

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
 - December : 60 Minutes Practice
 - Jan/Feb : 30 minute instruction followed by 30 minute “game”
 - No Referees (Coaches Instruct on Court During Practices/Games)
 - No Scorekeeping
- Coaches agree on game format, per game, based on teams ability

“You are the coach of everyone”

“Enjoy your season and have fun!”

1ST GRADE BOYS & GIRLS INSTRUCTION RULES

No Offensive Plays (all season) Movement without the ball	No Fast Breaks on Turnovers Instruct on Inbounds/Ball at Top Everyone Brings Ball Up
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 No stealing or blocking shots
Introduce Violations -Double Dribble & Travelling -Inbounds (5s) / In-Paint ("3s")	Stop & Instruct on Violations (do not enforce)
Introduce types -Block, Reach, Hit, etc. -How many fouls in a game	Stop & Instruct on Fouls -Don't keep track -Shoot free throws (couple)

Baskets 8 Feet

Team Offense No Fast Breaks on Turnovers Introduce Inbounds play, Everyone Brings Ball Up

Team Defense No Pressure Defense Set Defense up before offense crosses half court Zone defense ONLY inside of 3pt line. Not stealing or blocking shots.

Violations Stop & Instruct on Violations (enforce some)

Fouls Stop & Enforce Obvious Fouls -Don't keep track
-Shoot Freethrows (more)

2nd GRADE BOYS & GIRLS INSTRUCTION RULES

No Offensive Plays (all season) Movement without the ball	No Fast Breaks on Turnovers Everyone Brings Ball Up Instruct on Inbounds
Zone Defense with Man to Man Positioning (on-ball, deny, help)	No Pressure Defense Set Defense up before offense crosses half court
Introduce Violations -Double Dribble & Travelling -Inbounds (5s) / In-Paint ("3s")	Enforce Violations (for stronger players)
Introduce types -Block, Reach, Hit, etc. -How many fouls in a game	Enforce Fouls -Don't keep track -Shoot Freethrows (a few)

Baskets 8 Feet and 9 Feet

Team Offense No Fast Breaks on Turnovers, Everyone Brings Ball Up, Use Inbounds Plays

Team Defense No Pressure Defense, Set Defense up before offense, crosses half court, Zone defense no stealing until

Week 4 of scrimmages

Violations Enforce Violations (for most players)

Fouls Enforce Fouls -Don't keep track, Shoot Freethrows (more)