

BREWSTER RECREATION YOUTH BASKETBALL
Ages 5-8

The first 15-20 minutes of each game day will be used as practice time. Recreation staff will keep track of time and blow the horn for game play and player substitutions every 4 minutes of game time.

- Games will be played **5 v 5**. Every player should be playing equal parts of every game.
- There is no scorekeeping
- For any play/situation: Coaches should feel free to stop play and explain to the kids on the court what has happened and how to correct it, without stopping play too much...
- No stealing during the dribble at any time.
- No reaching in, swatting or poking at the ball. **Children should practice hands up defense** and learn to stay low and cover an opponent without “hugging.”
- If “excessive” double dribbling & traveling occurs, coaches should stop play and remind the children what they should be doing but do not turnover possession.
- Fouls: Stop play with whistle and coach kids about fouls, using the time as a teaching moment. Always return possession. No foul shots.
- Out of Bounds: Stop play with whistle, change possession. Take the ball from out of bounds off every basket or stop in play.
- **Spectators: Please keep children who are not participating off the courts and please no running around the gym. This time is meant for the participants of the program and other distractions negatively affect the program. (No playing in the school lobby).**

*Brewster Recreation Youth Basketball helps build social skills, physical health, playfulness and confidence in young people. Rules exist that ensure equity throughout the games that are played. At this level the focus is on basic skills, teamwork, and **having fun**.*