



## **“3-ON-3” K, 1<sup>st</sup> & 2<sup>nd</sup> GRADE DEVELOPMENT PROGRAM**

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 5-minutes

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

### Practice – 25-30 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 have access to the GABL Curriculum specifically for the GABL 3v3 Development Program. Visit [GABL.net](http://GABL.net), click on Leagues, then GABL Curriculum for 8 practice plans and drills ideas.

### The Game – 30 Minutes

Players will receive the opportunity to apply the skills they have learned in 3-on-3 game situations. “Games” will consist of two 15-minute halves, with a brief half time. The clock will run continuously, stopping about every 4-5 minutes for substitutions.

## **LEAGUE GUIDELINES:**

Ball Size: 27 or 27.5 inch

Goal Height: 8 feet

No guarding in the backcourt: Game Manager may designate starting point for defense to begin

No stealing off the dribble: stealing a pass is allowed until Game Manager deems differently. Block shots are allowed until Game Manager deems differently.

Passing: Suggested 2 pass rule for all teams. Game Manager will remind teams of this after possessions that this suggestion is not followed.

Fast Breaks: Occasional fast breaks will be allowed to finish. If Game Manager feels they are happening too often they will ask the team to wait for teammates and suggest the 2 pass rule to help all players benefit from the game.

Playing Time: All players on bench will play equal time. Substitutions will be called by Game Manager. Coaches are to sub all players out at a time. Line-ups will be given after each substitutions.



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### Coaches Responsibilities:

- Teach sportsmanship to participants, fans and parents.
- Introduce players to the rules and fundamental skills of basketball. Facilitate the practice portion of the session.
- Selecting assistant coaches who exercise good sportsmanship and uphold the league guidelines.
- Fill out game schedule request form on coach's page on GABL.net.
- Responsible for the conduct of players, coaching staff and fans during each session. This extends to supervision of the spectators and the operation of the game in general.
- Direct team to shaking hands with the coaches and members of the opposing team after the game as this is required.
- Assure team wears GABL uniforms for each scheduled session. Uniforms will be distributed at first session.
- Help Game Manager at post-season awards ceremony with announcement of names. Each participant will receive an end of season medal.

### Game Managers Responsibilities:

- Conduct the Introduction and Theme of the Day before each session.
- Conduct a pre-session coaches chat with all 4 head coaches prior to session starting.
- Help with practices for teams that have not been assigned a coach.
- Facilitate 30-minute game each session.
  - Line-ups before start of game and before each substitution.
  - Guideline interpretation and implementation.
  - Half-times.
  - Post-game hand shakes.

Program presented by



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