



Parks & Recreation Department Youth Basketball Program Guidelines Grades 1 - 5

Program Description

The Vadnais Heights Parks & Recreation Department offers youth basketball leagues for Grades 1-2 and Grades 3-5 at Vadnais Heights Elementary School. Participants will be placed on teams of approx. 7-10 players, with volunteer coaches to learn the fundamentals of dribbling, shooting, and passing as well as the rules of the game. Junior size basketballs are used to provide a positive and rewarding experience for the participants. A practice will take place before game time each week.

Vadnais Heights Elementary will have a wall set up to separate the two gyms. There is a pole to lower the baskets to 8 ½ feet. The baskets should be lowered by the Grades 1-2 coaches and raised by the Grades 3-5 coaches at the end of the evening.

Coaches are asked to remind players, their families, and spectators that they need to be good guests of the school; no bouncing basketballs in the hallways, no littering, no going into classrooms, respect school staff, teachers & property and other children's artwork or clothing hanging in the hallway.

Rules:

- Four-eight minute running time quarters will constitute a game, with a five minute halftime.
- Four players on the court for grades 1-2 and five players on the court for grades 3-5 at a time. Coaches are asked to institute a substitution system for even playing time and rotation of positions.
- Three seconds in the lane will not be enforced.
- Fouls will be enforced, although it will be done on a learning basis. Coaches will explain fouls when necessary. In flagrant situations the participant will need to come out of the play to ease the situation.
- All other rules, with discretion will be enforced by the coaches.
- Score will not be kept.
- No pressing and/or full court defense. Teams must drop back to the free throw line before doing man to man defense.
- Instill teamwork and passing.
- Opposing players should not knock the ball out of the hands of the player that is dribbling. Let the player continue to dribble until they either pass the ball, shoot or no longer have control of the ball.

EMPHASIS

Grade 1-2	Grade 3-5
Traveling Fouls Boundaries	Traveling Double Dribble Boundaries Fouls Jump Balls: Every Switch Over & Defense

Practice plans have been prepared for coaches, but coaches are welcome to spend more time on any skills that their players may benefit from. Practice plans have been adapted from the Jr. NBA program, which hosts a variety of free videos, diagrams, and other resources that may be helpful: <https://jr.nba.com/basketball-practice-plans/rookie/>