

TAKE SIX MINI-BASKETBALL



TEACHER'S GUIDE RULES & MANAGEMENT OF THE GAME



© **MINI-BASKETBALL ENGLAND PROMOTIONS**



The Rules & Organisation of the Game

i) Using the Game

A player's first experience of a new game is often the deciding factor of whether they want to continue to play the game.

Our aim is to ensure that players, teachers, coaches and helpers all enjoy a positive experience as they are first introduced to organised competitive Mini-Basketball. We also need to ensure that the players' enthusiastically transfer to basketball at 12 years of age.

'Take Six Mini-Basketball' provides the progression between curricular games & activities in lessons and club sessions, through to the full Mini-Basketball game rules and eventually on to Basketball. The 'Take Six Mini-Basketball' rules are based on the basic requirements of playing Mini-Basketball and can be easily taught as part of normal lessons. The game is ideal for matches played in primary school halls, where there may be limitations in terms of overall space.

The game encourages maximum participation from those involved and introduces the roles of scorer, timekeeper and referee to all the participants.

The game, a modified version of Mini-Basketball, is designed for inter-class games, friendly fixtures between schools, local cluster or area festivals, school or club leagues, coaching sessions, leisure centres and holiday schemes.

The game fits the requirements of Key Stage 2 of the National Curriculum for boys and girls in years 3, 4, 5 & 6. As in all children's games, we should remain flexible in our approach, ensuring the game is enjoyable and meets their physical and intellectual needs.

We hope that this guide will give all those who are not familiar with Basketball, the confidence to teach/coach Mini-Basketball.

ii) What you need to play

1. The court

a) Size:

The game may be played in a school hall or playground space of approximately 22m x 12m. Larger and smaller sizes are permissible, as long as the court is considered safe for the game. This will depend on the size, speed and experience of the players. It is preferable to play on a rectangular court, although it is still possible to play within a square space, if large enough.

b) Markings:

It is essential that the boundaries of the court be clearly marked. This can be undertaken professionally and, where possible, should include the official Mini-Basketball court markings (see *section 6 – resources page ***). Where this is difficult, the games can be played on a badminton court or utilise existing playground markings.

The minimum requirements in terms of marking are the court boundaries and centre court (*line or circle*).

Any court used must have a smooth, safe, non-slip surface, without projections, obstacles, drains etc.

2. Equipment

a) Mini-Basketball Stands

These can be fixed to the wall or free standing (permanent or moveable). Mini-Basketball England can provide the names of suppliers.

The height of the ring can be varied according to the age & height of the children. The following ring heights are recommended:

Age 6 to 7 ... 1.68m
Age 8 to 9 ... 2.11m
Age 10 to 12 ... 2.60m

b) Balls

Mini-Basketballs are available in two sizes

Age 6 – 9 (Years 1 – 4) Size 3
Age 10 – 11 (Years 5 & 6) Size 5

The transition between sizes is dependent on the height and stage of development of the children.

c) Clothing

Children like to wear team colours. Ideally, matching team vests and shorts should be worn with different numbers within the range 1 to 99 on the vests.

Alternatively, matching team T-shirts or bibs may be worn; schools often have their own PE uniforms.

Footwear should be suitable for indoor games, e.g. clean trainers. Laces must be tied, so that footwear does not slip off. Playing barefoot should be **discouraged**. Teachers and coaches should ensure jewellery is not worn and that long hair is tied back.

3. The Squad

a) General

The squad should consist of 6 players. The numbers in a squad can be modified but there should be 3 players from one team on court at any one time. All players should have equal time on court and an opportunity to officiate.

Matches should be 4 x 6 minute or 8-minute periods with 2 minutes at each interval, during which the roles of squad members should be rotated.

All the players should play in 2 periods.

Squad players who are not on court will take on the role of timekeeper, scorer or referee (assisting a competent referee).

Substitution may be made at any time in the event of illness or injury.

b) Possible rotation of the squad

For a squad of 6

Playing Period	Players on Court	Referee/Scorer /Timekeeper
One	1, 2, 3	4, 5, 6
Two	4, 5, 6	1, 2, 3
Three	1, 2, 3	4, 5, 6
Four	4, 5, 6	1, 2, 3

Where larger squads are used, e.g. 9 in a squad, 6 periods could be played. Teachers and coaches can arrange the children in ability or mixed ability groups. It is a good idea to discuss with the teacher or coach of the opposing team how the threes are going to be selected before the game starts. Try to organise the game so it is fair and enjoyable for all the participants.

c) *The Players*

'Take Six Mini-Basketball' is a game, which may be played by single-sex or mixed teams. Three members of the squad are on the court at any one time

Each player is allowed unrestricted movement on the court and teams may devise tactics to suit the strengths of their players. Where there are players of different heights, teachers or coaches are asked to cooperate to ensure players are, where possible, evenly matched.

In 'Take Six Mini-Basketball' players must mark player to player.

d) *Scorers, Timekeepers and Referees*

When squad members are off-court they take on the roles of scorer, timekeeper and referee. They will cooperate with the opposing team when fulfilling the roles. Where there are larger squads some doubling up will be required. In lessons or coaching sessions, the players should practice the duties of each role:

Scorers (1 or 2 players):

Keep a score using the 'Take Six Mini-Basketball' scoresheet. (see Section 2 number 8 – *Keeping a Scoresheet*)

Timekeepers (1 or 2 players):

Time the 6 or 8-minute periods and indicate to the referees when the period is over. The clock is not stopped, unless requested by the referee.

Referees (1 or 2 players):

Children should act as an assistant to the teacher, coach or competent referee.

They should never take full responsibility for controlling the 'Take Six Mini-Basketball' game. This responsibility always remains with the qualified adult. However, some children do become very good at refereeing and enjoy this role. In the early stages the teacher or coach can give the child specific tasks rather than expect them to do all the refereeing tasks. For instance, they could be responsible for 'out of bounds' calls on the opposite side to the teacher or coach, who is acting as game referee. They could retrieve the ball when the referee blows the whistle and return it for the throw-in. They can keep a record of which team has 'alternate possession' after a held ball.

If any child feels uncomfortable in fulfilling this role they should be excused their turn. If any difficulties arise as a consequence of children refereeing, the teacher or coach should step in to manage the situation.

e) *Playing the game*

The objective of the game is for a team to score more points than the opposition. Two points are awarded for a successful basket.

1) *Duration of the game*

Matches should be four periods of 6 or 8 minutes with 2 minutes at each interval.

The game has been divided into 4 periods to allow for a fair rotation of 6 players so that each player will play 2 periods and officiate for 2 periods.

Teams can toss a coin for choice of end. Teams change ends after the second period.

2) Start & restart of play

The play can start with either a jump ball or a centre pass. It is best to use a centre pass until the children have developed the skills for a jump ball. A coin can again be used to decide the team which will have the first centre pass.

Teachers or coaches, will therefore, decide on the method of starting the game, dependent on the age and experience of the players.

Centre Pass

A centre pass is where one team is given possession at the half-way line and is allowed to pass the ball to a team mate, who is standing or moving outside the centre circle or, where the circle is not marked, at least 2 metres distant.

The opposing team must also stand outside the circle or at least 2 metres away.

Jump Ball

A jump ball takes place when the referee tosses the ball vertically upwards between two opponents at the centre circle. One or both of the jumpers tap the ball only after it reaches its highest point. All the other players shall remain outside the circle until the ball is tapped.

After a basket has been scored any member of the defending team passes the ball back into play from the end line. The players do not wait for the referee because he does not blow his whistle to restart the game after a basket.

When a child breaks a rule the game is restarted by a throw-in from the nearest point at the side or end line to where the mistake was made.

3) Playing the ball

The game is played to three basic rules:

3.1 One dribble

A player may use a dribble to move around the court. It is a continuous bouncing action using one hand to contact the ball. Alternate hands may be used, **but not two hands together**. A dribble ends when the ball comes to rest on one or in both hands. The player cannot start again until another player has handled the ball.

3.2 The one-two count

At the end of a dribble or when catching the ball on the move, the player makes a one-two count stop.

One is when the player catches the ball. If he is off the ground when the ball is caught, it is when the first foot touches the ground.

Two is when the player pivots. If he is in the air when he catches the ball it is when the second foot lands on the ground.

After **two** the player may step as many times as he chooses with the second foot. He must release the ball with a pass or shot before the pivot foot touches the ground again.

If the player chooses to dribble he must release the ball at the start of the dribble before the pivot foot leaves the floor.

The player may only take one step whilst holding the ball. If they take more than one step they have **travelled**. However, they are allowed to pivot on one foot and take as many steps with the same foot as long as the pivot foot remains in contact with the ground.

3.3 Avoid Contact

It is inevitable that there will be contact.

In deciding whether to penalise any contact consider the following principles:

- Did the player make every effort to avoid contact?
- Was the personal space of the other child invaded?
- Was there any action that caused contact?

If the referee decides that the contact should be penalised he should blow his whistle, indicate a foul and give a throw-in to the other team from the nearest point out of bounds. A free shot is awarded if a player is fouled in the act of shooting.

4) Out-of-Bounds

A player is out-of-bounds when he touches the floor on or outside the boundary lines. The ball is out-of-bounds when it touches a player, the floor or any object, including the support or back of the backboard, on or outside the boundary line.

The ball is awarded to the opponents for a throw-in.

If the referee is in doubt concerning which player touched the ball last, causing the ball to go out-of-bounds, he will give the ball to the team which has 'alternate possession' to restart the game.

5) Throw-in

A player shall take a throw-in from out-of-bounds at the closest point to where the rule was broken, at a place indicated by the referee.

When the throw-in is taken no other player may have any part of his or her body on or over the side or end line.

It is better that the referee handles the ball before the throw-in to ensure the decision is clear.

6) Alternate Possession

Alternate possession is a method of restarting the game when:

- Two or more players of opposing teams have one or both hands firmly on the ball.
- The ball goes out-of-bounds and it was touched simultaneously by two opponents.
- The referee is in doubt who last touched the ball.
- The ball lodges on the basket support.
- The ball accidentally enters the basket from below.
- Fouls are called simultaneously on opposing players.

The referee or his assistant should keep a record of which team has alternate possession. The first alternate possession is awarded to the team who did not take the centre pass. If a jump ball was used to start the game, the team that did not get first possession shall have the first alternate possession. Thereafter, possession is then awarded alternately to each team.

The team awarded alternate possession restarts the game with a throw-in.

7) Free Shot

If a player is fouled in the act of shooting he is awarded a free shot. The shot is taken from the point where the infringement took place. The offending player must stand still, with his arms down, alongside the player who is shooting. All other players must remain still until the shot is taken.

f) General advice on officiating 'Take Six Mini-Basketball'

1) Control

The officiating team should be confident in their different roles.

Referees need to:

- give clear decisions to help the players.
- help all the players learn the rules.
- help the players improve their skills.
- work with the scorer & timekeeper.

2) Equipment

The following items are required:

- a copy of the rules of 'Take Six Mini-Basketball' for reference.
- whistles on lanyards to be worn around the neck.
- a stop-watch or stop-clock for the time-keeper.
- pencils and score-sheets for the scorers.
- a suitable match ball.
- safe basketball goals and playing area (court).

3) Clothing

Clothing suitable for quick movement should be worn including non-slip clean trainers. Jewellery should be removed.

4) Use of the whistle

The whistle is only used to stop the game:

- for an infringement of the 3 basic rules.
- if the ball goes 'out of bounds'.
- to award alternate possession.
- at the end of a playing period.
- for any special reason, e.g. injury.

5) Stopping the game

First - Blow the whistle

Second - Describe the reason, e.g. 'Running with the ball'

Third - State the penalty, e.g. 'Free shot'

Fourth - Say whose basketball ball it is, e.g. 'Red ball'

In time the official signals can be used.

Finally, indicate where the pass or shot is to be taken

6) Movement of the referees

The referee(s) should:

- take up a position at the side of the court during play.
- take opposite sides if there are two or more referees.
- move ahead of the play to their right.
- keep behind the play to their left.
- keep in line, with the ball between them (*sandwich*).
- ensure they have a good view of the play.

7) Keeping Time

The time-keeper starts the stopwatch or clock as the ball is put into play at the start of a period. He indicates to the referee when time is up at the end of a period.

8) Keeping a score-sheet

The Scoresheet – Instructions to the Scorekeeper

A. Before the game starts fill in, using capital letters:

- The venue
- The date
- The names of the teams.
- The colours worn by the teams.
- Name and numbers of the players in numerical order.

B. During the game:

- There are 4 columns for the running score: 2 for team A and 2 for team B. Record the individual points scored by each player by drawing a diagonal line “/” for a valid field goal scored and filled circle “o” for any valid free throw scored in the correct “running” score column.

Then in the empty space beside, enter the number of the player who scored.

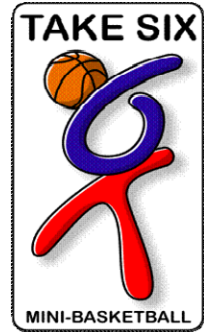
- At the end of each period, put a circle round the latest scores of each team and rule a line immediately below them.

C. After the end of the game:

- Complete the “Final Score” and the names of the teams.

Ask the referees to sign the scoresheet.

TAKE SIX MINI-BASKETBALL SCORESHEET



Venue:											
Date:											
Team A:											
Colour:											
Players:											
No	First Name	Family Name		A	B				A	B	
				1	1				26	26	
				2	2				27	27	
				3	3				28	28	
				4	4				29	29	
				5	5				30	30	
				6	6				31	31	
				7	7				32	32	
				8	8				33	33	
				9	9				34	34	
				10	10				35	35	
				11	11				36	36	
				12	12				37	37	
Team B:				13	13				38	38	
Colour:				14	14				39	39	
Players:				15	15				40	40	
No	First Name	Family Name		16	16				41	41	
				17	17				42	42	
				18	18				43	43	
				19	19				44	44	
				20	20				45	45	
				21	21				46	46	
				22	22				47	47	
				23	23				48	48	
				24	24				49	49	
				25	25				50	50	

Result:

Team.....

Team.....

Points.....

Points.....

Referee.....

Referee.....

Information on Resources

The Official Mini-Basketball Teaching Manual

'Mini-Basketball – A Guide to Teaching and Coaching' by Martin Spencer is considered to be the very best reference book in the world. Martin Spencer, one of the most experienced teachers and coaches of Mini-Basketball has addressed all the elements and issues that support the development of Mini-Basketball in the P.E. curriculum and as an out of school activity.

- Fully comprehensive with philosophy and rules and over 250 games and practices.
- Breakdown of individual skills and techniques which can be enlarged as posters.
- Guidelines for offensive and defensive teamwork.
- Mini-Basketball rules simply explained and adapted to suit individual requirements.
- Circuits and Challenge Cards.
- Programmes of Study for the National Curriculum.
- Units of work comprising detailed lesson plans which are progressive and developmental.
- Covers Key Stages 1, 2 and 5 (5 to 13 years).
- Assessment procedures.
- Integration with Top Play and Top Sport.
- A new player Award Scheme fully integrated into curriculum lessons.

Mini-Basketball Is....

- **integrated in PE curriculum in thousands of primary and middle schools.**
- **an excellent introduction to sport, encouraging a healthier lifestyle.**
- **played by boys and girls, very often together.**
- **easily adapted:**
 - a child can enjoy a work-out on his or her own.
 - can play against a friend 'one-on-one'
 - can play 'two-on-two' or 'three-on-three'
 - for older children it is more often played on a court between two teams of 10 players, five from each on the court at one time – very important ALL CHILDREN MUST PLAY.
- **often officiated by children, respecting and valuing the concept of 'fair play'**

Training Courses

Teacher Awareness Workshop

A 2 hour post school session open to all the teachers from a cluster of 3 or 4 schools to explore the potential of Mini-Basketball activities and how they can be integrated in P.E. lessons. This is an unthreatening practical session which is ideal for involving the whole staff. The workshop has also been used on training days as an active but thoroughly enjoyable staff energiser!

Teacher-in-Class Development

A qualified tutor and experienced teacher would work with a teacher and their class to develop their knowledge and experience of Mini-Basketball. This is primarily a teacher training experience and can be programmed during a school day.

Fun 'n' Games session for the Children

A session organised for after-school or as part of a sports festival where children from one or more schools, with their teachers, led by a qualified coach featuring a range of exciting and challenging games and activities.

Mini-Basketball Young Leaders Course

A practical workshop tailored to the needs of Secondary School students who are working towards their Young Leaders qualification and will be supporting the mini-basketball activities in primary schools.

Equipment

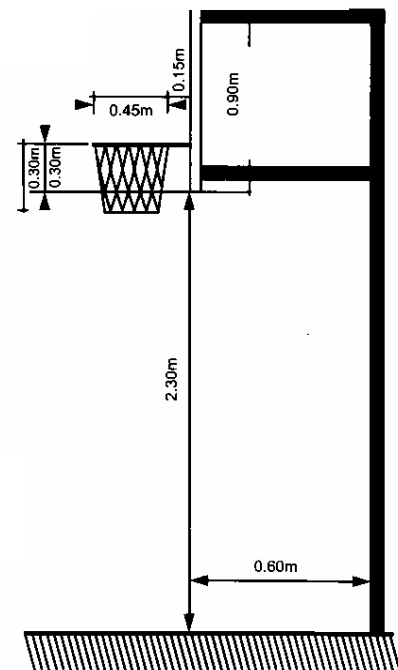
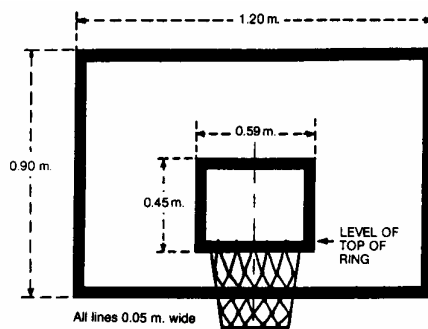
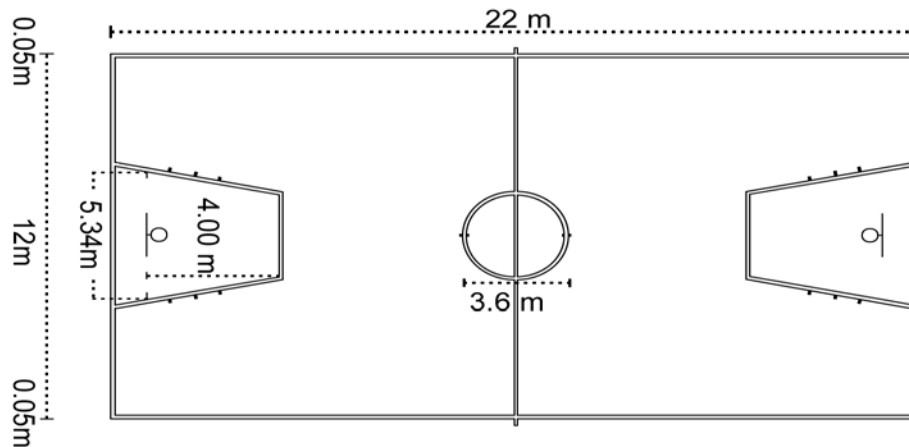
Mini-Basketball can be played on a hard surface area.

Most schools could accommodate a court 22m x 12m (as diagram).

Note: It is important that the free throw line to the plane of the backboard shall be 4 metres.

Other dimensions may be used, providing the variations are proportional to each other, such as:

20 x 11m, 18 x 10m, 16 x 9m, 14 x 8m, 12 x 7m.



The goals have baskets comprising rings and nets.

The recommended heights of the basket are –

Years 1 – 4	adaptable through 1.5m to 2.1m
Years 5 & 6	2.60m
Year 7	3.05m

The backboard must be a flat surface. It can be rectangular or fan-shaped.

It is important that the small rectangle is 0.5m horizontally and 0.45m vertically.

Mini-Basketballs are similar in design to Basketballs

Years 1 – 4	size 3 (circumference 55 – 58cm)
Years 5, 6 & 7	size 5 (circumference 68 – 73cm)

Information on LTAD



Title: Long-term Athlete Development - Preparing for A Life in Sport
Code: BLTAD
Author: Ian Stafford & Technical Advisor, Dr Istvan Balyi, Worldwide Advisor on LTAD
Year: 2004
Length: 8pp, A5 flyer.
Price: £2.50

Title: Coaching for Long-Term Athlete Development.
Code: B23709
Author: Ian Stafford & Dr Istvan Balyi, Worldwide Advisor on LTAD
Year: 2005
Length: 52 pages
Price £9.99



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