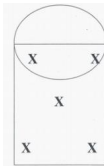
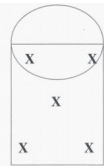


# MYA Basketball Instructional Division Highlights

- Dedicated to Teaching Boys & Girls in:
  - The Fundamentals of the Game of Basketball
  - Good Sportsmanship
  - Fair Play
- All Practices/Games on Saturdays
  - Nov : 75 Minutes Practice
  - Dec/Jan/Feb : 30 Minute instruction followed by 30 minute game
- No Referees (Coaches Instruct on Court During Practices/Games)
- No Scorekeeping
- Progressive Weekly Instruction - Come up with new drills and skills
  - Jr NBA is a great source of information

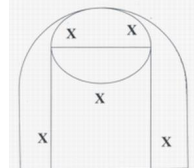
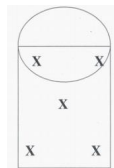
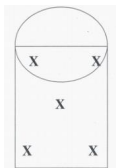
# 1ST GRADE BOYS INSTRUCTION GUIDELINES

Topics	November Individual Team Practices	Dec/Jan Games	Feb Games
<b>Dribble, Pass, Shoot</b>	<a href="https://jr.nba.com/">https://jr.nba.com/</a> is a great source for practice plans, drills and skills		
<b>Team Offense</b>	No Offensive Plays (all season) Movement without the ball	No Fast Breaks on Turnovers Instruct on Inbounds/Ball at Top Everyone Brings Ball Up	No Fast Breaks on Turnovers Introduce Inbounds play Everyone Brings Ball Up
<b>Team Defense</b>	Zone Defense with Man to Man Positioning (on-ball, deny, help) Keep Zone in Paint (all season)	No Pressure Defense Set Defense up before offense crosses half court Two Feet in Paint	No Pressure Defense Set Defense up before offense crosses half court One Foot in Paint (if ready)
<b>Violations</b>	Introduce Violations -Double Dribble & Travelling -Inbounds (5s) / In-Paint ("3s")	Stop & Instruct on Violations (do not enforce)	Stop & Instruct on Violations (enforce some)
<b>Fouls</b>	Introduce types -Block, Reach, Hit, etc. -How many fouls in a game	Stop & Instruct on Fouls -Don't keep track -Shoot free throws (couple)	Stop & Enforce Obvious Fouls -Don't keep track -Shoot Freethrows (more)
<b>Other Terms</b>	Paint, Wing, Block, Baseline, Positions (G,F,C or 1-5), Layup, Rebound, Jumpball, Boxout		
<b>Baskets</b>	8 Feet		



# 2ND GRADE BOYS INSTRUCTION GUIDELINES

Topics	November Individual Team Practices	Dec/ Jan Games	Feb Games
<b>Dribble, Pass, Shoot</b>	<a href="https://jr.nba.com/">https://jr.nba.com/</a> is a great source for practice plans, drills and skills		
<b>Team Offense</b>	No Offensive Plays (all season) Movement without the ball	No Fast Breaks on Turnovers Everyone Brings Ball Up Instruct on Inbounds	No Fast Breaks on Turnovers Everyone Brings Ball Up Use Inbounds Plays
<b>Team Defense</b>	Zone Defense with Man to Man Positioning (on-ball, deny, help) Keep Zone in Paint (half season)	No Pressure Defense Set Defense up before offense crosses half court Two/One Foot In Paint (if ready)	No Pressure Defense Set Defense up before offense crosses half court Move Out of Paint (if ready)
<b>Violations</b>	Introduce Violations -Double Dribble & Travelling -Inbounds (5s) / In-Paint ("3s")	Enforce Violations (for stronger players)	Enforce Violations (for most players)
<b>Fouls</b>	Introduce types -Block, Reach, Hit, etc. -How many fouls in a game	Enforce Fouls -Don't keep track -Shoot Freethrows (a few)	Enforce Fouls -Don't keep track -Shoot Freethrows (more)
<b>Terms</b>	Paint, Wing, Block, Baseline, Positions (G,F,C or 1-5), Layup, Rebound, Jumpball, Box out		
<b>Baskets</b>	8 Feet		9 Feet



1<sup>st</sup>/2<sup>nd</sup>

# GRADE GIRLS INSTRUCTION GUIDELINES

Topics	Dec Individual Team Practices	Jan Games	Feb Games
<b>Dribble, Pass, Shoot</b>	<a href="https://jr.nba.com/">https://jr.nba.com/</a> is a great source for practice plans, drills and skills		
<b>Team Offense</b>	No Offensive Plays (all season) Movement without the ball	No Fast Breaks on Turnovers Instruct on Inbounds/Ball at Top Everyone Brings Ball Up	No Fast Breaks on Turnovers Introduce Inbounds play Everyone Brings Ball Up
<b>Team Defense</b>	Zone Defense with Man to Man Positioning (on-ball, deny, help) Keep Zone in Paint (all season)	No Pressure Defense Set Defense up before offense crosses half court One Foot in the Paint (if ready)	No Pressure Defense Set Defense up before offense crosses half court Move out of Paint (if ready)
<b>Violations</b>	Introduce Violations -Double Dribble & Travelling -Inbounds (5s) / In-Paint ("3s")	Stop & Instruct on Violations (do not enforce)	Stop & Instruct on Violations (enforce some)
<b>Fouls</b>	Introduce types -Block, Reach, Hit, etc. -How many fouls in a game	Stop & Instruct on Fouls -Don't keep track -Shoot free throws (couple)	Stop & Enforce Obvious Fouls -Don't keep track -Shoot Freethrows (more)
<b>Other Terms</b>	Paint, Wing, Block, Baseline, Positions (G,F,C or 1-5), Layup, Rebound, Jumpball, Boxout		
<b>Baskets</b>	8 Feet		

