

CHEF ARROWS BASKETBALL
2009-2010 Information and Instructions
ELEMENTARY INSTRUCTIONAL LEAGUE
(Boys & Girls Ages 9, 10, 11, and 12 as of September 1, 2009)

- **Development of Skills is Emphasized:** The purpose of the Instructional League is to teach the basic basketball fundamentals to all participants, while introducing them to game conditions. Before playing competitively, it is very important for players to learn the correct way to pass, shoot, dribble, rebound, and play defense. Boys and girls will be separate. We will need 10 to 12 boys and 10 to 12 girls to make this league work most effectively.
- **Ten Weekly Sessions:** Sessions will be scheduled in October, November, and December.
- **Instructional Clinic to Begin Each Session:** Each session begins with a 45 to 60 minute instructional clinic. All participants will receive an excellent level of coaching from the same coaching staff. Drills stressing the development of key basketball fundamentals will be conducted in a fun and active framework. All players in all sessions will be taught the same individual and team concepts.
- **Sessions Conclude With a Competitive Game:** After the instructional clinic, all participants will be divided into two teams, generally consisting of 5 to 7 players each. The team will not have the same members each week. A coach will be on the floor for both teams at all times to offer praise and instruction during the game. Volunteer referee(s) and scoreboard (if available) will be used for the games. Other special provisions for the games are as follows:
 - Two 16-minute halves with running clock
Substitution every 8 minutes (everyone plays approximately the same amount)
 - No free throws to keep the game moving – fouls give 1 point to other team.This is our plan from past years. However, it could change.
- **Cost: \$35.00 Per Player:** The \$35.00 registration fee (\$35.00 due at time of Registration) includes the 10 weekly sessions. We are waiving the \$25.00 gym fee for this year. Instructional League uniforms will be shorts and white T-shirt. There will not be any entrance or gate fee for spectators.
- **Locations:** In the past we have had them at Broken Arrow Arrowhead Elementary.
- **Volunteer Requirements:** We will need coaches, referees, clock keepers and scorebook keepers. The scorebook keeper will also maintain the substitution schedule.

This is our seventh year to do this program and it has been received very well. CHEF is always looking for ways to improve its programs.

Dan Adams
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Send Registration to: CHEF Athletics
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