

Tykes 3x3 Overview



General

Our U7/U9 program is focused on teaching the **FUN**damentals of basketball. Whether your child is brand new to the game, or a driveway ball fanatic, they will learn basketball skills, gameplay and build character with our professionally developed program. This year we are working with Basketball Alberta to use the 3x3 format, this improves development and fosters more fun games.

Approach

Once per week, teams play at their scheduled gym for 1 hour. Teams spend the first 30 minutes warming up and practicing and the final 30 minutes in a scrimmage. **Scrimmage format is 3x3 half-court defense.** Coaches and /or assistants will be refereeing and helping to teach the kids on the court. The aim is to get the players comfortable playing basketball, learning the rules, and working as a team. **In the Senior division we ask coaches to blow the whistle when there are infractions:** double dribbling, traveling etc. so players can learn the rules. Explaining infractions on the court will help the players learn.

Rules

- The basket height should be set at **8 feet**. Ball is size 5 (27.5")
- **No foul shots** – change of possession only.
- **Person-to-person defense** (no zone defense and no double teaming)
- When a foul occurs, the **team opposite** the foul inbounds from the sideline.
- **Half-court defense** - the team on defense must wait on their side of the centre line until the attacking team has crossed the center line with the ball. This allows the attacking team to dribble the ball in their half without pressure.
- **No double dribbles.** Dribbling the ball with both hands or stopping a dribble and then starting to dribble again.
- **No traveling.** Traveling is running with the ball without dribbling it.
- **No kicking** the ball.
- When two opposing players **are both holding the ball**, a jump ball is normally awarded. Instead, the defense will be awarded a throw-in from the sideline.
- A throw-in from the sidelines will be awarded if the ball goes out of **bounds to the team that did not touch the ball last.**
- When a basket is scored, the defense will throw the ball in from under their net. **The team having scored retires to their half.**

Expectations

- ***Positive encouragement goes a long way to help the players improve their game.***
- ***When a foul occurs, what has been done wrong should be explained to the player(s). Some leeway may be used earlier in the season.***
- ***The coaches, players, and referees are all volunteers so let's all work together and help each other out as much as possible.***