

Fair Lawn All Sports 3/4th Grade Girls Basketball Intramural Program
2018-19 Season

The goal of the 3rd / 4th grade girls' basketball is to teach the girls the basic basketball skills. This year we are trying to offer more practice time as well as a "real game" feel with a referee and a game clock. We will utilize the beginning of the season to hold practices so that the coaches can prepare the girls for games.

Practice Planning

I suggest you go into each practice with a plan on what you want to cover so you can keep the girl's attention span. Here are some guidelines for practicing:

- Dribbling – Try to teach the girls how to dribble while looking up. This can be accomplished by holding out fingers and asking them to call the number out while dribbling. Have them work on both right and left hand dribbling. Practice a "speed" dribble as well as a controlled dribble. Explain that every time they have a ball in their hand they should be dribbling.
- Passing – Teach the girls' chest pass, bounce pass, and two hand overhead pass. The bounce passing is very important and as a program we need to develop the children's ability to make this pass.
- Defense – We would like to teach the girls' a basic 2-1-2 or 2-3 defense. Good defensive posture is important, bending at the knees. Teach them the positions (guard, forward, center) and where each position is. Teach them man to man principles especially "ball you man" as it is important that they learn how to play man to man. **We don't want to play man to man during games as it turns into wrestling rather than basketball.**
- Triple threat position – Teach the girls the triple threat. It will become familiar to them and hopefully it will help them progress.
- Rebounding – Teach proper "boxing out" techniques. We use the term "butt to the gut" in practice.
- Shooting – Teaching proper shooting technique is important. Understand that with girls in this age group they will have a

hard time reaching the baskets. Focus on “jump stop” rather than layup. Have them bend their knees for added power. Always start off any shooting drill from inside the paint. Make your close shots before moving back.

- Game play – Explain the lines. **Be sure the girls realize they need to take the ball out behind the line when instructed to do so by the referee.** Please try to explain what a foul is.

Season

The season will begin Friday 11/30/18 and run through 3/1/2019. With the first six weeks being practice, we will begin games on 1/25/19.

The games will be a running clock for two (2) twenty minute halves with a 5 minute halftime. Game will start at 7:10 pm & 8:20 pm at Forrest/West Moreland/Milnes. **Clock will only stop on out of bounds in the last two minutes of the game.**

Game Rules

1. Two twenty minute halves with clock stop substitution every 5 minutes. Halftime will be 5 minutes.
2. Tip off at beginning of game.
3. Defense will begin at top of the key. **If up by ten points defense moves back to foul line.**
4. Games will be played with a zone defense. No man to man.
5. Foul shots on shooting fouls only. The referees will shy away from calling shooting fouls as it slows down the game. Most fouls will lead to possession out of bounds. We will not be monitoring personal fouls. Referee will talk to coach if perceived excessive.
6. Understand although we are trying to add a competitive nature to the 3/4th grade girls’ league it is still about the girls. Do not run up the score or put too much emphasis on winning and losing. We want the girls to enjoy playing basketball and continue in the program. Do not harass the referees. **Any sort of coaches’ misconduct such as verbal abuse of the referees will not be tolerated. Remember it’s all about the kids.**
7. The referees will get stricter as the season goes on but some double dribbles may be overlooked early to maintain the flow of the game. This is not the WNBA and referees will focus more on letting the

kids play. This is a teaching league and we would like the girls to understand what they are doing wrong. Take the time to explain the rules at practices.

8. Be sure they are having fun. It is just a game after all.

Other misc...

- Two refs (HS Kids) will work the game. One at clock and one on court.
- Please keep siblings off the court during practices and games. We would like the girls to be able to focus on their time on the court.
- If for some reason you will need to cancel a game please contact the other coach to let them know in advance so they can plan.
- Everyone plays. The five minute rotation will help get everyone in.
- Utilize the practice time. It is important that the girls touch the basketball as much as possible at this age.
- Standings will not be kept. The games are to prepare the girls for the next level.
- All schedules will be up on www.flallsports.org girls basketball page

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