

Bridgewater

11/5/17

Biddy League – Grades 1 & 2

Instructional Basketball

This year the format is going to be different than years past. We are going to play 3 on 3 format for the 1st and 2nd graders. The Bridgewater Youth Basketball League board has decided that at this age, (for boys), 3 on 3 is a much better format to teach the kids the proper skills and understanding of the game.

Since the 1st and 2nd grade is an “instructional division”, we will be taking the first 3 sessions of the season to run basic drills and teach the kids skills. By the 4th session we will take all the kids and split them into teams of 3 to compete against each other for 3 on 3 half court. The “teams” will change continuously so really there are not set teams for the season.

In order for this format to run properly, we still need volunteers/coaches. The volunteers/coaches will first develop the kid’s skills in the first 3 sessions. They will then run the individual 3 on 3 games to ensure that the kids are playing correctly (ex: clearing the ball and the ball given back in the event of fouls, etc....). If deemed necessary, particularly in the beginning, the coaches/volunteers will have the opportunity to teach kids proper skills and techniques.

After 2/3 of the season has been completed, we then will evaluate whether the kids are ready to play 5 on 5 full court. If the volunteers/coaches feel the kids are developed enough to play 5 on 5 then we will set game times and the kids will be split up evenly per skill levels. The games will be “red” vs. “white” each time, (there are not team shirts this year, just reversible).

I firmly believe that the switched format will be greatly beneficial to all the kids at this age level. In past years, full court games are played by a few individuals per team and other kids end up being left out of the game flow. 3 on 3 basketball forces kids to play together and include all 3 players. It also promotes, motion, passing, rebounding and spreading the floor. The idea is that this will give the players a better understanding of the game and teamwork, so when they do go to 5 on 5 they carry this philosophy to full court.

I will be available to answer any questions before the season begins and I also plan to meet with all the coaches/volunteers to go over the details of this format. I look forward to getting this started

Matt Holmes

1st & 2nd Grade

Basketball Coordinator