

Youth Basketball Ages 5-6 Bantam League

Overview

Bantam League is designed for young players aged 5-6 to develop basic basketball skills in a fun, supportive, and educational environment. The league will focus on skill development before each game, with a 20-minute skill session each week, followed by a game (5 min quarters totaling 20 mins). The goal is to provide a foundation in basketball fundamentals, fostering a love for the game and promoting physical activity.

Objectives

1. **Skill Development:** Teach basic basketball skills such as dribbling, passing, shooting, and defense.
2. **Enjoyment:** Create a fun and engaging environment where children can enjoy playing basketball.
3. **Sportsmanship:** Instill values of teamwork, respect, and fair play.
4. **Physical Activity:** Promote physical fitness and healthy habits through regular exercise.

Structure

- **Season Duration:** 8 games
- **Weekly Sessions:**
 - **Skill Development:** 20 minutes
 - **Game:** Approximately 20 minutes

Skill Development Sessions

Each week, coaches will lead a 20-minute skill development session focusing on different aspects of basketball. The sessions will be designed to be age-appropriate and engaging for young players.

Weekly Skill Focus

1. **Week 1: Introduction to basketball and Dribbling**
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 - Dribbling with both hands
 - Controlling the ball while moving
 - Basic dribbling drills (e.g., dribble relays, zig-zag dribbling)
 - Introduction with where things are on the court and rules
2. **Week 2: Passing**
 - Chest pass
 - Overhead pass
 - Partner passing drills and passing games

3. **Week 3: Shooting**
 - Proper shooting form
 - Shooting from close range
 - Layups
 - Fun shooting games (e.g., shooting stations, around the world)
4. **Week 4: Defense**
 - Basic defensive stance
 - Staying in front of the opponent
 - Simple defensive drills (e.g., shadow defense, defensive slides)
5. **Week 5: Footwork**
 - Pivoting
 - Jump stops
 - Basic movement drills (e.g., running, stopping, and changing directions)
6. **Week 6: Rebounding**
 - Positioning for rebounds
 - Jumping for the ball
 - Rebounding drills and mini-games
7. **Week 7: Teamwork**
 - Understanding positions
 - Basic team plays
 - Incorporating all skills learned in team drills
8. **Week 8: Review and Play**
 - Review of all skills
 - Fun games and activities to reinforce learning
 - Celebration of achievements

Game Structure

- **Teams:** Divided into equal teams to ensure balanced play.
- **Coaches as Referees:** Coaches will act as referees, teaching rules and guiding players during the game.
- **No Scorekeeping:** Focus will be on learning and enjoyment rather than competition.

Coaches' Role

- **Preparation:** Coaches will receive weekly skill and drill plans to ensure consistent teaching.
- **Guidance:** During games, coaches will offer guidance and support, helping players understand and apply skills in a game setting.
- **Game Facilitation:** Guide players during the game, teaching rules and encouraging fair play.
- **Encouragement:** Foster a positive and encouraging atmosphere for all players.

Equipment and Resources

- **Basketballs:** Appropriate size for young players.
- **Cones and Markers:** For drills and skill activities.
- **Basketball Hoops:** Adjustable height to accommodate young players.
- **Jerseys:** Players will have dri-fit colored t-shirts with Kingsport on the front and Parks and Recreation logo on the shirt and number on the back

Benefits

- Provides a structured introduction to basketball.
- Develops basic basketball skills in a fun environment.
- Encourages physical activity and social interaction.
- Prepares children for more competitive play in the future.

Evaluation and Feedback

- **Player Progress:** Informal assessments to monitor skill development.
- **Parent Feedback:** Surveys to gather feedback and improve the program.