

Scrimmage Guidelines

- Four 8 minute quarters – running clock
- 5 v 5 (4 v 4 is good for JV scrimmages)
- Use pinnies and trade or loan players to even out teams.
- Zone Defense (use rubber spots) for **first 3 quarters**, lift spots for regular zone in second half. Make sure offense has room.
- Defenders can leave spot to chase rebound or loose ball. If they do not get possession – back on spot.
- Defenders can not steal dribble, only passes, rebounds and loose balls.
- On change of possession (shot made, steal, out of bounds, or rebound) rush team to get back on D and on spots on their side of court. Offense should have time to set up.
- Teach inbound procedure when ball goes out of bounds and after basket scored.
- **Quarters 1 and 2:** Offense must make two passes before initial shot. **Quarter 3:** require 1 pass and **Quarter 4:** no pass required
- Encourage offense to find open space and spread out. Move around to get open for passes and take shots from close range.
- Encourage defense to take away passing lanes with “big arms” and hustle after rebounds and loose balls. **DO NOT REACH IN TO STEAL DRIBBLE.**
- Stop game to point out fouls; **DOUBLE DRIBBLE** and **TRAVELING** will happen often. Eventually enforce w/ change of possession.
- Don't worry about score

We must give the advantage to the offense and that's why we play with the spots. Defenders kill skill development at this stage. Offense should feel comfortable **moving the ball toward the basket**. Stop the game to **COACH** often in the first half but let them play more freely in the second. This is the only way they will improve. If we just let them run up and down the court, chasing loose balls, they will not get better. All Players should play at least 2 quarters. Keep subs on team bench (I will have chairs set up).

If offensive players are struggling – keep “spot” zone for all quarters. I can't stress enough how important it is to develop the offensive skills first.

Go slow and have fun!