

Cranberry Township Youth Basketball

Dribblers Ages 6 & 8 years old

- Coaches review the *Expectations for Youth Basketball sheet*. These expectations need to be put into practice.
- **No drinks are permitted on the court and bench area.** Parents must keep all drinks in the stands.
- Safety, basic rules of the game, sportsmanship, teamwork, fair play, and fun is the crucial elements of Dribblers.
- This is a **fundamental basketball** program.
- The first 30 minutes will be instructional time. The last 30 minutes will be the gameplay with some instructions.
- The 30 minutes of instructional time should include stretching, dribble drills (left hand and right hand), and passing drills (bounce, chest, and overhead). Teach the players receiving the pass to have their hands up and ready to catch the ball. Demonstrate different shooting drills. Example: Layups and shooting for the center of the basket. Instruct the players on how to play zone defense for gameplay
- **If players need to go to the water fountain, please ensure a coach or parent accompanies them. If a child needs to use the restroom, please have them see their parents.**

Game Play

1. **Review the pregame checklist with the other coaches before the start of the game.**
2. **Safety is our first concern during gameplay.** These are very young children, and sometimes their play may become too aggressive. Please feel free to stop playing if any player is playing in a manner that could harm other players.
3. **Sportsmanship** is one of the most important lessons to learn. Ensure that coaches and players line up at the end of the game to shake hands with the other team.
4. One coach from each team will be on the court. Please referee and instruct at the same time. Remember to blow your whistle loud when making a call. Work with the other coach when inserting substitutes. **The other coach is permitted to work the sidelines of the court and under the basketball hoops.**
5. **Keep the gameplay slow. NO FAST BREAKS.** Instruct the players on taking the ball out of bounds and throwing the ball in. **Please rotate the players doing the inbound pass and dribbling the ball down the court.** This rotation will ensure that all of the players have a chance to touch the ball.
6. **Stealing the ball off of the dribble is not permitted.** If a player steals a ball off a dribble, start the play again in front of the **yellow** line.
7. **Remember: No stealing off the dribble, No guarding in the backcourt.** Please **blow your whistle** if the ball goes out of bounds.
8. **Remember to use your whistle.** Please blow your whistle loud, so the players stop playing. **Example:** Ball goes out of bounds, foul, or to stop play.
9. **The first 3 games.** Allow a team **three opportunities** before changing possession of the basketball.

10. **The last 4 games.** Change possession on a rebound or stolen pass. **Do not** change the possession if the ball is stolen off of a dribble or if the offensive player is fouled. **No Fast Breaks.** Let the defensive team set up for defense before the ball is in play.
11. **If one player starts to dominate play,** move them into different spots. Try to limit the player's opportunities.
12. **Players on defense need to keep their hands straight up, not over an offensive player.**
13. **Players are not permitted to block shots.** Do not allow defensive players to hug or hold offensive.
14. **ZONE defense only. NO FAST BREAKS!**
15. **Out of bounds:** The curtain and the thick red line opposite the curtain are out of bounds on the sides of the court. The **green** lines under the basketball hoops are out of bounds.
16. **Whistle a play dead** when the ball goes out of bounds. Possession of the ball will be up to the coaches. Change possession if the ball goes out of bounds more than three times in one offensive possession.
17. After a team scores a basket, do an **inbound pass** from behind the **yellow line** under the basketball hoop.
18. Stop the play if there is a foul, traveling, or double dribble lay. Start the play over in front of the **yellow** line on the court. Make sure to explain to the children why the play was stopped. Give the children a least three chances to correct their mistakes, then change possession.
19. The players can only start playing defense from behind the **yellow** line on the court.
20. Try to let the players shoot the basketball without defensive players blocking the shot.
21. All head coaches that do not have an assistant coach should find a parent to help with instruction and keep the players sitting up against the wall while they are not playing.

Pregame Check list

- Meet with other coaches to talk about the game.
- **For the first 3 games, give the kids 3 possessions even if a team scores on one of them.**
- **Last 3 games change possession on a defensive rebound or stolen pass. Do not allow stealing off a dribble or fast breaks. Allow the team that is playing defense a chance to set up.**
- **Have the kids do an inbound pass from behind the yellow line under the hoop.**
- The players can only start playing defense from behind the **yellow line** on the court.
- No shot-blocking.
- **Keep kids in the zone for defense.**
- Try to keep kids from traveling by blowing your whistle and correcting them
- Blow the whistle when the ball goes out of bounds.
- Place all balls in the bin before starting the game.

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