

CARDINAL FLIGHT GIRLS BASKETBALL

3RD & 4TH GRADE SUMMARY

Purpose of the 3rd & 4th grade girls league

The 3rd & 4th grade league is intended to be a development opportunity for beginning basketball players to teach them the basic skills and understanding of the game so they can effectively compete when they begin full-scale traveling basketball in the 5th grade. It should be affordable to everyone. The focus will be on the teaching - rather than simply coaching - with both coaches trying to help the players on both teams improve. For a player, sometimes hearing a coach other than their own make a point will leave a more lasting impression. By not keeping score (officially or unofficially), we allow the less accomplished players and teams to improve in an environment where they need not be embarrassed. If we as coaches all do our jobs well, all of these players, when they reach 5th grade, will be able to dribble the ball without looking at it, not travel excessively, know how to shoot with proper form, use a pivot foot, know how to set a screen, understand proper defensive position, demonstrate good sportsmanship and, above all, enjoy playing the game more than when they started.

Format

Each “meet“ is 2 1/2 hours long on either Saturday morning or afternoon. Each four-team group at each meet will get 30 minutes of practice time. Followed by a 30 minute running clock game against one opponent, followed by a 15 minute rest period, followed by a 30 minute game against a third opponent. The schedule at each full meet the will be similar to this:

9:00 --- 9:30	Practice time	
9:30 --- 10:00	Teams 1 vs. 2	Teams 3 vs. 4
10:00 --- 10:15	Rest time	
10:15 --- 10:45	Teams 1 vs. 3	Teams 2 vs. 4
10:45 --- 11:00	Rest time	
11:00 --- 11:30	Teams 1 vs. 4	Teams 2 vs. 3

All games are played between mid-October and mid-December

The opening 30-minute practice time is provided at each meet for several reasons.

- * Many teams may have a difficult time getting gym space in their hometown during some weeks.
- * Players at this age are likely to be better prepared to get the most out of each game if they have a refresher before taking the court.
- * For those communities that do not have adjustable baskets, this may be one of the few practice opportunities that Red Division players have to shoot at an 8' basket.

During each practice session, each team will be able to use one basket (half of one of the two courts). Teams not wishing to use the practice time can simply show up a little later, but must be on time for their first game. Each game will start and end precisely at the posted time. Therefore, if a team is 15 minutes late at the beginning of a session, they will lose 15 minutes of practice time, but the first game will still start on time.

For each game, the five starting players from each team will be on the court and ready for the jump ball at the exact time the game is posted to begin. A 9:30 a.m. start doesn't mean that the coach decides to organize his/her players for their first game at 9:30 a.m.; but that they are in the court, ready to begin at 9:30a.m.

When host communities host only one or two groups on a specific Saturday, the first group will generally start at 9:30 a.m. (instead of 9:00a.m.) Start times will also be adjusted on a case by case basis to accommodate local gym availability and related scheduling issues.

No Score/Scorekeepers. There will be no scorekeepers or scoreboard functioning. The purpose of these games is to give young players court time - not determine who has won or lost. Coaches should refrain from, and discourage parents and players from, keeping track of the score in some other way.

No Clock/Clock Operators. There will be no score board clock and, therefore, no clock operator. Each game will be 30 minutes of running time in length.

The Great Northwest Basketball League website - <http://www.gnbl.org/>