

Article IV) House League Rules / Drafting

Section A) K thru 1st - INSTRUCTIONAL

1. Grade/Ages: Grades K-1st / 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.

Section A-1 2nd Grade – Coach Pass

1. Grade/Age: 2nd grade / 7-8 year olds
2. Gym Time: Saturday (11-12 noon or 1-2 pm)
3. What will be covered throughout the year will include the following:
 - 3.1 The first half of the practice will be dedicated to reinforcing the fundamental skills taught in the K-1st classes.
 - 3.2 The second half of the practice will consist of the Coach picking two 4-person teams. The teams will play full court and the coach will play/assist the 4-player offense.
 - 3.3 The Defense will play “man on man”
 - 3.4 The Offense will run set plays that will consist of basic screening and V-cuts. The coach will be the point guard and will initiate the offensive play.
 - 3.5 No score will be kept or scoreboard used.
 - 3.6 The coach will make every effort to ensure all players get a chance to touch the ball and participate in the play.