



## Lil' Hoopstars Basketball Program

### **Intent**

This is an instructional league designed for preschool and kindergartners (minimum age to participate is 4). The sole purpose of the Lil' Hoopstars Basketball Program is for all players to enjoy learning and playing the game of basketball. Coaches will instruct their players on the court and no score will be kept. Referees are provided during the game play to help the coaches be able to focus on instructing and teaching the players. All guidelines are based on the objective to have everyone have FUN!

### **Game Play**

- The first half hour each week will be for practice. Coaches can instruct and work with the players on the fundamentals of basketball during this time.
- The second half hour each week will be for a 'game'. The purpose of this is to teach players the rules of the game and how to play the game. Many aspects of the game can not be learned by players during practice but need to be taught during a game setting.
- No score will be kept of the games. Time will be kept to keep the games moving and on schedule. There will be four 5 minute running quarters. This will allow for more breaks during the game for coaches to make substitutions.
- Coaches are encouraged to get together before the game begins to discuss playing players of similar capabilities from each team in the same quarter.
- All players should play approximately the same amount of each game.
- Coaches are encouraged to facilitate each player shooting and scoring a basket each game.
- **No Stealing**: This includes no stealing from the dribbler or passer. Both teams can go after each rebound.
- **Defense**: Defensive players may not guard the opposing team outside the three point line. **Man-to-man defense is required.**
- **Referees**: Their role is more of a facilitator and moderator than a traditional referee, thus allowing the coaches to focus more on instructing and teaching their players.
- **Jumpballs**: Please do a jump ball to start each quarter. At this time, teams can match up with who they are guarding.