

## WELCOME TO FIRST STEP: THE LEAGUE

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First Step is a program designed to help young basketball players learn the fundamentals of basketball. First Step The League is where players start their journey within the M14 System in live game play. The games are internal, so we can control the environment and make sure all players are learning and progressing.

We will use the first couple practices to determine the best way to split our teams. The goal is to make the games as competitive as possible by creating an environment that allows all players to grow.

All training sessions & games will be run by M14Hoops full-time staff. Games will be refereed by M14Hoops staff.

-Arrival Time

-Absences

-Departure Time

-Athletic Attire - basketball shorts, shirt, athletic shoes. No hats or hoodies. During winter condition - change outside the gym

-Court Assignments for practices and games

-Schedule

-Player expectation

-Group divides: Each grade level will be within that grade level. Unfortunately we do not take group/team request due to the amount of interest in the program.

\*\*\*Development takes time\*\*\*

### **K-2nd Grade Training Session Curriculum:**

- This is NOT the order in which we will teach. Just an overview of what will be taught.
- We respectfully reserve the right to adjust the curriculum according to players' needs.

### **Understanding the M14 Championship Culture**

- Stand in front the coach
- Look the coach in the eyes when they are talking
- No talking when the coach is talking · Ball on your left hip or in front of you when Coach is talking
- Hustle in and out of drills
- Answer coaches loudly 'Yes/No Coach!'

### **Understanding the Rules of Basketball & Understanding the rules Basic**

#### **Terminology**

#### **Basketball Skills that will be learned:**

- Triple Threat Stance
- Level 1 stationary ball handling
- Pistol Pete Series
- Crossover

## **Intro to Footwork**

- Understanding pivot feet (Sweeps/rips) ·

## **Onside sweeps**

- Cross-step sweeps
- 3 cone footwork drill
- Jab Step

## **Full Court Dribbling**

- Speed Dribble (right/left)
- Jump stops
- Jump stop pivots (Front)

## **Passing & Catching**

- Chest Pass
- Bounce Pass
- Moving while passing & catching

## **Lay ups**

- Footwork
- What to aim for · Weak hand footwork

## **Intro Shooting Form**

- Step into the shot

## **Defense**

- Stance
- Sliding Feet · Zig-Zag

## **Game Rules**

1. One team will wear the penny's provided for games.
2. Basket height will be at 8ft. Ball size is 27.5 for all players.
3. Each game will consist of two 16 minute halves – running clock.
4. Equal playing time for all participants. Clock will stop every 4 minutes for subs.
5. Our offense is position-less so players can learn guard skills and footwork.
6. No steals on the ball. That will gradually change as players develop.
7. No double teaming permitted on defense.
8. Refs/coaches will slow down fast breaks to allow players to get back and allow all kids to bring the ball up the floor.
9. 1<sup>st</sup> half of the season – the ball will be returned to the team that made a Turnover. We will work toward giving the ball to the opposing team during the 2<sup>nd</sup> half of the season.
10. We will make adjustments from week-to-week.
11. We will mix up teams weekly.
12. Any tie game will result in sudden death (first team to score wins!)

