

Eden Prairie Boy Basketball Association (EPBBA)

K – 3 Grade League Overview



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In-House K-3 EPPBA League Philosophy

EPBBA Program Philosophy

Provide all participants with a positive experience.

Inspire each player to continue playing basketball and to develop their skills.

Teach life lessons through positive interaction.

In-House League Objectives

Provide a positive experience for every team member.

Build a desire in every individual to achieve their personal best.

Develop a team concept.

Build strong fundamentals.

At season end, every player should look forward to next year.

Coaching Goals

Never get tired of teaching fundamentals.

Correct player mistakes and give instructions in a positive manner.

Be positive and constructive.

Reinforce effort and progress.

Have practice plans well-prepared as it is the most valuable time to teach.

A scrimmage without stopping to correct is not a good practice.

In-House K-3 League Overview by Grade Level

	Kindergarten	1st Grade	2nd Grade	3rd Grade
Practice/week	1	1-2	1-2	1
Game / week	0	0 -1 midseason	0-1 midseason	1
Pre-Season Clinics	Yes	Yes	Yes	No
Evaluations	No	No	No	Yes
Practice Starts	December	mid November	mid November	mid November
Season Length	8-10 weeks	10 weeks	10 weeks	12 weeks / 10 games
Rim Height	8 feet	8 feet	9 feet	10 feet
Ball Size	Junior 27.5	Junior 27.5	Junior 27.5	Junior 27.5
Play	Half court intrasquad scrimmages	3 vs. 3	4 vs. 4	5 vs. 5
Team Size	8 to 10	6 to 8	6 to 8	8 to 9
Game Length	N/A	2 – 16 minute halves	2 – 20 minute halves	4 – 10 minute quarters
Clock		Running (coach timed), stop for rotations only	Running (coach timed), stop for rotations only	Running (parent runs clock), stop for rotations only
Time Limit		70 Minutes	70 Minutes	70 minutes
Score	No	No	No	No
Overtime	N/A	N/A	N/A	N/A
Time Outs		N/A	N/A	1 per half
Substitutions		Every 4 minutes	Every 4 minutes	5 minute mark
Defense	Man-to-Man	Man-to-Man	Man-to-Man	Man-to-Man
Switching / Double Team	No	No	No	No double team outside of lane
Backcourt Defense	No	No	No	No
Press	No	No	No	No
3-Point Shot	No	No	No	No
Reporting Scores	No	No	No	No

	Kindergarten	1st Grade	2nd Grade	3rd Grade
Officials	Coach	Coach	Coach	High school student
Foul Tracking	Provide positive corrective instruction	Call obvious fouls; offense keeps possession	Call obvious fouls; offense keeps possession	All fouls called, but not tracked
Free Throws	No	No	No	No
Technical Fouls	No	No	No	Yes
Over and Back	No	No	No	No
Stealing off the Dribble	No	No	No	Yes, but only by person guarding the ball
Double Dribble	Provide positive corrective instruction	Yes, provide positive corrective instruction, offense keeps possession	Yes, provide positive corrective instruction, offense keeps possession	Yes, provide positive corrective instruction, ball is given to defense
Travel	Provide positive corrective instruction	Yes, provide positive corrective instruction, offense keeps possession	Yes, provide positive corrective instruction, offense keeps possession	Yes, phased in as defined in rules

In-House K-12 League Skill Progression by Grade Level

Grade Level	Kindergarten, Grade 1	Grade 2	Grades 3 – 4	Grades 5 – 6	Grades 7 – 12
Dribbling					
Dribble with both hands – stationary and up and down the court	X	X	X	X	X
Hesitation, crossover, between legs, behind the back, spin, fake crossover	Crossover, Hesitation	Crossover, Hesitation	X	X	X
Pivot – L, R, forward, reverse	X	X	X	X	X
All stationary ball handling – with and without dribble	X	X	X	X	X
Change speeds	X	X	X	X	X
Passing					
Chest pass	X	X	X	X	X
Bounce pass	X	X	X	X	X
Overhead pass	X	X	X	X	X
Passing on the move	X	X	X	X	X
Fake chest pass, step through bounce pass			X	X	X
Skip passes			X	X	X
Feeding post with bounce pass and lobs				X	X
Pass fakes		X	X	X	X
Shooting					
Lay ups – no dribble	X	X	X	X	X
Lay ups – one dribble	X	X	X	X	X
Lay ups – dribble from outside three point line			X	X	X
Lay ups – reverse				X	X
Lay ups – jump stop – shot fake			X	X	X
Lay ups – shot fake from 3 point line – get to rim in one dribble				X	X
2 line passing (catch bounce pass on run and finish lay up)			X	X	X
Introduce Proper Shooting Techniques (can use BEEF)		Introduce	Developing	X	X
Do swish drill			X	X	X

In-House K-12 League Skill Progression by Grade Level (continued)

Grade Level	Kindergarten, Grade 1	Grade 2	Grades 3 – 4	Grades 5 – 6	Grades 7 – 12
Defense					
Athletic stance	X	X	X	X	X
On ball D – short choppy steps – level off dribbler		X	X	X	X
Rebound with two hands – yell ball	X	X	X	X	X
Rebound – make contact		X	X	X	X
Rebound – your hip to opponent’s thigh			X	X	X
1 pass away positioning			X	X	X
2 passes away positioning			X	X	X
Early help			X	X	X
Full shell			X	X	X
9 point contesting			X	X	X
Screens					
Call name, say use me			X	X	X
Show fist			X	X	X
Wide stance			X	X	X
Hands protecting mid section			X	X	X
Man using screen must set opponent up and put shoulder to hip				X	X
Shape up				X	X
Execute following screens: UCLA, Back, Down, Cross, Ball, Fade, Pin down				X	X
Offensive Moves					
Posts – drop, up and under, shot fakes, jump hooks, turn-around jumper, double drop step				X	X
Perimeter – 1 dribble to rim, shooting without dribble, quick away				X	X
Transition					
Open and ahead – pass the ball				X	X
Posts beat their posts				X	X
Win the race				X	X

Kindergarten In-House EPBBA League Overview

League Overview:

- This level plays with 8 feet rims and junior (27.5") basketballs.
- This is a non-scoring 3 vs 3 league with intrasquad half court scrimmages.
- The Coaches will manage the scrimmage time and player rotations.
- Equitable playing time for each player, with a goal of letting each player get shot opportunities.
- Man to man defense, no zone and no double team defense allowed, and no defense in the backcourt.
- Fouls, traveling, and double dribble will be enforced with positive, corrective instruction throughout the entire season.
- No individual awards shall be provided or presented by coaches or parents.
- Season-end awards provided to all players.

General Season Information:

Refer to the EPPBA website for more information: Programs -> In-House Information -> Grades K-3 -> Grades K-3 Season Info

Practice Schedule:

Refer to K-3 Coaching Handbook

Practice 1 & 2

- Introduce Basics with Drills (35 minutes)
- Fun Games & Contests (25 minutes)

Practice 3 & 4

- Introduce Team Offense & Defense (10 minutes each)
- Drills (20 minutes)
- Fun Games & Contests (20 minutes)

Practices 4 through 8

- Reinforce Basics with Skills, Contests, Team Offense & Defense (30 minutes)
- 3 vs 3 half court intrasquad scrimmage (30 minutes)

Practice 9 & 10

- 3 vs 3 half court intrasquad scrimmage (60 minutes)

1st & 2nd grade In-House EPBBA League Overview

League Overview:

- This level plays with 8 feet rims for 1st grade and 9 feet rims for 2nd grade. Both grades use junior (27.5") basketballs.
- This is a non-scoring 3 vs 3 league for 1st grade and a 4 vs 4 league for 2nd grade, with two running halves.
 - 16-minute halves for 1st grade and 20-minute halves for 2nd grade
 - The Coaches will manage the game time and player rotations.
 - Substitutions occur every 4 minutes, stop clock for substitutions only.
 - Equitable playing time for each player, with a goal of letting each player get shot opportunities.
- **Game Time + 5 Minutes = Start Time.** No official warm-up time. 70 minutes total event time.
 - Games will start at Game Time + 5 Minutes. For example, a 9:00 Game on your schedule will start at 9:05. Please arrive at least 10 minutes before the Game Time to get ready in the lobby area.
- Games will be officiated by coaches.
 - One coach from each team should be on the court at all times. Your function on the court is to call and correct flagrant violations.
 - At this age group any flagrant offensive violations (like traveling or double dribble) should be called, demonstrated by the coach and repeated by the player until the skill is performed correctly. Any defensive violation is called, explained, and the ball is given back to the offense.
- No individual awards shall be provided or presented by coaches or parents.
- Season-end awards provided to all players.
- Promote good sportsmanship and shake hands after every game.

General Season Information:

Refer to the EPPBA website for more information: Programs -> In-House Information -> Grades K-3 -> Grades K-3 Season Info

Practice Schedule:

Refer to K-3 Coaching Handbook and Practice Plans

Officiating / Rules Summary:

- Man to man defense (no zone and no double team defense allowed).
- No defense in the backcourt (if offense loses possession in their frontcourt, they must retreat to their backcourt before trying to steal back the ball).
- No stealing off the dribble is allowed.
- Fouls, traveling, and double dribble will be enforced with positive, corrective instruction all season (as outlined above).
- Over and back will not be enforced.
- Out of bounds will be enforced as marked.

3rd grade In-House EPBBA League Overview

League Overview:

- This level plays with 10 foot rims and junior (27.5") basketballs.
- This is a non-scoring 5 vs 5 league with four 10-minute running quarters.
 - One Parent will run the game clock. Stop clock only for player rotations.
 - The Coaches will manage player rotations.
 - Substitutions occur every 5 minutes.
 - Equitable playing time for each player, adjusted for player absence at practice. Goal of letting each player get shot and scoring opportunities.
- **Game Time + 5 Minutes = Start Time.** No official warm-up time. 70 minutes total event time.
 - Games will start at Game Time + 5 Minutes. For example, a 9:00 Game on your schedule will start at 9:05. Please arrive at least 10 minutes before the Game Time to get ready in the lobby area.
- Games will be officiated by two paid student referees.
- No individual awards shall be provided or presented by coaches or parents.
- Season-end awards provided to all players.
- Promote good sportsmanship and shake hands after every game.

General Season Information:

Refer to the EPPBA website for more information: Programs -> In-House Information -> Grades K-3 -> Grades K-3 Season Info

Practice Schedule:

Refer to K-3 Coaching Handbook and Practice Plans

Other Key Documents found on the EPBBA website:

Refer to In-House Grade 3 Game Rules

Officiating / Rules Summary:

- Man to man defense (no zone and no double-team outside the lane).
- Within the foul lane, double teaming / help defense will be allowed and encouraged.
- Switching permitted (stay within 3 feet of new man).
- No defense in the backcourt.
- No full court pressing.
- Stealing off the dribble is allowed; however, it is only allowed by the defensive person who is guarding that player.
- Fouls and double dribble will be enforced all season.
- Double dribbling will be enforced all season. The referee will stop play, explain the violation, and the ball will be turned over to the defense.
- Traveling calls will phase in, and switch to call all traveling violations in Game 6
 - First 5 games, call ONLY if the player has gained an advantage, with emphasis 'around the basket area'; the remaining games call all traveling. See these examples:
 - If a player travels after catching a pass far outside and gains no advantage, it won't be called in the first 5 games.
 - If a player travels by stepping around a defender in the lane to make a basket, call it.
 - Last 5 games, call all traveling (traveling will always be called in 4th Grade).
- Over and back will not be enforced due to the size of the courts.
- Out of bounds on end line is the wall.