

LMYA Basketball 2021-2022

What are our core values?

- Equal playing time, skill development, fun, exercise
- Consistent game and practice times and location
- Offer a unique basketball program (3v3 on a ½ court) designed to maximize skill development, fun, and competition.

What do we offer?

- Coach training
 - Preseason training
 - LMYA app with practice plans and videos of skills
- Accept friend requests for teams(not guaranteed)
- No Tryouts
- Focus on skill development and competition
 - **Grades 1-2:**
 - Saturday practice / scrimmage for 75 minutes **outdoor** at Rheem, Los Perales, and CP
 - **Grades 3-8:**
 - **Saturdays:** 3v3 games. 15min each. 3+ games. JM.
 - **Sundays:** Practices at JM or Stanley. 90 minutes each practice.
 - **Mid-season 3v3 tournament.** Prizes. Food trucks. Music.
 - **End-season 3v3 tournament.** Prizes. Food trucks. Music.

Benefits of LMYA Structure:

- 8-9 person teams; 3v3 ½ court basketball
- More touches for each child: more passing, shooting, defensive opportunities
- Eliminate need to learn press offense & defense
- Focus on learning important core basketball skills:
 - Dribbling, passing, shooting, M2M defense, pick and roll, give and go
 - Skills translate to 5v5 basketball perfectly
- Key proponents of structure:
 - JrNBA 3v3, Pro 3v3 league, Olympics, and at local level, Lamorinda Varsity HS utilize frequently

Game / Practice Day (Grades 1-2):

- 75-minute practice / game sessions **outdoor** at Rheem / Camino Pablo / Los Perales on Saturday
 - 30 min practice with own team on ½ court.
 - 45 min scrimmage ½ court vs. another team
 - Can be 3v3; 2v2; or 1v1
 - Can freely move players between squads at any time.
- Not keeping game score. No standings. Coaches are referee.
- Three 12min/games with 5 min changeover
- **Spectators welcome. Masks mandatory**

Game Day / Saturday (Grades 3-8)

- Half court **outdoor** 3v3 games at Joaquin Moraga on Saturday
- Keep game score. No standings.
- Play 3+ half court games (3v3) each Saturday
- 15min/game with 5 min changeover

- **Spectators welcome. Masks mandatory**

Practice Day / Sunday (Grades 3-8)

- Each time has full court outside at JM or Stanley on Sundays with consistent schedule each week
- 90 minutes
- **Masks mandatory:** coaches, players, parents

Mid-Season and End of Season 3v3 Tournaments (Grades 3rd - 8th):

- 3v3 court tournament outdoor at Stanley or JM
- Round robin style in “flights” followed by play-in bracket
- Must have at least 3 players per team to participate.

Start and End Dates:

- First practice: Saturday November 13, Sunday 14
- First games: Saturday November 20
- Holiday Tournament: December 18, 19 (Grades 3-8)
- Season games resume: Jan 8, Practices Jan 9th
- Season end tournament: Feb 26, 27 (Grades 3-8)