

PLAY WITH PURPOSE

Basketball Coach Training

Level 1 (K5) Modifications

Rule	Explanation/Comments
Goal Height	7 ½ feet
Ball Size	25"
Game Location	Taylor Hall
Games consist of eight, 4-minute segments and a 7-8 minute halftime. One minute is allotted for substitutions between segments	This keeps the games to the allotted 60-minute time slot, and allows each player to be in the game for shorter segments than older age divisions.
Score is NOT kept	The focus of this age is to learn fundamentals, not winning and losing.
3-second violation is NOT called	Referees should advise players of this potential violation but not penalize
Coaches are allowed (encouraged) on the floor with players	The focus is for coaches to instruct and encourage players at all times.

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Level 1 (K5) Modifications - continued

Rule	Explanation/Comments
Stealing the ball from the dribbler is NOT allowed	To encourage the offensive player to dribble with correct form without the pressure of having the ball stolen
Stealing the ball off a pass is NOT allowed (re-evaluate at mid-season)	To encourage the offensive player to pass with correct form without the pressure of having the ball stolen
Violation is called (referee discretion) for having two hands on the ball while dribbling *	Due to limited hand-eye coordination, this allows a player to establish correct dribbling form through rhythm and pressure on the ball.
Violation for double dribbling is called (referee discretion) *	Players should learn the concept of double dribble but should be allowed the opportunity to correct it without penalty.
Violation for traveling is called (referee discretion) *	Players should learn the concept of traveling but should be allowed the opportunity to correct it without penalty.

* Teaching moments

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Rule	Explanation/Comments
Violation for traveling is not called when a player shuffles feet when trying to set up for a shot	Because this age group is single skill focused, players will tend to shuffle their feet when focusing on setting up for a shot. This is corrected as the player develops in skill as he gets older.
Fast breaks are not allowed in any transition situation	This promotes a controlled game. Players at this age learn better when the pace is controlled.
Shooting fouls do not result in free throw attempts	A player who gets fouled while shooting gets to retry his/her shot from the spot of the foul without being defended. Ball is live after shot is attempted. This allows a player to attempt a shot that he was trying to take prior to the foul from the same spot.