

**Description:**

A 90 minute session each week to introduce our Smaller Ballers to fundamentals of basketball and experience with live play. Our league will teach kids skills such as: dribbling, shooting/finishing, passing, rebounding, and defense. Players will also gain valuable experience learning teamwork and sportsmanship! Players will be grouped into teams that are as equitable as possible. The 90 minute sessions will include a Group Warm-up, (2) Skill Practice Sessions, (2) Live Play Scrimmages, and will conclude with Hoops Homework Assignments.

**Rules:**

**LENGTH OF SESSION:** 90 minute sessions.

**UNIFORMS:** Players must wear Ultimate provided team T shirt/jersey.

**SESSION LOCATIONS:** All Sessions will be played at the John Muir Health Ultimate Fieldhouse

**GAME BALL:** All games will be played with 27.5 size basketballs.

**GAME VIOLATIONS:** Coaches and Referees will both primarily focus on teaching players the rules of the games. They will stop the play as each violation occurs to explain the rule to the players. There will be no foul shots, as fouls on the shot will be “checked” at the top. Out of bounds will be “checked” at the top.

List of violations that will be focused on:

- Excessive Traveling
- Excessive Double Dribbling
- Out of Bounds
- Offensive/Defensive Fouls
- No Press
- No Double Teams

**DEFENSE:** Teams will be taught man to man. No press. No double team.

**SCORING:** Official score will not be kept during games.