

Rookies Basketball League

Players & Parents Information

Rookies Basketball is designed to offer a fun introduction to competition basketball.
WE HAVE SOME SPECIAL RULES TO HELP MAKE ROOKIES BASKETBALL MORE FUN!!

The following key areas are taught in Rookies Basketball.

Modified Rules

- **Games are played on lowered rings** (U/10s 8"6' & U/8s 7"6'.)
- **Small sided games** - less players on the court allows more space for players to dribble pass and score. U/8s - 3 on 3, U/10s - 4 on 4
- **Relaxed dribbling rules** - We progressively introduce the 2 key rules in the following order:
 1. Double Dribble—Players are only allowed to dribble the ball one handed and must pass or shoot at the conclusion of their dribble.
 2. Travelling—Players are not allowed to run with the ball in their hands - you must dribble the ball when running.
- **No Contact - No Grabbing** - To keep it safe and to build confidence, Rookies Basketball is **NO CONTACT**. In Particular, if a player has possession of the Basketball, defenders must not make any contact with that person.

Please Remember that our Coaches and Referees are all learning too, so please be understanding.

If you have any problems or concerns about your game, please speak directly to Rohan Stevenson - Basketball Development Manager.

Rookies Skills Sessions

At half time every week, your team will have a 15 minute skills session, lead by your team coach.

In Term 2 our focus is to teach every player how to

- Layup—Left and Right Hand
- Pivoting
- Shooting Technique
- Guard the Ball



We play lots of fun games to practice these skills, as well as give each player a chance to practice their skills.

Don't Forget that the courts are available each week at 4PM, So you can come in early for 30 minutes of Practice and Free Play.

If you have any questions at all, please contact rohans@newcastlebasketball.com.au, or phone 4961 3185.

Get Into Basketball In 2010