



MASS PREMIER COURTS PRESENTS- SATURDAY MORNING JUNIOR BALLERS

BOYS AND GIRLS Kindergarten-3rd Grade
12/2, 12/9, 12/16, 12/30, 1/6, 1/13, 1/20, 1/27, 2/3
Cost: \$99 Per Player- \$80 if signed up prior to November 15th.
8 AM- 1 PM

What is MPC Junior Ballers? MPC Junior Ballers is a program designed to give players an **OPTIMAL** opportunity to learn and grow in the game of basketball from a young age. Each session will be split into two parts: Part 1 will be instructional. Every week will have a point of emphasis so that players can gain a wide understanding of basketball throughout the program that accumulates over the 9 week program. Part 2 each week will be game play: Games will **ALWAYS** be 3 on 3. 3 on 3 games help players in a variety of ways. Players have more space to move, they receive more basketball touches during game play, and they have the opportunity to put their learned skills to the test and experience success! All 3 on 3 games will be played on a condensed full court with the hoops lowered to 8 feet, we will use a 27.5 basketball, to ensure that players can use proper technique to shoot the basketball. Older players play 5 on 5, which adds multiple defenders to make the game more difficult for beginning players. Playing 3 on 3 gives players a better opportunity to learn the appropriate time to pass, dribble, or shoot. It is our goal to have every player who participates in the Junior Ballers program has a great experience, improves their skills, and learns a tremendous amount about the great sport of basketball!

Who Plays In Junior Ballers?

- The program will be divided by grade. “The Big East” will consist of Kindergarten and 1st Grade Players while the “ACC” will consist of 2nd and 3rd grade players!
- **Each division will have 4 teams that consist of 12 players each (Maximum 48 players per “division)** Additional sign-ups will be placed on a waiting list and will participate in similar basketball activities at the Foxboro Charter School.

How will MPC Junior Ballers Sessions Work?

- Both the Big East and the ACC will have 2 sessions every Saturday Morning the Big East will be from 8-9 AM and 9:10-10:10 AM. While the ACC will go from 10:30-11:30 AM and 12-1. Each session will have **TWO** teams participating so that there is never more than 24 players on the court at one time! This will ensure maximum amount of opportunities to play.
- In each session there will be 2 condensed courts set up for 3 on 3 games, so that players will have optimal amount of playing time to learn as much as possible from our coaches!
- Every player will receive a REPLICA college jersey for the team that they are participating on!!

Why MPC Junior Ballers is a GREAT choice for your young player?

- ***Players will receive MORE TOUCHES-*** Many times in traditional game formats, teams will have one or two dominant players who have progressed earlier than others. This hinders the development of the rest of the players on the team. In Junior Ballers, ALL players are given the opportunity to possess the ball. This allows them to develop their understanding of the game with quite literally “hands on” experience. Players will have the opportunity to learn the correct decision to make in game situations, as well as put their newly practice skills to the test!
- ***Players will have MORE SPACE-*** With a 3 on 3 format on a condensed courts, players are given the opportunity to have the basketball with more room to operate with it. A less crowded court will give players more of an opportunity to experiment with their new found knowledge and skills that were taught to them during the instructional portion of each session.
- ***Players will learn HOW to play, rather than HOW to RUN a play-*** In MPC Junior Ballers, players will learn basketball CONCEPTS such as spacing and movement rather than set plays. This will allow them to have a knowledge of the game that will fit type of team that they play for in the future. Defense in MPC Junior Ballers will be PLAYER TO PLAYER. This will give players an opportunity to learn how to play on both ends of the floor, and the concepts associated with both!
- ***Players Will Have Appropriate Competition/Game Time-*** With 2 teams participating each hour session, players will be cycled through the 2 courts, to ensure that players are playing against multiple opponents. The hope is to be able to have players competing against those that will BEST challenge them/enhance their skill development. Games will run shorter than traditional basketball games, due to smaller bodies/amount of players on the court. The small game times will allow coaches to set up the best matchups each week!

What are the rules of MPC Junior Ballers?

- All games will be 3 on 3- games will be played on a condensed full court with the hoops lowered to 8 feet, we will use a 27.5 basketball, to ensure that players can use proper technique to shoot the basketball.
- The games portion of every session will be 30 minutes long. There will be 3 10 minute games completed in each session.
- Stealing the ball from a player off of the dribble will NOT be permitted. This is both to help offensive players feel more confident dribbling, as well as teach defensive players the proper on ball technique on defense that they will need as they get older.
- Officiating will be geared towards players PLAYING. Players will be kept safe with regards to physicality and fouling, but will be more instructional with regards to dribbling and possessing the basketball.
- Rules will be EXPLAINED and at times enforced to teach players, but will not disrupt players experiencing basketball game action.

What are the Week By Week Instructional Portion Emphasis Points:

Week 1- 12/2- Players will focus on **BALL HANDLING** and **PASSING-** During the instructional session players will be taught proper dribbling technique. They will learn different individual ball handling exercises to help them improve their ability to move with the ball on the court. They will also learn different ways to get open to receive the ball, and how to properly deliver passes to their teammates. In 3 on 3 play, players will be encouraged to try some of the new moves they worked on with the basketball, and a major focus will be on getting open, passing and catching.

Week 2- 12/9- Players will focus on **SHOOTING-** coaches will teach player proper form (Balance, Elbow placement, eyes, follow through). They will take part in shooting drills to give them the repetition they need to maximize their shooting success! In 3 on 3 play, players will be instructed to take on balance shots at the rim with the technique that was discussed and practiced earlier in the session!

Week 3- 12/16- Players will focus on **DEFENSIVE FUNDAMENTALS AND POSITIONING-** they will be instructed in small sided formats about where they need to be on the court both when their player has the ball, and when they do not. They will learn proper stance and slide techniques to help them understand the correct way to defend. In 3 on 3 play, players will be instructed to utilize the information about defensive play that they learned earlier!

Week 4- 12/30- Players will focus on **OFF THE CATCH MOVES-** during the instructional portion of the session, players will learn about different ways to create separation from their defenders in a variety of ways right after they receive the basketball. In 3 on 3 play, players will be asked to utilize these different moves and techniques upon catching the basketball from a teammate.

Week 5- 1/6- Players will focus on **REBOUNDING-** they will be shown proper technique on how to effectively "box out" their opponent to gain a positioning advantage to grab a rebound for their team. They will also be taught proper pivoting and ball placement techniques to prevent them losing the basketball after a rebound has been achieved! In 3 on 3 play, players will be focused on proper rebounding fundamentals once a shot has been taken by the other team!

Week 6- 1/13- Players will focus on **SCREENING-** during the instructional portion, players will be shown the proper way to set a "pick" or a "screen" to free up a teammate to receive the basketball or to gain an advantage when they already possess it. Players will also learn how setting a good screen can lead to them becoming the open player as well. In 3 on 3 play, players will be instructed to utilize screening when their team possesses the basketball to help them put points on the board!

Week 7- 1/20- Players will focus on **TRANSITION PLAY-** coaches will teach players how to attack defenses when they are at a numbers advantage. They will learn about 3 on 2 and 2 on 1 situations, and the correct way to attack, space out, and score in these instances. In 3 on 3 play, players will be instructed every time these situations arise to run a proper fast break more consistently!

Week 8- 1/27- In the last 2 weeks of the program- players during the instructional session will participate in numerous competitions that will put all of their skills to the test! In 3 on 3 play, players will be challenged to try to have the wide focus needed to be a successful basketball player for years to come!!

Week 9- 2/3- See above!