

## **Description:**

A 60 minute session each week to introduce our Smaller Ballers to fundamentals of basketball and experience with live play. Our league will teach kids skills such as: dribbling, shooting, passing, rebounding, and defense. Players will also gain valuable experience learning the teamwork and sportsmanship! Players will be grouped by age and experience and will be placed into teams. The hour session will begin with team practice and skill development and will end with live game play.

## **Rules:**

### **LENGTH OF SESSION:**

75 minute breakdown:

15 min: Warmup and Drills

25 min: Team Practice/ Skill Development

35 min: Game (divided into 5 minute quarters)

**UNIFORMS:** Players must wear Ultimate provided team T shirt.

**SESSION LOCATIONS:** All Sessions will be played at The Ultimate Fieldhouse on Mondays and Fridays.

**GAME BALL:** All games will be played with 27.5 size basketballs.

**GAME VIOLATIONS:** Coaches and Referees will both primarily focus on teaching players the rules of the games. They will stop the play as each violation occurs to explain the rule to the players. There will be no foul shots, fouls on the shot will be “checked” at the top. Out of bounds will be “checked” at the top.

List of violations that will be focused on:

- Travelling
- Double Dribble
- Out of Bounds
- Offensive/Defensive Fouls
- No Press
- No Double Teams

**DEFENSE:** Teams will be taught man to man. No press. No double team.

**SCORING:** (6) 5 minute quarters. Score will be recorded but erased at the end of every 5 minute period.