

Winter Basketball League Practice Schedule

Whatcom Family YMCA Gym

February 27th, 2024 - March 28th, 2024

TUESDAYS:

Court 1:

Court 2:

4:50-5:35 pm: Team G 5:40-6:25pm: Team K 6:30-7:15pm: Team 18	4:50-5:35 pm: Team H 5:40-6:25pm: Team L 6:30-7:15pm: Team 19
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WEDNESDAYS:

Court 1:

Court 2:

4:50-5:35 pm: Team I 5:40-6:25pm: Team 16 6:30-7:15pm: Team 20	4:50-5:35 pm: Team J 5:40-6:25pm: Team 17 6:30-7:15pm: Team 21
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- Coaches please stay prompt with your practice times as the next team will be waiting to use the court.

Winter Basketball League Coaches Line Up

Whatcom Family YMCA Gym

February 27th, 2024 - March 28th, 2024

<u>Team</u>	<u>League</u>	<u>Coaches</u>	<u>Practice Time</u>
G - Purple	6-7yrs	Matt Holmes, Parker Taylor-Follis, Kevin Arndt	Tues 4:50-5:35pm
H - Red	6-7yrs	Cerise Noah, John Dickerson	Tues 4:50-5:35pm
I - Grey	6-7yrs	YMCA Staff, George Flores, Maurice Hodge	Wed 4:50-5:35pm
J - Navy	6-7yrs	Adrienne Pope, Brian Ross	Wed 4:50-5:35pm
K - Green	6-7yrs	Kris O'Hare	Tues 5:40-6:25pm
L - Blue	6-7yrs	Mary Latta	Tues 5:40-6:25pm
16 -Purple	8-10yrs	Joe Delp, Zac Delp, Jordan Chamberlain	Wed 5:40-6:25pm
17 - Red	8-10yrs	Kaylee Wiebe	Wed 5:40-6:25pm
18 - Grey	8-10yrs	Taylor Clements	Tues 6:30-7:15pm
19 - Navy	8-10yrs	Amanda Ager	Tues 6:30-7:15pm
20 - Green	8-10yrs	Steven Longbottom	Wed 6:30-7:15pm
21 - Blue	8-10yrs	YMCA Staff, Gaby Avena	Wed 6:30-7:15pm

Winter Basketball League Game Schedule 2024

Thursday 2/29

6-7yrs

4:50pm	G v J	Court 1
4:50pm	H v K	Court 2
5:40pm	I v L	Court 1

8-10yrs

5:40pm	16 v 19	Court 2
6:30pm	17 v 20	Court 1
6:30pm	18 v 21	Court 2

Thursday 3/07

6-7yrs

4:50pm	G v K	Court 1
4:50pm	H v L	Court 2
5:40pm	I v J	Court 1

8-10yrs

5:40pm	16 v 20	Court 2
6:30pm	17 v 21	Court 1
6:30pm	18 v 19	Court 2

Thursday 3/14

6-7yrs

4:50pm	G v L	Court 1
4:50pm	H v J	Court 2
5:40pm	I v K	Court 1

8-10yrs

5:40pm	16 v 21	Court 2
6:30pm	17 v 19	Court 1
6:30pm	18 v 20	Court 2

Thursday 3/21

6-7yrs

4:50pm	G v H	Court 1
4:50pm	J v K	Court 2
5:40pm	I v L	Court 1

8-10yrs

5:40pm	16 v 17	Court 2
6:30pm	19 v 20	Court 1
6:30pm	18 v 21	Court 2

Thursday 3/28

6-7yrs

4:50pm	I v G	Court 1
4:50pm	H v K	Court 2
5:40pm	J v L	Court 1

8-10yrs

5:40pm	18 v 16	Court 2
6:30pm	17 v 20	Court 1
6:30pm	19 v 21	Court 2

- **Games and practices are held at our Whatcom Family YMCA Gym located on the 3rd floor 1256 N. State Street, Bellingham, WA 98225.**
- **YMCA gym has VERY limited seating for games so please keep this in mind.**
- **All persons over the age of 16 will have to have a photo ID to check in at the front desk of the YMCA.**
- **A water bottle filler is available but a drinkable water fountain is not available. Please bring your own water bottles.**

Basketball League Rules 2024

1. The first 5-10 minutes should be used to warm up and practice basketball skills.
2. Games consist of two 15-minute halves (player substitutions should be made every 4-5 minutes or 3-4 times per half).
3. Teams will play 4 on 4 (ages 4-5) or 5 on 5 (ages 6-7 or 8-10).
4. One on one defense should be set-up so children are playing against players with similar skill levels. Emphasize playing between the person with the ball and the basket.
5. Also hands up, move your feet, and no reaching! Colored wristbands will be used to help children learn defense.
6. **No stealing allowed off the opponent dribble.** Passes or loose balls stealing is allowed.
7. Defense may pick up the offensive players after the ball crosses the half court (blue) line.
8. Keep reminding the team without the ball to get back on defense immediately following a change of possession. No full court press.
9. Alternate players taking the ball out of bounds, dribbling the ball down the court and try to allow all players shooting opportunities.
10. Start games by inbounding the ball at the opposite end of the court of the team having possession. Halftime, fouls, jump balls, etc. should result in a change of possession.
11. Players 4-5yrs and 6-7yrs should be reminded about double dribbling and traveling but there should not be turnovers for doing so. 8-10yrs running with the ball or multiple double dribbles may be called at coaches discretion. Please be consistent with calls and work with the other coach prior to the game on where their team is at. Players should be learning the game and calls should be made to encourage skill development.
12. All players should get equal playing time during each game.
13. **No score will be kept by coaches!**
14. Coaches will be on the court, playing the role of referee and coach simultaneously. You will pick kids to inbound the ball, bring the ball up the court, stop play when out of bounds or a foul is committed, and generally organize game play. Another coach may want to sit with team members that are not currently in the game, so as to keep an eye on them as well as cheer for teammates.

The purpose of YMCA Youth Basketball at this age level is to teach children that team sports can be fun! We also want to teach the fundamentals of basketball (dribbling, passing and shooting), the difference between offense and defense, respect for others and teamwork.

Thank you for your time and effort! Have fun!