



51 High Street Bristol, CT 06010 | 860-584-6160 | [ParksandRecreation@bristolct.gov](mailto:ParksandRecreation@bristolct.gov)

# Youth Basketball - Program Benefits

## Mini Hoops

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By the end of the program, participants will be able to:

- Dribble 10 times consecutively with their dominant hand.
- Make both a chest and bounce pass.
- Get set up and show correct shooting form.

## Basketball Skills

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By the end of the program, participants will be able to:

- Perform a combination of basketball moves (dribbling with both hands, crossover dribble, jump stop, pivots and various passes).
- Understand the basics of rebounding.
- Understand and participate in a 1/2 court 2 v. 1 drill.

## Co-Ed 3 on 3

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By the end of the program, participants will be able to:

- Understand the basics of 1/2 court zone defense.
- Move without the ball using cuts and screens.
- Understand basketball rules that will allow them to successfully play a game of 1/2 court 3 v. 3 basketball.