

1ST & 2ND Grade Clinic Basketball

At the clinic level, once the “games” portion of the season begins, the following should be followed. Please remember, this is an introductory clinic level of basketball, meant to teach the basic fundamentals of the game and to have fun!

TIME & SCORING

- The first 30 minutes each week will be used to practice with your team. Also use this time to teach the players where they should be positioned on the floor while playing offense and defense.
- Then, there will be four (4) six (6) minute quarters.
- Time can be kept by one of the coaches, on their phone’s stopwatch.
- At the three-minute mark, the clock will stop for substitutions.
- The score WILL NOT be kept.

PLAYER SUBSTITUTIONS & PAIRING

- For teams with ten (10) players, five (5) will enter the game and five (5) will come out. If there are more or less than ten players, be sure to distribute even playing time amongst the players.
- At the beginning of each three (3) minute segment, line the five (5) players in the game from each team up at center court and match them up with a player from the opposing team. Match as best as possible according to skill level and height. Opposing players with matching color of wristbands will guard each other.

RULES OF PLAY

- Rotate which player brings up the ball each time (“point guard”), so that player gets a chance.
- One pass is required by the offensive team once the ball is past the midcourt line before any player can shoot the ball.
- Man-to-man defense only, no pressing/defense in the backcourt.
- There are no steals off the dribble. If this occurs, play should be stopped and reset, with the player from whom the ball was stolen starting with the ball again.