

GRADES K-1 FORMAT

FIRST HALF HOUR - PRACTICE DRILLS

Drills in fundamentals - dribbling, passing, shooting, rebounding, defense, etc. Such things as two-line passing, dribbling relays, free throw shooting, and other drills as coach desires.

SECOND HALF HOUR - MODIFIED GAME

Five players for each team in game at any give time. Free substitution applies.

Coaches may coach on the playing court while “game” is in progress, and will also serve as game officials if program supervisor is not available.

Game consists of two 15 minute halves. Teams will switch baskets to start 2nd half. First possession of each half is by agreement of coaches, the jump ball is not used.

The man-to-man defense is to be used. No defense allowed in the back court.

Defensive players are to confine their play within the free throw lane area and are not allowed to steal the ball.

The offensive team must complete three front court passes before a shot can be taken.

Play continues until the team with the ball scores, or losses possession due to defensive rebound, stolen dribble, or repeated violations of traveling or double dribble rules.

When possession changes, the team that had the ball gets two free shots from any spot on the floor. Each team is to have a shooting order for this purpose, allowing all players to take part in the rotation.

No official score will be kept.