**LMYA Basketball 2019-2020**

LMYA basketball is a fun, skill development-oriented basketball league. All practices and games will be in Lafayette or Moraga and held on consistent days and times. The program is open to girls and boys, begins in 1st grade, and continues through 8th grade. 1st-3rd graders can request to be on teams with friends, while 4th- 8th grade teams will be divided evenly to achieve reasonably balanced teams.

Philosophically and developmentally, we believe that smaller team sizes and ½ court 3v3 basketball develops skills most effectively and is a really fun style of play for the kids. In half court games with small teams, all children touch the ball frequently leading to more opportunities for significant skill improvement. First thru third grade teams will have teams of no more than 8 players and games will be ½ court 3v3 (splitting teams of 8 into two smaller 4-person squads on game day). Smaller teams and ½ court play allow coaches to focus on teaching fundamental ball handling, shooting, and defensive and offensive strategies without needing to spend time on the complexities of full-court offensive and defensive play (which can take up 50% or more of practices in 5v5 leagues).

1st and 2nd graders will have a single 75-minute game/practice each weekend. 3rd graders will have a weekday practice and play three or four 3v3 games each weekend over the course of 90 minutes.

4th thru 8th graders will have no more than 10 players per team and will play 5v5. Players will learn the fundamentals of full court basketball in addition to building essential skills. Each team will have one week day practice and one weekend game.

Children who are particularly interested in developing their skills can simultaneously play LMYA and other leagues (e.g. CYO or AAU). The LMYA season runs from November to February.

Our goal at LMYA Basketball is to create the best experience for your children; where they learn skills, connect with teammates and develop a love for the sport! We welcome feedback and aim to improve our program each year with support from our great LMYA community.

For any questions about the program, please contact Jim Smith (james.smith@ucsf.edu), our LMYA Basketball Commissioner.

Online enrollment opens August 30th. For more information please [visit our website](https://lmyasports.com/?page_id=1041).

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For more information about 3v3 basketball:

<https://www.nytimes.com/2018/06/07/sports/basketball/fiba-3x3-world-cup.html>

<https://www.usab.com/3x3/3x3-basketball.aspx>

<https://www.worldofbasketball.org/3-on-3-benefits-for-youth-basketball.htm>

<https://www.breakthroughbasketball.com/coaching/incorporate-3v3-leagues-into-your-youth-program.html>