

## Article IV) House League Rules / Drafting

### Section A) K thru 1<sup>st</sup> - INSTRUCTIONAL

1. Grade/Ages: Grades K-1<sup>st</sup> / 4-6 year old (some 7 year olds)
2. Gym Time: Saturday mornings
  - 2.1 Sessions (9-10 am, 10-11 am, and sometimes 11-12 noon,)
3. What will be covered throughout the year:
  - 3.1 No formal games. (Will play “drill type” games using an instructional ball)
  - 3.2 Focus is on developing motor skills:
    - 3.2.1 Dribbling – with each hand:  
Forward and backwards;  
Side to side;  
Around the gym;  
Crossovers;  
Pivot turn around (spin move).
    - 3.2.2 Passing:  
Chest;  
Bounce;  
Lead.
    - 3.2.3 Shooting (from inside the paint):  
Using the 1 hand shoot ( do not allow a 2 handed shot);  
Lay-ups – both right and left hand.
    - 3.2.4 Running - Proper way to run:  
Forwards;  
Backwards;  
Side to side;  
Defensive.
    - 3.2.5 Pick and roll.
    - 3.2.6 Boxing out.
    - 3.2.7 Terms:  
Baseline; Foul line; Side lines;  
Key; and Paint.