



## Definition of Basketball Levels

### **Introductory** (Can Expect Same Level of Competition as Past STARS Basketball Leagues)

Learn fundamental movement skills and build overall motor skills. Players practice once per week for an hour but daily participation in other sport activity is essential for further excellence. At this level there is an introduction to team principles/concepts through one game each Saturday, but we avoid keeping score and play with modified rules until fundamentals are further developed.

#### Introductory Divisions:

- 4 years old - K
- 1-2 grade
- 3-4 grade
- 5-6 grade

### **Foundational** (Similar Leagues in Competition: YMCA, City League)

Learn all fundamental and basic basketball-specific skills. Establish building blocks for overall basketball skills. 70% of time is spent on individual fundamental training through a weekly skill session, team practice, and a take home workout. 30% of the time is spent on actual game competition. Each team will play one game each Saturday where score is kept and the game is played with only slight modification (man to man defense only). We teach position concepts, but will not assign player positions at any point in the level.

#### Foundational Divisions:

- 3-4 grade
- 5-6 grade
- 7-8 grade