

2007-08 Winter Basketball League **GOALS**  
Sandymount Rec. Council

Goal	K-1 Division	2-3 Division	4-5 Division	6-7 Division	
1 - Have Fun!	Having Fun is our Prime Directive	Having Fun is our Prime Directive	Having Fun is our Prime Directive	Having Fun is our Prime Directive	
2 - Focus on Fundamentals	Teaching Fundamental Offensive and Defensive Skills is the best thing we can do for the kids.	Teaching Fundamental Offensive and Defensive Skills is the best thing we can do for the kids.	Teaching Fundamental Offensive and Defensive Skills is the best thing we can do for the kids.	Teaching Fundamental Offensive and Defensive Skills is the best thing we can do for the kids.	
Offensive Skills	Dribble - one hand at a time, when to dribble, when not to dribble	Dribble - either hand, when to dribble, when not to dribble, protect ball, fast break ball control	Dribble - either hand, when to dribble, when not to dribble, protect ball, fast break ball control, dribble out of trouble, within structure of offense	Dribble - either hand, when to dribble, when not to dribble, protect ball, fast break ball control, dribble out of trouble, within structure of offense	
	Pass - chest pass, bounce pass, no wild passes	Pass - chest pass, bounce pass, no wild passes, understand when and where to pass	Pass - chest pass, bounce pass, no wild passes, understand when and where to pass, outlet passes to start fast break	Pass - chest pass, bounce pass, no wild passes, understand when and where to pass, outlet passes to start fast break	
	Shoot - layup, set shot, foul shot	Shoot - layup, set shot, foul shot, via offensive flow (movement, set offense, fast breaks)	Shoot - layup, set shot, foul shot, via offensive flow (movement, set offense, fast breaks)	Shoot - layup, set shot, foul shot, via offensive flow (movement, set offense, fast breaks)	
	Defensive Skills	Understand Positions ( <b>2-1-2 zone</b> , 1-2-2 zone, no Man-to-Man)	Understand Positions ( <b>2-1-2 zone</b> , 1-2-2 zone, no Man-to-Man)	Understand Positions (2-1-2 zone, 1-2-2 zone, 1-3-1 zone, Man-to-Man OK)	Understand Positions (2-1-2 zone, 1-2-2 zone, 1-3-1 zone, Man-to-Man OK)
		Emphasize movement and hands up, NOT GRABBING	Emphasize movement and hands up, NOT GRABBING	Emphasize movement and hands up, NOT GRABBING	Transition defense, Individual defense, team defense
	3 - Emphasize Sportsmanship	No Taunting, Fighting, etc.	No Taunting, Fighting, etc.	No Taunting, Fighting, etc.	No Taunting, Fighting, etc.
Line up and shake hands after game		Line up and shake hands after game	Line up and shake hands after game	Line up and shake hands after game	
4 - Competition	Select <b>Balanced</b> Teams	Select <b>Balanced</b> Teams	Select <b>Balanced</b> Teams	Select <b>Balanced</b> Teams	
	Use <b>Common Courtesy</b> with teammates, coaches, refs, and opponents	Use <b>Common Courtesy</b> with teammates, coaches, refs, and opponents	Use <b>Common Courtesy</b> with teammates, coaches, refs, and opponents	Use <b>Common Courtesy</b> with teammates, coaches, refs, and opponents	
	Play to win but play with <b>class</b>	Play to win but play with <b>class</b>	Play to win but play with <b>class</b>	Play to win but play with <b>class</b>	