

**THE LADY HAWKS**

**PLAYMAKERS**

**YOUTH LEAGUE**

[www.ladyhawkshoops.org](http://www.ladyhawkshoops.org)

**Registration Info Packet**



## League Overview

The Playmakers Youth League (PYL) is the Official Youth Basketball League of the Decatur Central Girls Basketball Program.

The Lady Hawks Playmakers League (PYL) was formed as a true **PLAYER DEVELOPMENT** league by Varsity Head Coach Josh Sabol & the High School Staff.

The PYL is built upon priorities of **Teaching, Learning, and Building Love for the Game**. We use purposeful, research-based teaching methods & progressions to develop basketball skills and intelligence. We believe the 3v3 format is far and away the best for achieving these goals.

The PYL currently has three league levels:

- 1<sup>st</sup> – 2<sup>nd</sup> – 3<sup>rd</sup> Grade Level
- 4<sup>th</sup> – 5<sup>th</sup> Grade Level
- 6<sup>th</sup> – 7<sup>th</sup> Grade Level

During the 8-10 week season, players will meet 2x per week for 75 minutes each session – once on Wednesday evenings to take part in a skill builder practice, and once on Saturday mornings for a skill builder session followed by multiple 3v3 league games (players will play over 20 games during the season).

Players will absolutely compete, but winning is not the end goal. While we will keep score for each game, there will be no scoreboards, no league standings, no trophy for first place, and no coach stacking a team in his/her favor.

There will also be no sitting the bench, no set plays, and no zones, presses, or traps. The size of the goals and basketballs will be modified to make them developmentally appropriate for each level – it's more fun for the girls to see the ball go through the hoop and to experience success, and it's also much better for developing passing, catching, dribbling, and shooting techniques, as well as tactical understanding.

## Lead Instructor: Coach Russ Sarfaty

All practices and games will be led by **Former Butler Women's Basketball Head Coach, Russ Sarfaty**. Coach Sarfaty has extensive coaching experience at both the high school and collegiate levels, including having led the Decatur Central Girls Basketball Team to its only "Sweet Sixteen" appearance in program history.

## Why 3v3?

It's Really Pretty Simple:

**MORE OPPORTUNITIES + MORE SHOTS/TOUCHES = MORE DEVELOPMENT**

**1. Players touch & shoot the ball more often (600+ MORE than 5v5).** In the 5 on 5 game, players can go almost the whole game without touching the ball. In 3 on 3, you could touch the ball EVERY possession. It's pretty simple – smaller teams give each player more shots and opportunities to get better.

**2. More room to operate.** A lot of younger players, especially under the age of 12 don't have the skill, strength, or experience to utilize their basketball skills with 10 players on the court. Fewer players creates a less congested basket area which allows for more scoring, attacking the basket, moving without the ball, and defensive skills can be developed more quickly, with less confusion and the ability of kids to guard their "man".

**3. Players learn the game!** When there are only six (3 on 3) players on the court, players are more inclined to utilize spacing, basket cut, screen away, and screen the ball because there are fewer options out there. After a while, they will start to figure things out for themselves which is FANTASTIC and exactly what you want the players to do.

**4. No pressing & zones.** Now, instead of spending time on breaking full court pressure, breaking half-court pressure, playing against a 1-3-1, a 2-3, and various other zone defenses, you can focus on the FUNDAMENTALS. Youth coaches waste so much of their precious time working on things that they shouldn't worry about at an early age.

**5. More players on the court & more live ball action!** Traditional 5 on 5, using side courts allows a maximum of 20 players on the court at one time. Our 3 on 3 model puts 32-40 kids on the court all playing at once by utilizing the substitute players as sideline receivers on the half-court sidelines - they can receive passes from their teammates, but the only thing they can then do is pass it back to one of the three on the court. Since the defense is always more "skilled" (less unskilled!) at these ages this gives a much-needed boost to offensive players who have picked up their dribbles, and can't pass to a teammates because they're overplayed or nowhere nearby. Plus, ball movement improves, the ball is in play more, and players who aren't in the game now have something to keep them involved.

## Volunteers Needed

We are in need of at least 4+ volunteers per level to assist Coach Sarfaty at practices & games by working at a single basket with players. Volunteers will not be asked to plan or lead practices or games, only to assist as a "basket instructor" by teaching and leading a small group of players. If you are interested in volunteering, please call Josh Sabol, (812)-701-2540 or [jsabol@msddecatur.k12.in.us](mailto:jsabol@msddecatur.k12.in.us)

## Winter Travel Teams (5v5)

During the Fall PYL season, girls in the 3rd-6th grade divisions will be invited to extend their participation and development by joining one of our competitive travel teams for the Indy Girls Hoops League (IGHL) Winter Season, which begins December 7th. Although the IGHL league is a more competitive 5 on 5 format, the priority and focus of our teams will remain on player skill development, athletic development, and decision training. We call this "Double Goal" Coaching: we will compete to win, but not at the cost of sacrificing each player's long-term development. We will teach players HOW to play the game - we will not run set plays, we will not play zone defense, and all of the girls will play meaningful minutes.

Further information on sign-ups for travel teams will be provided in November.

## Parent Meeting

**Saturday, October 7<sup>th</sup> @ Decatur Central High School – Enter Door 16**

This brief meeting will take place before the first league games.

- **1<sup>st</sup>-2<sup>nd</sup>-3<sup>rd</sup> Grade:** 8:00-8:15am. Followed by our first PYL games.
- **4<sup>th</sup>-5<sup>th</sup> Grade:** 9:30-9:45am. Followed by our first PYL games.
- **6<sup>th</sup>-7<sup>th</sup> Grade:** 11:00-11:15am. Followed by our first PYL games.

## Practice & Game Information

All Practices & Games will be held at Decatur Central High School

### Practice Days (Wednesdays):

- **October – 7, 28**
- **November – 4, 11, 18**
- **December – 2, 9, 16**

### Practice Times:

- **6:00-7:15pm:** 1<sup>st</sup> - 2<sup>nd</sup> - 3<sup>rd</sup> - 4<sup>th</sup> Grade Level
  - **7:30-8:45pm:** 5<sup>th</sup> - 6<sup>th</sup> - 7<sup>th</sup> Grade Level
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### Game Days (Saturdays):

- **October – 24 (Small Gym), 31**
- **November – 7, 14, 21**
- **December – 5, 12 (Small Gym), 19**

### Game Times:

- **8:00-9:15am:** 1<sup>st</sup> - 2<sup>nd</sup> - 3<sup>rd</sup> Grade Level
- **9:30-10:45am:** 4<sup>th</sup> - 5<sup>th</sup> Grade Level
- **11:00-12:15pm:** 6<sup>th</sup> - 7<sup>th</sup> Grade Level

## League Rules & Expectations

- All players will receive their own basketball, team t-shirt, and Playmaker wristband
- The atmosphere is Positive, Energetic, & FUN! Music will be playing, all girls will be involved, and the players will be improving at a rapid pace!
- No set plays, No zone defenses, No presses, No ball screens
- We will play on modified goals, with modified basketballs
  - **FACT:** a 3<sup>rd</sup> grade player shooting on a 10 foot goal with a normal leather basketball is equivalent to an adult shooting with a medicine ball on a 22 foot goal
- Basket Instructors will teach, officiate, and rotate players



Question/Concerns, Please Contact:

**Josh Sabol, (812)-701-2540 - [jsabol@msddecatur.k12.in.us](mailto:jsabol@msddecatur.k12.in.us)**