

# Mini Ballerz



## **When-**

Saturdays-9:00-11:00

1<sup>st</sup> Date- Saturday December 2

***Check HCMS 4th grade schedule at;***

<http://hcms.sau23.org/Home/athletics>

## **Where-**

HCMS Gymnasium

## **What to bring**

Junior Size Ball (27.5)

Athletic, clean sneakers

*Optional;*

Mouth guard

Water bottle

## **Contact Person**

Shawna Newcomb- [snewcomb@sau23.org](mailto:snewcomb@sau23.org)

# Mini Ballerz



New to HCMS this year! We are excited to offer a developmental league for our youngest players. Our hope is for our players to develop confidence, competence, creativity and enjoyment through well organized, developmentally appropriate practice and small sided games. Each session will consist of a fun, dynamic warmup to focus on the ABCs (Agility, balance and Coordination), practice that will work on developing FUNdamental skills and of course 3v3 games.

This program will be following USA Basketball and NBA guidelines for 9-10 year olds.

## **8 to 10 Year Olds (3rd & 4th Grade):**

- Play 3 on 3 basketball. You can also take a look at this article [Could 3-on-3 Basketball Be The Best For Youth Players.](#)
- No pressing, traps, or zone defenses.- Half court man to man defense.
- No 3-pointers (or move in 3-point line - 13.5 feet to 15 feet)
- Free Throws - 8 to 10 feet from the basket.
- **Height of Rim - 8 to 9 Feet**
- [Junior Ball - 27.5" International Size 5](#)
- Game Length- 24-32 min.- # of games per week- 1-2
- # of practices per week- 1-2 & practice length 45-75 min.

## **Why 3 on 3 Basketball?**

Small sided games such as 3 on 3 basketball give children more space, more time, and more ball possessions that is aimed at developing skills that will transfer to the 5v5 game. The average 3 on 3 player gets twice as many meaningful touches as an average 5 on 5 player.

If you want to learn more, here are some resources.

<http://www.basketballforcoaches.com/improve-youth-basketball/>

## **3v3 Basketball- The best developmental Pathway- Video**

<http://learntocoachbasketball.com/3v3-basketball-and-youth-skill-development>