

Interior Youth Basketball

Supplemental Rules Handout for Little Dribblers: K-2nd Grade

Game Rules:

- Games will be played with 6 minute running quarters, except for shooting fouls and time outs.
- Scores will not be recorded.
- Games will be full court.
- Each team is permitted a minimum of 2 and maximum of 3 players on the court.
- No violation will be given for excessive time in the key while on offense.
- A back court violation will be incurred after 15 seconds.
- Each team is allowed 3 time outs per game.

Defense:

- Man on man defense only.
- Players may not double team a player, in particular outside the key and when a player is stationary with the ball. If a defender is beat, help defense is allowed until the original defender recovers.
- Pressing is not permitted at any stage of the game. Once a defending team gains possession of the ball, the new defending team must get back and wait until the ball is brought into the front court before applying defensive pressure.

Fouls:

- All fouls will be called per basketball rules.
- There is no foul limit for personal fouls. Coaches are encouraged to dissuade excessive fouling.
- On a shooting foul, players may choose to shoot from any distance they desire in order to reach the rim of the basket.

IYB Little Dribblers Offensive Sets

-----> Pass

-----> Run Without Ball
Dribble

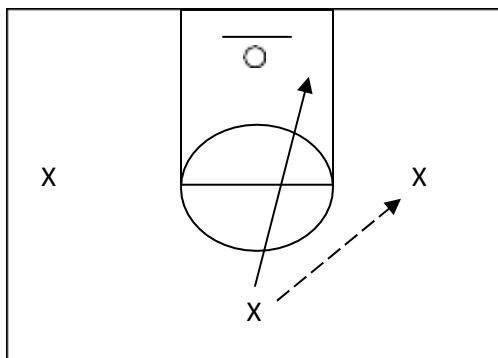
.....>

1. Pass – Cut – Replace

Coaching Points:

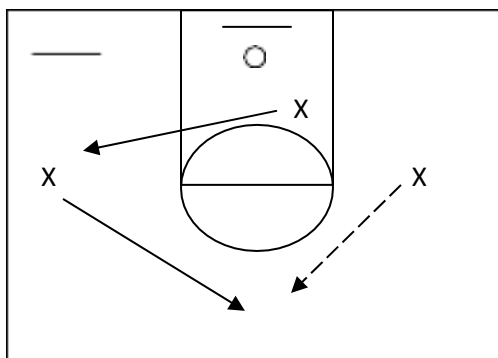
No Dribbling – except with purpose: Penetrate, Get out of Trouble, Find a Passing Lane
Every time you receive ball: Peek at Rim, Fake Pass or Shot
Before passing, wait for cut to develop

A. Point passes to either wing and cuts into lane for give and go



If cutter is open, pass is made and player takes shot....if no pass is available....

B. Wing out of play replaces Point, cutter replaces Wing, Wing passes to new point to reset



2. Pass – Screen Away

Coaching Points:

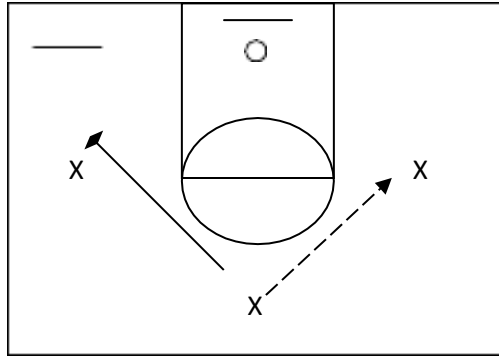
Screen quickly to player off the ball

Screen by keeping body low, wide, arms in and do not move feet

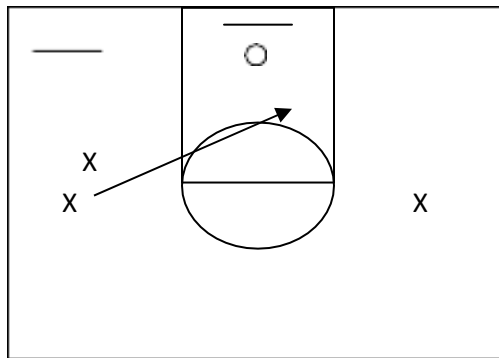
Cutter times the run after screen, run just by shoulder of teammate screening

.....→

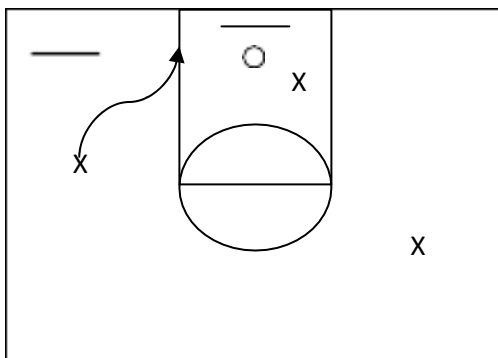
- A. Point passes to either wing, runs away from the pass and sets a screen for the other wing



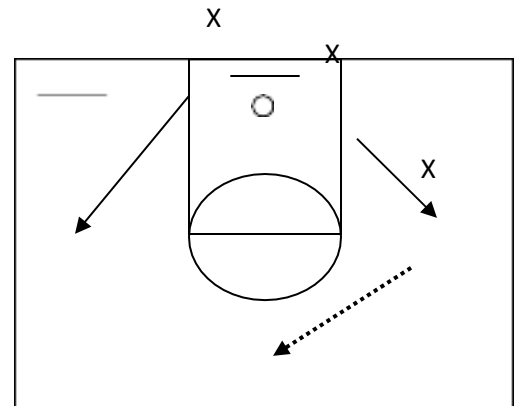
- B. Cutter moves tightly around screen into lane looking for ball and shot



- C. Screen player curls inside (rolls) and cuts to far side looking for ball and shot



- D. If no pass is made, reset: Wing with ball dribbles to point and cutters return to fill spaces



3. Pass – Screen Ball

3. Pass – Screen Ball

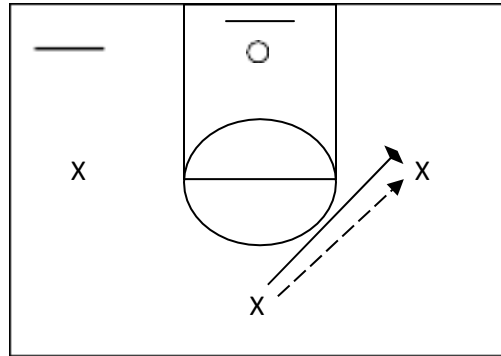
Coaching Points:

Screen quickly to player with the ball

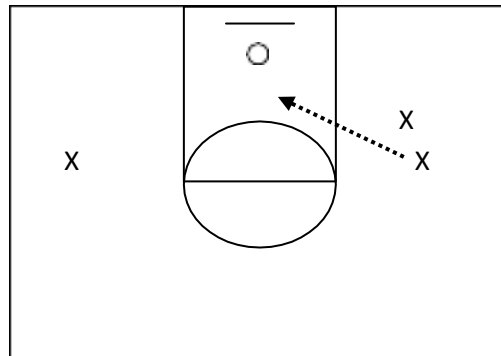
Screen by keeping body low, wide, arms in and do not move feet

Wing with ball dribbles with outside hand into lane tightly around screen

A. Point passes to either wing, runs to the pass and sets a screen

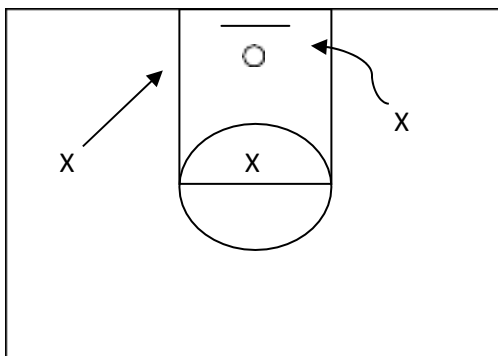


B. Cutter dribbles tightly around screen into lane looking to drive to basket



C. Multiple Options:

1. Player with ball drives and shoots...if no open lane for dribbling....
2. Screener rolls to basket for pass and shot
3. Wing player cuts to basket for back door



D. If no dribble drive or pass is available, back door goes to point for pass and other players fill the wings and reset

