


# LMYA Basketball 2021-2022





# Introduction to LMYA Basketball Team

- Jim Smith: basketball commissioner
  - Bill Flitter: basketball commissioner
  - Hillary Johnston: LMYA administrator
  - Judy McNeil: LMYA administrator
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# What are our core values?

- Equal playing time, skill development, fun, exercise
- Consistent game and practice times and location
- Offer a unique basketball program designed to maximize skill development, fun, and competition.
- LMYA is part of Lamorinda community!



# What do we offer?

- Coach training
  - Preseason training
  - LMYA app with practice plans and skills
- Accept friend and coach requests for teams
- No Tryouts
- Focus on skill development and competition
  - **Grades 1-2:**
    - Saturday practice / scrimmage for 70 minutes outdoor at Rheem and CP
  - **Grades 3-8:**
    - **Saturdays:** 1/2 court games. 15min / 3-5 games. JM. 830am-630pm.
    - **Sundays:** Practices at JM or Stanley. Full court outside. 8am-5pm
    - **Mid-season 3v3 tournament (Dec 18-19)**
    - **End-season 3v3 tournament (Feb/March TBD)**

# Benefits of LMYA Structure

- 8 person teams; 3v3 ½ court basketball
- More touches for each child: more passing, shooting, defensive opportunities
- Eliminate need to learn press offense & defense, but lay groundwork for these.
- Focus on learning important core basketball skills:
  - Offense: Dribbling, passing, shooting, screen ball, screen away, post-play, pick and roll, give and go
  - Defense: M2M; Zone; Trapping
- Key proponents of structure:
  - JrNBA 3v3, Pro 3v3 league, Olympics, Lamorinda Varsity HS utilize frequently (Campo, Acalanes)

Game /  
Practice Day  
Saturday  
(Grades 1-2)

- 70-minute practice / game sessions at Rheem (girls) / CP (boys)
- 35 min practice with own team on ½ court.
- 35 min scrimmage ½ court vs. another team
  - Divide team into 2 squads
  - Can be 3v3; 2v2; or 1v1
  - Can freely move players between squads at any time.
- Not keeping game score. No standings. Coaches are referee.
- Two 15min games with 5 min changeover
- **Masks for coaches and players (close contact for >15min)**

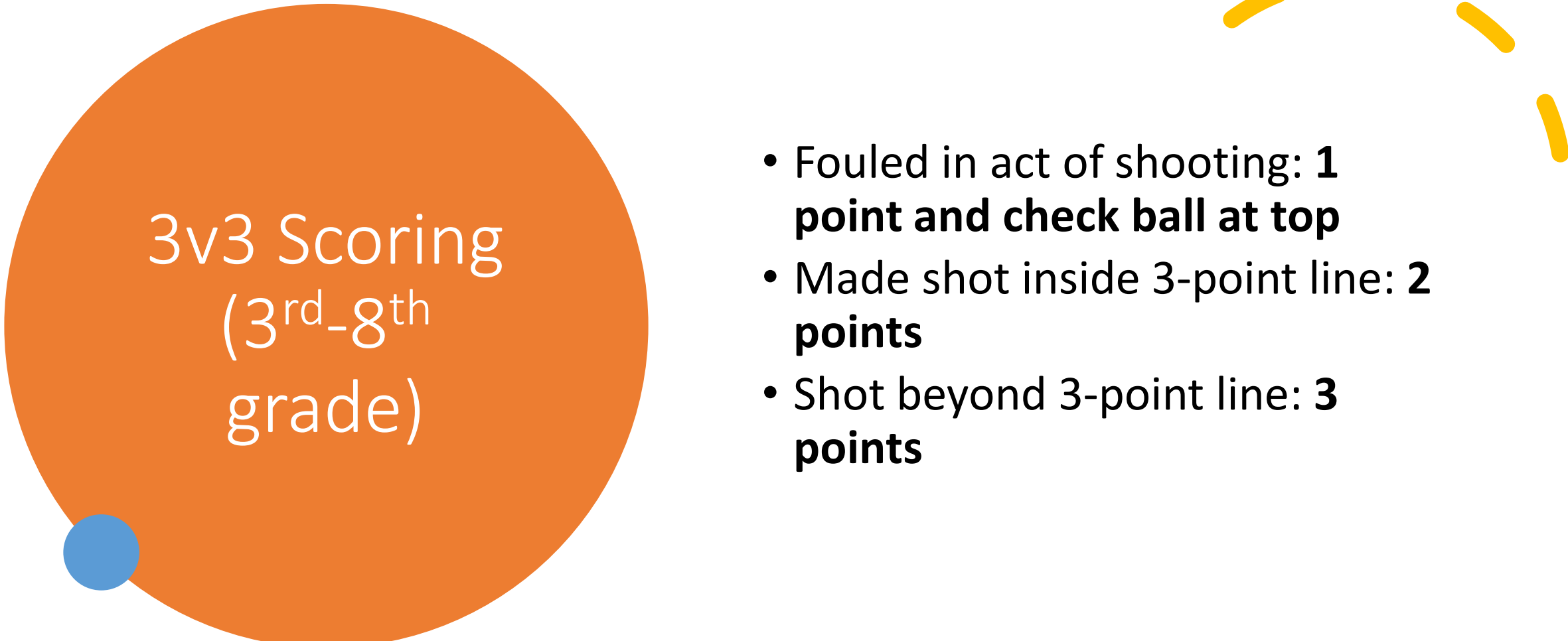
# Game Day Saturday (Grades 3-8)

- Half court outdoor JM
  - Divide team into two squads
  - Playing as a “squad” (e.g. Wings have 7 players: 3 on squad A and 4 players on squad B)
  - Can be 3v3; 2v2; or 1v1
  - Can freely move players between squads at any time.
- Keep game score. No standings.
- Play 3-5 half court games each Saturday
- **\*Parents will see a “Be There Time” on schedule**
- **Coaches have detailed schedule**
- Mixing team play between grades
- 15min games with 5 min changeover
- **Masks for coaches and players (close contact for >15min)**

# 3v3 Rules

- Must inbound to start play
- Inbound above 3-point line with “check ball”
- Check ball up top for made baskets, fouls, and out of bounds
- No free throws
- No guarding above 3-point line for in bound pass
- Guard anywhere once ball is in bounded





## 3v3 Scoring (3<sup>rd</sup>-8<sup>th</sup> grade)

- Fouled in act of shooting: **1 point and check ball at top**
- Made shot inside 3-point line: **2 points**
- Shot beyond 3-point line: **3 points**

# Practice Sundays (Grades 3-8)

- Full court outside at JM or Stanley
- 90 minutes
- For practice or team assistance:
  - LMYA app for practice plans and training videos
  - Jim Smith: [james.smith@ucsf.edu](mailto:james.smith@ucsf.edu)
  - Bill Flitter: [billflitter@gmail.com](mailto:billflitter@gmail.com)
- **Masks for coaches and players (close contact for >15min)**

# Mid-Season & End of Season 3v3 Tournament

- 3v3 court tournament outdoor in December and Feb 26 (**3<sup>rd</sup>-8<sup>th</sup> grade only**)
- Round robin style in “flights” followed by division play (e.g. Platinum, Gold, Silver, Bronze)
- **Define a “team” from the main team that must stay together whole tournament.**
  - No substitution from main team or guest players.
- Must have at least 3 players per team to participate.
  - If 6-9 players → 2 teams
  - If 3, 4, or 5 players → all players on one team
  - If 1,2 players → unable to field team
- **Look at availability. Coaches will need to know about Dec 18 for teams in next few weeks.**



Questions?