

2020 METROWEST 2ND-3RD GRADE JR. BASKETBALL LEAGUE FOR INDIVIDUALS

**GAME DATES, SUNDAY:
JAN 5, 12, 19, 26 FEB 2, 9, 16, 23**



Boys & Girls in Grades 2nd-3rd

Individual Sign Ups (not team)

Individual sign ups are offered for players interested in registering as an individual player for the Metrowest Junior League. Players will be grouped together and put on to a Mass Premier team based on age and gender. This depends upon the number of registrations.

Mass Premier will provide each team with a quality youth coach who will consistently work with the same group for the duration of the winter. The primary focus for this winter session is based around fundamental development. Teaching players the correct way to dribble, pass, and shoot along with elementary team offensive and defensive concepts are the major points of emphasis.

Each team will have 12 hours of practice time over the length of the season at MPC. Practices will focus on the basic fundamentals and points of emphasis mentioned above. Practice times will be on either Wednesday nights, Friday nights or Saturday mornings.

<i>Four 8 Min Quarters</i>	<i>One IAABO Official</i>
<i>One Game Per Week</i>	<i>8.5 Height Rims</i>
<i>4 on 4 Games</i>	<i>27.5 Size Basketball</i>
<i>Max 15 Point Lead</i>	<i>Scorekeeper Provided</i>
<i>Metrowest Modified Rules</i>	<i>Coach Provided</i>

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: \$250 Per Individual

- To register go online to www.mpcourts.com
- Contact: Dan Nagle
dnagle@mpcourts.com or 508-543.2626 Ext: 1004

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 over flow of the game.