

LITTLE WARRIOR BASKETBALL

1/2 DIVISION SCRIMMAGE RULES & REGULATION GUIDELINES

Basic 1/2 Division Practice Format

- 1) 5 Minute warm-up: Running, shuffle slide, sit-ups and push-ups
- 2) 30 Minutes of skills: dribbling, passing, catching, shooting
- 3) 5 Minutes of Game Specifics: Rules (double dribble, fouls, traveling) Defensive & Offensive positions, transitional play
- 4a) First two weeks: 20 Minutes of Basketball Lead-up Games
- 4b) After two weeks: 20 Minutes of Scrimmaging

Scrimmage Rules

All rules of basketball apply.

No stealing off the dribble or pass.

No Fast breaks.

Allow defense to get back into their defensive positions before bringing the ball up.

Start the game with an inbounds pass and not a jump ball.

Defense:

- 1) keep hands up
- 2) shuffle feet to defend
- 3) allow passing
- 4) hustle back to your defensive position
- 5) rebound after the shot

Offense:

- 1) Dribble or pass the ball to advance
- 2) 2-3 passes before shooting
- 3) Move to an open area when without the ball
- 4) Give the ball handler room to play (don't just stand next to the player and call for the ball)
- 5) Shot selection is important – make good choices
- 6) Rebound after the shot

Coaches:

- 1) position yourself behind your team (half court while on offense, baseline while on defense)
- 2) allow each player on the team to bring up the ball during the course of the game
- 3) guide player into a good position to where they will be successful
- 4) use your whistle to start and stop play
- 5) call fouls and educate
- 6) allow a moment for coaches to praise performance and to give positive feedback and positive reinforcement after a possession
- 7) have extra players wait off court by the defensive baseline for sub changes
- 8) give each player fair and equal opportunities to participate