



“3-ON-3” K, 1st & 2nd GRADE DEVELOPMENT PROGRAM

2013-14 GABL OPERATIONS GUIDE

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PRESENTED BY



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INTRODUCTION

The mission of the “3-on-3” program is to allow kindergarten, first and second graders the opportunity to learn the fundamental skills of basketball while having fun and developing a love for the game. This program has a unique structure that provides eight (8) 60-minute sessions for children to learn and enjoy the game of basketball. Here is an overview of a typical session:

Organization – First 10-minutes

Teams arrive at their assigned gym locations. Head coaches meet with GABL reps and review the day’s session. GABL Rep demonstrates the “Theme of the Day” to all teams in the gym

Practice – 15-25 Minutes

This is a time to work on fundamental skills. For example, coaches should spend time working on offensive skills such as dribbling, passing, shooting, cutting. The last part of this time could be used to work on defensive skills such as rebounding, the proper way to play man-to-man defense, and getting back on defense. Coaches should have a prepared outline.

The Game – 15-25 Minutes

Players will receive the opportunity to apply the skills they have learned in 3-on-3 game situations. “Games” will consist of two 10-15-minute halves, with a brief half time. The clock will run continuously, stopping about every 5 minutes for substitutions.

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SAMPLE EIGHT WEEK OVERVIEW

<u>SESSION</u>	<u>DATE</u>	<u>ACTIVITY</u>	<u>THEME</u>
1st Defense	Dec .7/8	Parents “Welcome” & Jerseys	3 Basic Rules – Double Dribble – Traveling – Contact on
2nd	Dec. 14/15	Sportsmanship	Dribbling – Body Position – Finger Tips – Ball Height
3rd	Jan. 4/5	“Holiday Plan”	Passing – 2-Hand Push – Eye Contact – Ready to Catch
4th Defense	Jan. 11/12	Post Holiday Review	3 Basic Rules – Double Dribble – Traveling – Contact on
5th	Jan. 18/19	Pictures	Defense – Position on Court – Use Arms – Hustle
6th	Feb. 1/2	Food Drive	Shooting – 2 Hands – Use Legs – Aim at Backboard
7th	Feb. 8/9	Parent Evaluations	TBA
8th	Feb. 15/16	Player Awards	TBA

Please Note: Session and Dates are firm – please review your team’s specific schedule for times and locations.

Activity – this is basically set, however please see “Program Policies” regarding Food Drive and Pictures.

Theme –this is preliminary and most likely will adjust based on players’ needs and progress.

PROGRAM POLICIES

1. Coach's Responsibilities

- a. Teach sportsmanship to participants, fans and parents.
- b. Introduce players to the rules and fundamental skills of basketball.
- c. Review and discuss all league rules with players and parents.
- d. Responsible for the selection of assistant coaches who exercise good sportsmanship and uphold all league rules.

2. Sportsmanship Rules

- a. Shaking hands with the coaches and members of the opposing team after the game is required.
- b. Coaches must adhere to the playing time rule, which is to rotate players every 5 minutes (approximate).
- c. Head coaches shall communicate with fans when requested to by the GABL Rep.

3. Game Management

- a. Schedules. Program schedules are final when established. Any schedule changes will only be made to correct errors.
- b. Supplies and Equipment. The league furnishes a stopwatch, game ball, first aid kit and scoring chart at each gymnasium site.
- c. Scoreboard. The GABL Rep will have full discretion as to the use of the scoring flip chart. Score charts will be used upon request from both coaches and in collaboration with GABL Rep.
- d. Conduct. The head coaches are responsible for the conduct of players, coaching staff and fans during the game. This extends to supervision of the spectators and the operation of the game in general.

4. GABL Representatives. The GABL Rep will supervise and officiate the games and also help players learn and understand the rules.
5. Uniforms. All teams must wear the GABL-provided jersey (which the player keeps); uniformed shorts are NOT required.
6. Parents Welcome/Input. GABL will provide a “Program Evaluation” in late February to let the parents help us improve the program.
7. Pictures. Team pictures will be taken at sites during the season by the League’s official photographer. Once the schedule is set, coaches will be notified.
8. Food Drive. One weekend each season the entire league participates in a food drive. Our annual goal is to contribute “a can per player” to a local food pantry.
9. Awards. All players will receive a participation award at the conclusion of the last game.
10. Lost and Found. GABL does not maintain a lost and found system. Please check with the school office for lost items.

PLAYING RULES

1. General. Current basketball rules adopted by the National Federation of State High School Associations (Federation) shall apply to all GABL games unless otherwise specified.
2. Game Administration.
 - a. Each game will consist of two 10–15 minute halves.
 - b. There will be no overtime periods.
 - c. There will be a brief half time.
 - d. The score designated on the flip chart shall be continued at the GABL Rep’s discretion.
 - e. The basketball for this league will be a 27.0 –27.5 (same) ball.
 - f. The height of the basketball goal will be eight feet.
 - g. No more than two (2) adults will be allowed to sit on the bench or near the bench area. Only the head coach may stand during the game under the condition that he/she is instructing or encouraging the players.
 - h. **The disputing of calls will not be tolerated.**
 - i. Defensive line will be marked with tape if permitted by the school.
3. Free Throws.
 - a. The free throw line will be 10 feet (approx.) from the goal.
 - b. Free throws will only be shot on a random basis.
 - c. Shooting fouls will be “taken” out of bounds.
4. Three–Point Goal. The three–point goal is not applicable in this league.
5. Game Clock.
 - a. The game clock will not stop on any whistles. The only time the game clock will stop is at the discretion of the GABL Rep.
 - b. Game clock will stop about every 5 minutes for required substitutions.
 - c. No time–outs will be allowed.
6. Backcourt Guarding. Backcourt guarding is prohibited.

7. Defense.

- a. All teams are required to play man-to-man defense (zone is prohibited).
- b. No stealing “off-the-dribble”.
- c. Defense may begin guarding “five to seven” feet from half court or as directed by the GABL Rep.
- d. Man-to-man defense is defined in that the defender must be within five feet of his man at all times, except for the following situations:
 1. The defender may “help” his teammate when the opposing player makes a definite drive to the basket and/or if the ball is in the lane.
 2. The defender need not follow his man when his man moves far from the basket to create an obvious clear-out situation for a teammate. He only need follow as far as the free throw line extended.
 3. Double/triple teaming is NOT allowed.

8. Offense.

- a. No fast breaks.
- b. All teams will use motion offense (i.e., passing, cutting, setting screens).
- c. Teams are requested to make 2 passes before a shot is taken. The two passes should occur after half court line.
- d. Running the clock out by holding ball or stalling is prohibited.
- e. One-man or stack offense is prohibited.

9. Playing Time. Every player who dresses for a game and is eligible will play at least 10–15 minutes (approx.). It is required that every 5 minutes players are rotated. The only way a player or players would play more than 15 minutes is if a team does not have all players present at the game or some players may play less than 10–15 minutes if a team has more than 6 players present at the game.

GRADE ADDENDUMS

(2 PASS RULE, STEALING,SKILLS/RULES)

Kindergarten

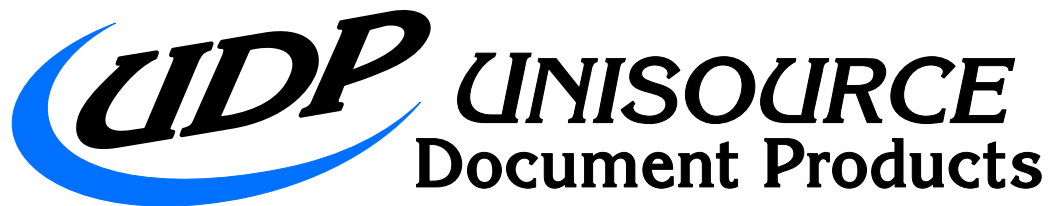
Our plan would be to generally follow the “two pass rule” for the whole season. We do not allow “stealing off-the-dribble”. Also, we will go well into the season allowing players a “re-do” or second chances (rules and skills).

First Grade

The two pass rule will be encouraged in the early season and with coach’s approval will be “relaxed” as the season progresses. We do not allow “stealing off- the- dribble”. Great thought and judgment will be given to “do-overs”, hopefully diminishing by the end of the season.

Second Grade

We will avoid the two pass rule as long as we don’t promote fast breaks. “Repeats” more on skills compared to rules – always with the best judgment. (Prepare the players for “5 on 5” and 3rd grade.)



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