

**STRATHCONA BASKETBALL ASSOCIATION
LONG TERM ATHLETE DEVELOPMENT MODEL
FUNDAMENTAL BASKETBALL SKILLS
*IT IS NOT TO WIN ... BUT RATHER TO HAVE FUN***

**U9 BOYS / U9 GIRLS
DIVISION – RULES
2019-2020**

THE OBJECT OF THE PROGRAM

The goal at this level is to learn fundamental movement skills through basketball in a positive fun way. The participants will be introduced to very basic fundamental basketball skills which they will use to play modified basketball games. **It is not to win, but rather to have fun** while playing sports and ensuring success.

It is the coach's duty to guarantee success for every participant. The intended emphasis should be focused on giving children the basic fundamental movement skills; agility, balance, coordination and speed; thereby making them physically literate. Providing these basic athletic skills will build a base for the child that will enable him or her to develop to their full physical potential in later years. Players should learn good practice technique. Enjoyment of the experience is paramount and to aid this, coaches will strive to make certain that all the children will be successful in accomplishing given tasks.

- Taken and adapted from the Canada Basketball Be One Program LTADM

RULE 1 - THE EQUIPMENT and THE FACILITY

GYMNASIUM: The gymnasium should have four side hoops that can be lowered so that the games can be played cross court. This will allow for two games at one time.

EQUIPMENT: Smaller basketballs such as size 4 or 5.
Hoop height of 7 -8 ft. is preferable.
Stop watches or clocks for timing rules.

RULE 2 - THE TEAM

CLOTHING: All players are requested to wear their uniforms for the games.

OFFENSE: Players must be provided the opportunity to play in all positions. This means that they should have a turn to do things such as bring the ball up the court and throw the ball in from out of bounds.

DEFENSE: They are requested to match up in what is referred to as player – to – player defense. At first it will be helpful if they always guard the same player. However, they should learn to guard different players.

PLAYERS: The team must not have more than 12 players.
Divide your team into two groups.

RULE 3 - TIMING

PRE-GAME: The players will have 10 minutes to practice. The coach may use part of this time to provide coaching tips to their players.

GAME: The game will start once the 10-minute pre-game buzzer sounds. The four minute timed shift begins immediately at that buzzer.

SHIFTS: The shifts last for 4 minutes running time. The next shift starts as soon as the previous shift has ended. There is enough time to play ten 4-minute shifts if you start on time. If you start late or allow time between shifts then you must play fewer shifts so that other teams can start their games on time.

PLAYERS: They will play 3 on 3 cross-court for their shift. There are two games at one time as long as the gym allows for room and there are enough players and enough coaches to run two games.

TIME OUTS: There are no time outs at this level.

NB. YOUR TEAM MUST BE OUT OF THE GYM 5 MINUTES PRIOR TO THE NEXT SESSION SO THAT THE NEXT GROUP MAY START ON TIME!

RULE 4 - PLAYING TIME

PLAYERS: All players must play equal time. The shift is for 4 minutes of running time. Have the next shift of players ready to start when the buzzer sounds.

COACHES: All players must play equal time in a game unless the rotations are not allowing for perfect multiples of 3 player shifts. If this is the case then you must adjust the rotations for the next week so that all players have equal time over the course of the season.

RULE 5 - THE GAME

WARM-UP: Teams will have 10 minutes to warm up. When the buzzer goes, then it is time to start playing the games.

START-UP: The 4 minute timer starts when the pre game buzzer sounds. The players will shake hands with the player they will be guarding. The players then point to the basket that they will score on. The ball is handed to one team and the game starts.

POSSESSIONS: As the buzzer sounds the players exit the court, the next rotation of players step on to the court and the next shift begins. Repeat the start-up steps. This time the ball is handed to the other team.

OFFENSE: The ball may be advanced by dribbling or passing. To move around the court with the ball, a player must bounce (dribble) the ball.

NB: Early in the learning process the dribbler can pass the ball to the coach/referee if no one is open. The coach can then pass to another player on the offensive team. Also the coach may want to restrict the number of dribbles allowed by the players.

DEFENSE: Each player on the defending team guards his/her opposing player, staying at arm's length distance from the offensive player.

The defender is not allowed to steal the ball from the offense by reaching for the ball. Steals occur as a result of poor ball handling or passing. This is to allow the offense skills to develop. Good defense is accomplished by playing between the offensive player and the basket.

Blocking shots is not allowed. However, good defensive positioning, with defenders hands straight up in front of a shooter, should be encouraged. This positioning does cause natural blocking of shots which are acceptable. In this case, it is asked that coaches encourage the offensive player to make a pass rather than shoot through defenders hands. Thus, the body motion of a defender to proceed to block a shot should be discouraged, play is stopped and ball is given back to offensive player.

NB: Players will pick up their opponent in the half court. Fun is the primary goal at this level.

SCORING: When the offensive team scores the defending team will inbound the ball. Scores are not kept at this level.

DEBRIEF: At the conclusion of the game the coach can ask players simple questions: What did you do well today? What did you learn? What did you like best about today's game?

It is best to draw from the players and not tell them what you observed as a coach. This should be done after the players have a chance to speak.

END OF GAME Players and coaches should line-up and shake hands with the other team at the end of each game.

RULE 6 - VIOLATIONS

DRIBBLE: If the dribbler dribbles for a second time after his/her initial dribble has ended, then a dribble violation has occurred. If the dribbler has touched the ball simultaneously with both hands, a dribble violation has also occurred.

Correction

The referee (coach) interrupts the play and briefly explains the error. Play then resumes from the point of the interruption with the same player continuing to control the ball. If, however, that player repeats the error, a dribble violation has occurred and the ball is awarded to the opposing team for a throw-in at the nearest sideline.

TRAVEL: A player who is holding the ball and not dribbling may not take more than one step with one foot in any direction before making a pass or starting to dribble.

Correction

The referee (coach) interrupts the play briefly and explains the error. Play then resumes from the point of the interruption with the same player continuing to control the ball. If, however, that player repeats the error, a travel violation is called and the ball is awarded to the opponent for a throw-in at the nearest sideline.

OUT OF BOUNDS: A player who has the ball must not touch or move beyond the sidelines or end-line.

Correction

The referee (coach) interrupts the play briefly and explains the error. Play then resumes from the point of the interruption with the same player continuing to control the ball. If, however, that player repeats the error, an out of bounds violation is called and the ball is awarded to the opponent for a throw-in at the nearest sideline.

FOULS: Defensive players may not use their hands, arms, or legs to prevent an opponent from advancing the ball or passing the ball. They may not use their body to push a stationary opponent from their position. If they do it is a foul.

Offensive players may not use their hands, arms, or legs to prevent an opponent from securing the ball or preventing a pass. They may not use their body to push a stationary opponent from their position. If they do it is a foul.

Correction

The referee (coach) interrupts the play briefly and explains the error. Play then resumes from the point of the interruption with the same player continuing to control the ball. If, however, that player repeats the error, a violation is called and the ball is awarded to the opponent for a throw-in at the nearest sideline.

FREE THROWS: Players do not shoot free throws at this level. They will be given the ball back at half court so that they can continue to play.

RULE 7 - SUBSTITUTIONS

SHIFTS: Teams are divided into shifts of three players.
Each shift will be given a 4-minute time allotment to play.
Once the time is up then the next shift will have their turn to play.

SUBS: There should not be any substitutions during a shift.
If a player is injured then allow a substitution.

RULE 8 - REFEREES and OFFICIALS

OFFICIALS: You will need one official / parent to time the 4 minute shifts.

REFEREES: The coaches act as the officials at this level.