

Modifications

3rd & 4th Grade Basketball

Vikings Youth Basketball Program www.vikingsyb.net

- 8 foot baskets. Youth basketballs -27.5”
- Sessions will be 3-on-3 man-to-man half court, or 4-on-4 man-to-man half court, or 5-on-5 man-to-man full court
- Half court 3-on-3 play- on rebound defense must take ball to center circle.
Fouls will be called. Shooting fouls will be shot with free throw line up.
Coaches should create equal skills 3 person teams with subs if available.
After one group plays each other, rotate at the next 6 minute session.
- Line ups for man to man to make sure players know who they have and coaches can create appropriate match-ups

Regular Season Modifications

Some allowance for traveling, double dribble, 3 & 5 sec call, but as the season moves on all violations should be called.

- No defense above ‘T’s
- Walls are out of bounds. Sideline will be used to inbound primarily
- No Score is to be kept. This includes parents keeping score.
- Shoot fouls from marked line(it will be in from 15’)- wait till it hits
- First 20-30 minutes for practice. Play as many 4 minute running time sessions as coaches agree. Coaches can cut down on practice time and increase game time at their agreed discretion
- Play ‘ONE” dribble rule for some sessions (player can only take one dribble :
defense may not grab or try to strip ball)
- No pressing
- Coaches can step out on court and “Freeze” play to teach.
- No pulling for jump balls / no slashing to strip the ball
- Please do not teach taking ‘charges’ or rebounding drills which have rough contact or where rough contact is encouraged