



BITTY BASKETBALL ORIENTATION

February 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 feet for the 3 & 4 year olds and seven feet for the 5 & 6 year olds so everyone can succeed.

Program Details:

Dates: March 12th – April 23rd
*No program on March 19th – Spring Break

Times: Monday Evenings from 5:30-6:15, 6:15-7:00 p.m. and 7:00-7:45 p.m.
All times are Central Time

Schedules: Schedules and team rosters will be emailed out to parents and coaches by Monday, March 5th. 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: Main Gym at William Tell Elementary School
**Please park in the back by the playground.

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.



***Practices will take place the first 3 session dates.**

***Games will be held the last 3 session dates.**

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 skills and discuss the concept of the game

GAME: 2-10 minute halves with a short "half-time"

Recognition Day

A special game will be played on the last day of the season (April 23rd). After the game, the players and coaches will be recognized for their participation.

T-shirts

Team t-shirts will be provided at the first practice for the players and coaches. We ask that the children wear their shirts on practice/game days.

Pictures

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

Volunteer Coach's Meeting: There will be a short Volunteer Coach's Meeting immediately following the Parent Orientation Meeting. Please stick around if you are interested in learning more and want to get involved with the program.

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

Contact Information:

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