunity to gain exposure to playing together in a team environment, and to practice what they have been taught.

Kindergarten through 1st Grade

Each session begins with a 30 minute practice period devoted to introducing the players to the fundamental skills required to play the game effectively; passing, dribbling, shooting and basic man to man defense. Experience has shown that practice is most effective when as many children as possible are actively working on some phase of the game as opposed to standing around. Therefore, we recommend that coaches take advantage of team parents to assist in running individual drills. Additionally, it is strongly recommended that each player bring his or her own ball to each session. The appropriate size for this age is 27".

The balance of the one hour session is used to play a three-on-three half court game. This will allow the players to begin to understand how to put the skills they are being taught to use in a game environment. During the game the following rules will apply:

- The game, and every change of possession, will start by the offensive team aligning in a triangle offense; one player on the "block" in the low post, two players above the foul line.
- At the beginning of the game, and every change of possession, the ball will be given to the coach who will signal the start of play by passing the ball to the player on the "block".
- Stealing the ball or intercepting passes by the team on defense is not allowed. When this happens, coaches should stop the action and allow the team on offense to resume play.
- Players are not allowed to set a pick. Coaches should not teach this at this level.
- **Man to man defense is to be taught at all times.** Zone defense must never be employed. They will learn this at a later level.
- Coaches should make every effort to allow each player to touch the ball when they are in the scrimmage. **It is never a good idea to allow the better players to dominate the action.**
- Coaches are always encouraged to stop the game to point out the correct way to perform a particular skill. However, remember that these are very young children and constant game stoppages to point out minor flaws are very discouraging to the players.

All 2nd through 3rd Grade Teams

Each session begins with a 30 minute practice period devoted to introducing the players to the fundamental skills required to play the game effectively; passing, dribbling, shooting and basic man to man defense. Experience has shown that practice is most effective when as many children as possible are actively working on some phase of the game as opposed to standing around. Therefore, we recommend that coaches take advantage of team parents to assist in running individual drills. Additionally, it is strongly recommended that each player bring his or her own ball to each session. The appropriate size for this age is 27”.

The balance of the one hour session should be used to scrimmage with the team sharing the practice court. The scrimmage allows the players to begin to understand how to put the skills they are being taught to use in a game environment. During the scrimmage the following rules will apply:

- Stealing the ball or intercepting passes by the team on defense is not allowed. When this happens, coaches should stop the action and allow the team on offense to resume play.
- Fast breaks are not allowed. Coaches should hold the action to allow the defensive players to locate their man. Coaches should promote controlled dribbling and passing to advance the ball up court.
- Players are not allowed to set a pick. Coaches should not teach this at this level.
- Full court pressing is not allowed. The team on defense must fall back beyond half court.
- **Man to man defense is to be taught at all times.** Zone defense must never be employed. They will learn this at a later level.
- Coaches should make every effort to allow each player to touch the ball when they are in the scrimmage. Coaches are encouraged to arrange this by allowing different players to advance the ball on offense. **It is never a good idea to allow the better players to dominate the action.**
- Coaches are always encouraged to stop the game to point out the correct way to perform a particular skill. However, remember that these are very young children and constant game stoppages to point out minor flaws are very discouraging to the players.