



# MINI BASKETBALL

## DOS AND DON'TS



### FOCUS ON FUN

Kids get involved in sport to learn skills, spend time with friends and play a sport they are interested in.

*Mini-Basketball 1.1, 1.2, 1.3 and 1.4*

### TEACH THE RULES

In Mini Basketball the players are new to the game (and parents may be too!). Explain the basic rules to them. Involve the parents to help them to understand the game and understand that "success" is the kids getting better at the skills of basketball.

*Basketball 2.1, 2.2, 2.3, 2.4 and 2.5 See also Rules of basketball on [www.fiba.basketball](http://www.fiba.basketball)*

### CHANGE EQUIPMENT

Change the equipment to suit the physical abilities of the players. For example:

- Smaller balls size 3 (3-5yo), 4 (6-7yo) or size 5 (8-9yo) or even use a tennis ball!!
- Softer balls (e.g. volleyball or even balloons)
- Lower rings

*Mini Basketball 5.2*

### CHANGE RULES

Change the rules to give all players maximum chance to be involved in the game. For example:

- Restrict the number of dribbles – to emphasise passing
- Don't allow defenders to grab the ball from another player – to emphasise anticipation and intercepting passes
- No shot allowed unless the ball has gone into the key – emphasise shooting within your range

*Mini Basketball 5.2*

### TEACH RESPECT

Teach players to respect referees and to win and lose with good sportsmanship. Good behaviour starts with the coach!

*Level 1 - Coach 1.1.1, 1.2.1*

### CHANGE THE COURT & NUMBER OF PLAYERS

Playing with 3 or 4 players on a team provide more opportunities for each player to have the ball. Change the size of the court (use half court or play across the court) to be more suitable to the size of the kids.

*Mini Basketball 5.1, 5.3 and 5.4*

### SCORE DIFFERENTLY

Change how teams score to emphasise different skills and give all players a chance to participate. For example:

- Score by passing to a person in a particular spot (in a hoop, in the key) or making consecutive passes (e.g. 10 passes)
- Hitting the net or ring scores (particular if the ring cannot be lowered)
- Throwing past a "goalkeeper" into a soccer net
- Everyone shoots free throws at half time and any score counts!

*Mini Basketball 5.1 and 5.2*



### DON'T DICTATE

Don't always tell kids what to do – ask them questions so that they can discover how to play

*Mini-Basketball 2.1, 2.2 and 2.3*

### DON'T COACH ONLY TO WIN

Don't just play your best players – give equal time to players and let all players learn to play on the perimeter and post

*Basketball 4.1 Level 1 - Coach 1.1.1 and 1.1.5*

### DON'T PLAY ZONE DEFENCE

Zone defence should not be played until 14 years of age.

*Level 1 – Team 1.3.1*

### DON'T FOUL OUT

Provided players are not being overly physical or rough, let them keep playing even if they have 5 fouls.

*Mini Basketball 5.2*

### DON'T COACH KIDS LIKE ADULTS

Use activities that are appropriate to the physical and psychological maturity of kids. Change the game to suit the kids.

*Mini Basketball 3.1, 3.2, 3.3, 3.4 and 3.5  
Basketball 4.1*

### DON'T JUST PLAY BASKETBALL

Use a variety of fun activities to develop various skills (e.g. passing games, dribbling games). Add basketball skills to games the kids already know.

*Mini Basketball 4.1, 4.2, 4.3, 4.4, 4.5 and 4.6  
5.1 and 5.2*