

# 2019 METROWEST 2ND-3RD GRADE JR. BASKETBALL TEAM LEAGUE

GAME DATES, SUNDAY:

JAN 6, 13, 20, 27 FEB 3, 10, 17, 24

[www.mpcourts.com](http://www.mpcourts.com)



## Boys & Girls in Grades 2nd-3rd

In coordination with Metrowest, this division is offered to second & third graders, for the 2018-19 winter basketball season. This league is for DEVELOPMENTAL purposes.

- Officials will be given instruction to allow minor travel violations
- Metrowest Modified Defensive rules will be in effect (no zone, press, or double teaming)
- NO stealing the ball from a player with player control
- You may steal the pass or a loss dribble
- 4 on 4 games-to encourage more spacing and more touches per player
- If you have a group of players, but no coach, you can still sign the team up. MPC will provide the coach to run the practices and coach during the Sunday games!

<i>Four 8 Min Quarters</i> <i>One Game Per Week</i> <i>Max 15 Scoring</i> <i>Metrowest Modified Rules</i>	<i>One IAABO Official</i> <i>8.5 Height Rims</i> <i>27.5 Size Basketball</i> <i>Scorekeeper Provided</i>
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**Please see page 2 of this flyer to read about**

**“Why use an 8.5 inch rim”**

**“Why do we play 4 on 4?”**

**“Why do we not allow the defense to steal the ball from the offense?”**

**Cost: \$840 Per Team/If you host any games you will receive \$75 per game for hosting/No cost of officials.**

**Portable Scoreboards and Basketballs are available if needed to host. Mass Premier will provide a staff person for scorekeeping and facilitation of games.**

## **Why 8.5” rim and 27.5 size ball?**

**It is Mass Premier’s stance to be the leader in player development at the grass roots level. Basketball was designed to score points, the best way to do that is make the hoops and ball more age appropriate. We understand there is a number of players that can make a shot on a 10 foot hoop with a 29.5 ball, but long term it is not good for individual skill development. In addition the overall game played with that equipment does not produce as many baskets and builds more frustration than success. By using a smaller ball and lowering the rims, more baskets can be shot with proper form and more baskets will go in, creating a game that is more fun and players will be more likely to want to play more! Long term players will learn the muscle memory at an earlier age and minimize the flaws we see too many shooters as they get older from poor childhood mechanics.**

## **Why do we play 4 on 4?**

**Having less players on the floor does two things; First it encourages better natural spacing while players are learning that concept, which in return results in more points being scored and more opportunities to score. It also creates a game with less turnovers because players have less defenders to be aware of. The second reason is more touches for a player on the floor. By having one less player on the floor, it creates 20% more touches over the course of the game than with 5 players. The more a player has to catch, dribble and shoot is only going to help their skill development in the long run and allow them to score more points.**

## **Why do we not allow the defense to steal the ball from the offense?**

**At the highest level of basketball there are over 30 concepts of how an offensive player avoids the defender stealing the ball. Triple threat, rip through, ball quick, cross overs, inside out, pivot, rocker step, back up dribble, a host of dribble moves and ball fakes are just some of the concepts coaches use to teach ball security. Most player at this developmental part of their career don’t have more than 3 or 4. Not to mention, the defense creating bad habits like reaching or fouling while trying to steal the ball. Because we are so focused on game flow, skill development, points scored and success of the individual players, by us removing the ability for the defense to steal the ball an offensive player with team control minimizes the chances for a game to get out of control and encourages players to dribble and take chances with the dribble. Which in return greatly develops their ball handling, basketball IQ and the overflow of the game.**