



BITTY BASKETBALL ORIENTATION

January 2018

What is YMCA Bitty Basketball?

Bitty Basketball is a preschool sport program for boys and girls ages 3-6 years old. Children will benefit from the socialization and physical activity of our organized play, while having the opportunity to learn the basic basketball fundamentals, such as shooting, dribbling, passing, and defense, in a non-competitive environment. Emphasis is on teaching the values of good sportsmanship, teamwork, and skill development in a fun atmosphere for all.

Why YMCA Bitty Basketball?

This program helps children develop fundamental skills and incorporates teamwork through instructional play. Whether it's gaining the confidence that comes from learning to play or building the positive relationships that lead to good sportsmanship and teamwork, participation in sports at the Y is focused on youth development, healthy living, and social responsibility. The YMCA preschool sport programs help kids become not only better players, but better people as well. We encourage fair play, friendly competition, and family involvement.

How will fundamentals be taught?

The YMCA's Bitty Basketball program provides a safe and fun environment for young children to develop the basic skills necessary for basketball. It's a progressive program that is designed to provide children with the opportunity to learn the basic basketball skills of ball handling, shooting, rebounding, passing, and game play. This program consists of structured drills and games. We use a mini basketball and lower the goals to five foot for ages 3-4 and seven foot for ages 5-6 so everyone can succeed.

Program Details:

When: Program Dates: January 23rd – February 24th

Times:

Practices: Tuesdays from 6:30–7:00 p.m. & 7:15–7:45 p.m.
Thursdays from 6:30–7:00 p.m. & 7:15–7:45 p.m.

Games: Saturday mornings at 9:30 a.m., 10:30 a.m., 11:30 a.m., and 12:30 p.m.
All times are Eastern Time

Schedules:

Schedules and team rosters will be emailed out to parents and coaches by Friday, January 12th. If you did not list an email address, you will be contacted with your first practice time and printed copies will be available the first night of practice.

Where:

Indoors at the Tri-County YMCA Gymnasium
****Please watch our Facebook page and website for cancellations. We will also send out an email informing parents of a cancellation. Cancellations will be made at least 1 hour prior to the first practice or game. In case of a cancellation, we will follow the schedule and make-up the missed practice/game at the end of the season.**

Supplies:

The YMCA will provide the balls (size 3). Children are welcome to bring their own ball to practices. Please put the child's name or initials on the ball.



Practice Example:

- PRAYER: Staff will lead the children in a devotion
- WARM-UP: Staff will lead the children through several warm-up exercises
- PASSING: Bounce passes only / Use both hands
- DRIBBLING: Walking between cones / Relay races, short run, long run
- POSITIONS: Placement on the court / Running to the goal, passing and shooting
- SHOOTING: Shooting to parent goal / Shooting to higher goal

Game Day Example:

- PRAYER: Staff will lead the children in a devotion
- WARM-UP: Staff will lead the children through several warm-up exercises
- GAME PREP: Review the skills that were taught at the previous practice and discuss the concept of the game
- GAME: The kids will play two 8 to 10 minute halves with a water break after the first half

Recognition Day: A special game will be played on the last day of the season (Feb. 24th). After the game, the players and coaches will be recognized for their participation and assistance.

T-shirts: T-shirts will be provided. We ask the child to wear his/her shirt on practice and game days. They will be handed out at the first practice.

Pictures: Pictures will be professionally taken for memories and keepsakes by Victory Photography. The specific picture date for each team will be listed on the schedule. Envelopes will be handed out at the first practice. The pictures will be returned on Recognition Day.

Volunteer Coach's Meeting: There will be a volunteer coach's meeting immediately following the parent orientation. Please stick around if you are interested in learning more and want to get involved with the program.

PARENT INVOLVEMENT IS HIGHLY ENCOURAGED!

Thank you to all of the parents who help make this available to the children.

Contact Information:

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