



ENEPS

Ecole Nationale de l'Education
Physique et des Sports



MINI BASKETBALL PROJECT 2023/24



INTRODUCTION	4
WHAT IS MINI BASKETBALL?	5
THE PROCESS	6
ADVANTAGES OF THE NEW MINI BASKETBALL?	8
BENEFITS FOR PLAYERS	8
BENEFITS FOR CLUBS	10
BENEFITS FOR COACHES	11
MINI BASKETBALL AND LTAD CONCEPT CONNECTION	12
U6	12
U8 / U10	13
U12	13
OFFICIALS AND THEIR ROLES	14
ROLE OF THE COACH	15
MINI BASKETBALL ADAPTATIONS	16
THE NEW GAME FORMAT	17
U10 TOURNAMENTS	17
U12 GAMEDAYS	17
NATIONAL MINI BASKETBALL DAY	18
ADAPTATIONS TO THE GAME FORMAT	19
COURT AND EQUIPMENT	20
SCORING	21
VIOLATIONS	22
PARTNERS AND RESOURCES	24
PARTNERS	24
RESOURCES FOR A COACH	24
WHAT'S NEXT?	26
REFERENCES	27



Introduction

During the General Assembly held on May 14, 2023, a significant majority of the clubs expressed their support for the Mini Basketball Project. This decision marked the official launch of the project, which brings about transformative changes in the way basketball is both played and taught at the early age.

This booklet serves two purposes: firstly, to present the Mini Basketball concept as understood by FLBB, and secondly, it provides insights into the advancements made and the project's evolution.

Additionally, the booklet establishes the connection between the Mini Basketball concept and the LTAD (Long-Term Athlete Development) framework. It highlights the integration of LTAD principles into the Mini Basketball approach, emphasizing the importance of long-term player development. By aligning with the LTAD concept, the FLBB demonstrates their dedication to ensuring that young athletes receive the best possible environment to develop both as athletes and individuals. Through this commitment, they aim to maximize the potential of each athlete, laying a strong foundation for their long-term success in basketball and beyond.

What is Mini Basketball?

Mini Basketball is used to describe the entire youth level under the age of 12. The focus in this age group is to introduce children to the sport of basketball (and sports in general) and help them develop fundamental skills such as dribbling, passing, shooting and teamwork in a fun, safe and age-appropriate environment.

Mini Basketball is divided into 3 age groups: U8, U10, and U12.

	Season 2023-24	Season 2024-25	Season 2025-26
U8	2016 - 2017	2017 – 2018	2018 - 2019
U10	2014 - 2015	2015 - 2016	2016 - 2017
U12	2012 - 2013	2013 - 2014	2014-2015

At the age of 6 and under, we recommend focusing on a more general approach to sports rather than specific sports. This allows children to develop a broad range of skills and abilities that will serve them well in any sport they choose to pursue later on. By engaging in a variety of general sports activities, children can improve their physical health, cognitive development, social skills, and emotional well-being. This approach can also help children discover their interests and passions in sports and build a foundation for a lifetime of physical activity and healthy habits.

Since it was important for us to start by reviewing the current competitive setup, specifically the Poussin(e)s (U12) and Pré-poussin(e)s (U10) championships, we will continue to assess and possibly create new ideas for the younger age groups in the next phase.

Mini Basketball is a fun and exciting way for children to develop a love for the game by having the same opportunities.

The process

Until the 2023-2024 season, the format and rules of basketball have remained unchanged, failing to adapt to the advancements in the sport and sports science as a whole. Throughout our recollection, the game mode, playing time, rule violations, and other aspects have remained consistent without any adjustments to accommodate the evolution of basketball or the insights gained from sports scientists.

However, in 2016, some clubs initiated a new initiative called The Micro-League, aiming to introduce changes to the existing basketball format.

In 2020, a group of coaches who were part of the A-License Coaching program were assigned the task of analyzing the current championships. In September 2021, a working group was formed, which included Jhemp Sinner and Peter Rajniak, who are still among the members of the Mini Basketball workgroup. Both of them went on to participate in the "Mini Basketball Convention by FIBA Europe in Pécs, Hungary" in June 2021.


At the beginning of the 2022-2023 season, teams were given the choice between participating in the traditional U12/U10 championship or the pilot project for Mini Basketball. Throughout that season, the Mini Basketball rules were analyzed and modified.

At the FIBA European Mini Basketball Convention 2023, hosted by the Spanish Basketball Federation in Madrid, together with 38 other participants from across Europe earned their FEMBCC certificate. This two-year program included theoretical and practical sessions conducted both virtually and in person, starting in Pecs, Hungary. The transfer of knowledge to national Mini Basketball coaches and a reflection about the actual situation in Luxembourg is vital to develop and improve our current program.



Figure 1 Picture with Nenad Trunic , Jhemp Sinner, Maurizio Cremonini and Peter Rajniak

In May 2023, the majority of clubs voted in favor of the New Mini Basketball Project, which will be implemented starting from the 2023-2024 season. This marks the start of a new chapter for Mini Basketball. The FLBB aims to make regular improvements and changes with the help of clubs and coaches. The goal is to keep Mini Basketball up-to-date and exciting for everyone involved. By listening to the input of clubs and coaches, the FLBB can identify areas that need to be adjusted and make the necessary changes.



The project will create a better Mini Basketball experience for players, teams, and parents. By staying responsive to their needs, Mini Basketball can continue to grow and stay relevant.

Overall, this shows that the FLBB is committed to improving and adapting the Mini Basketball Project. By working together, they can make the sport even better and keep it enjoyable for everyone.



Advantages of the new Mini Basketball?

Basketball, both professional and youth, has changed due to technology, player styles, and sports trends. It's crucial to regularly assess and adjust youth basketball to provide players with optimal opportunities for their future careers. This involves considering the sport's evolution, sport science advancements, and prioritizing player development. By placing player development at the forefront, we can ensure that youth basketball supports their growth and prepares them for success.

While there are several advantages associated with the rule changes, we would like to highlight a few key benefits that are particularly important to us.

Benefits for players

Our goal is to enhance players' abilities while also making the experience more enjoyable.

- Enhanced skill development through more opportunities

With the following adaptations, players will have more meaningful offensive touches, which increases the opportunities to execute a practiced skill in a game situation and therefore the number of repetitions. This should improve the quality of the play. Players experience more learning and skill development opportunities which enhance the players' enjoyment. It should provide the same or more amount of moderate to vigorous physical activity than the 5 vs 5 games. Moreover, playing in a smaller team format can improve players' decision-making skills and help them develop better spatial awareness on the court. With fewer players on the court, there's more room to maneuver, and players have to make quick decisions on where to pass, dribble or shoot the ball.

- Teambuilding and social interaction

Playing meaningful minutes can greatly contribute to teambuilding and social interaction. When players have the opportunity to actively participate in games and contribute to the team's success, it enhances their sense of belonging and strengthens their relationships with teammates. When players work together, support each other, and value the strengths of their teammates, it creates a positive and cohesive team environment. This inclusive approach fosters a sense of unity, mutual respect, and shared responsibility, ultimately contributing to the overall development and success of the team.

- Increased self-confidence

When players are actively involved in the game and have the chance to showcase their skills, make decisions, and contribute to the team's success, it boosts their confidence. Regular engagement in Mini Basketball allows players to gain experience, improve their abilities, and develop a sense of competence in their performance. The mastery of fundamental skills, such as shooting, dribbling, and passing, instills a sense of achievement and self-assurance. The gradual improvement and growth in their basketball abilities contribute to building confidence on the court.

- Safe and age-appropriate environment

Safety measures are implemented to ensure the physical well-being of participants, such as appropriate equipment and modified rules. The focus is on providing a nurturing and secure setting where players can learn and enjoy the sport while minimizing the risk of injury.

- Active start in sports

An active start in sports promotes the development of fundamental movement skills, coordination, and physical fitness, laying a solid foundation for a healthy lifestyle. Additionally, it fosters social interaction, teamwork, and self-confidence, while also providing opportunities for goal-setting, discipline, and perseverance, all of which contribute to overall personal growth and well-being.

- Increased fun in playing basketball

Mini Basketball enhances the fun factor in playing basketball by providing more opportunities for success. With modified rules and age-appropriate formats, young players can experience a greater sense of accomplishment, leading to increased enjoyment and motivation to continue participating in the sport. This increased success and positive experiences contribute to a fun and rewarding Mini Basketball experience for young players.



Benefits for clubs

- Enhanced visibility in the community

By engaging young players in the sport at an early age, clubs have the opportunity to showcase their programs and develop connections with families. This increased visibility not only helps clubs attract new members and supporters but also strengthens their presence and reputation as a valuable contributor to the community's youth development and sports initiatives.

- Social networking opportunities

Tournaments and games bring together players, coaches, parents, and supporters from different clubs, creating a platform for interaction and connection. Clubs can engage in networking activities, such as exchanging ideas, sharing best practices, and building relationships with other clubs.

- Potential for recruiting parents

As parents attend these events to support their children, they have the chance to witness the positive impact and benefits of the sport firsthand. Clubs can utilize this opportunity to showcase their programs, highlight the values and skills developed through Mini Basketball, and engage in conversations with parents about the benefits of joining the club. By effectively communicating the advantages of participation and creating a welcoming environment, clubs can attract parents who are interested in enrolling their children and becoming part of the club's community.

- Financial benefits (catering, etc.)

Clubs have the opportunity to offer catering services, such as selling food and beverages, to participants and spectators during these events. Additionally, clubs can generate revenue by selling merchandise or organizing fundraising activities. These financial benefits can contribute to the sustainability and growth of the club, supporting the development of Mini Basketball programs and providing a better experience for participants.

Benefits for coaches

- Less pressure

Mini Basketball, with its focus on development and enjoyment, can help alleviate some of the pressure on coaches by removing the emphasis on scores and winning. By reducing the pressure associated with winning, coaches can create a more relaxed and supportive atmosphere for their players.

- Focus on skill development

Without a strong emphasis on the final score, coaches can shift their focus towards creating a positive learning environment, fostering skill development, and promoting sportsmanship. Coaches can prioritize player development, individual improvement, and the overall enjoyment of the game, rather than solely focusing on the outcome of each game.

- Increased motivation of the players

Increased player involvement and appropriate competition can lead to enhanced motivation among participants. By providing opportunities for players to actively engage in the game and contribute to their team's success, they develop a sense of ownership and responsibility. This increased involvement fosters a greater sense of motivation as players feel valued and recognized for their contributions. Moreover, by ensuring appropriate competition, where teams are matched evenly in terms of skill level, players are more likely to be motivated to give their best effort, as they feel challenged and have a realistic chance of success. This healthy competition can fuel their motivation to improve their skills, work collaboratively with teammates, and strive for personal and team achievements.

- More learning opportunities

The removal of certain team tactics in Mini Basketball creates more space for skill development in both practice and games. By placing emphasis on fundamental movement on the court and ensuring players have frequent and meaningful touches on the ball, it opens up greater learning opportunities. This allows players to focus on improving their skills, understanding the basics of the game, and actively participating in a way that facilitates their overall growth and development.

- Networking and education

Tournaments in Mini Basketball provide a valuable opportunity for coaches to network and connect with one another. Coaches from different clubs can come together, exchange ideas, and share their experiences, fostering a collaborative and supportive coaching community. Additionally, the FLBB together with ENEPS offer educational programs and resources for coaches, further developing their knowledge in the field. These initiatives promote continuous learning and improvement among coaches, ultimately benefiting the quality of coaching in Mini Basketball.



Mini Basketball and LTAD Concept Connection

As previously mentioned, the Mini Basketball project has been aligned with the Long-Term Athlete Development (LTAD) concept, which focuses on the general development of young athletes. In collaboration with ENEPS, the FLBB has published a booklet titled "Developing Youth Basketball in Luxembourg - Guidelines" written by Jérôme Altmann. This booklet provides coaches with age-specific guidelines for teaching young basketball players, aiming to transform talent into quality. Within the following pages, a brief explanation of the overall approach for each age category in Mini Basketball is provided.

U6

“The U 6 Basketball“ age group should be considered as an active start to an eventual basketball career in the years to come. Sessions for the children in this age group should focus on the development of the motoric skills that are required to be active, social, and functional in life and sports, such as eventually basketball. For this reason, the session content can only be vaguely related to an “actual basketball practice session” in older age groups. Children should therefore experience, in a playful way, the joy of movement and togetherness in a variety of ways. This is even more important now when a great number of kids do not experience the culture of basic movement-skills development (running, stopping, falling and getting up, jumping and landing, playing outside, and so on.)

The more static alternatives (TV, tablets, video games, etc.) have become habitual in today’s society and certainly present a challenge to coaches in any sport and any given age group. This may be one of the reasons why a great number of children or teenagers have a hard time developing certain motor skills later, as early physical learning goals were not achieved.

That is also why the “baby basketball” sessions are very important to expose the kids to a variety of movements at an age that can be considered “the golden age” of acquiring skills such as flexibility, rhythm, and basic motoric skills. Therefore, the joy of movement in a social environment should be stimulated in this early age group.”¹

¹ p.23 LTAD

U8 / U10

At that age, every young participant in the practice session should be involved as much as possible! The coach must implement games, drills and practice forms that provide lots of repetitions of various skills. Players should have a ball in their hands most of the time. Practice should be fun and everybody should participate actively. The coach's focus should also be on the development of basic motor (running, jumping, agility, balance, coordination, and speed) and basketball skills. The coach should introduce simple rules of ethics in sports and live up to them.

U12

Progressively increase the intensity and volume of training.

- Emphasize sports and fair play during training and competition.
- Continue the process of improvement and automation of previously learned technical and tactical elements. Start using slightly more complex exercises, that are appropriate to the age group and the technical/tactical playing level.
- Organize games on a regular basis. Competition is highly suitable for controlling the impact of the training.
- Practice principles that should be built on habits and automatics.
- U12-year-old players should play position-less basketball to learn and develop a variety of skills. It's one of the most important periods for the motoric development of young players. This is a window of accelerated adaptation to motoric coordination. Don't focus too much on early specialization in basketball, this can be detrimental to later stages of fundamental skill development.
- Teach overall basketball skills. Every player should run, pass, dribble, shoot, rebound, and defend!



Officials and their roles

At U10 basketball games, officials play an essential role in creating a safe and fair playing environment for all participants. The primary objective of officials is to ensure that the game is played in a manner that is fair to both teams.

At this age group, it is common for youth players to take on the role of officials, which can provide them with a unique opportunity to develop a deeper understanding of the rules of the game and improve their communication, decision-making and leadership skills. These young officials are typically supervised by adult officials who can provide guidance and support as needed.

Officials at the Mini basketball games must also be role models for young players. They should demonstrate good sportsmanship, respect for others, and a commitment to fair play.

Overall, the role of officials is critical in creating a positive and safe environment for young basketball players to develop their skills and love for the game.

Role of the coach

The role of the coach cannot be underestimated. A coach can instill important life skills such as discipline, teamwork, and communication, while also serving as a positive role model for young athletes. Even for parents who may not know the x's and o's of basketball, their support and encouragement can still be vital for the development of young players. Ultimately, the combination of supportive parents and skilled coaches can help young basketball players reach their full potential and achieve success both in basketball and in life.

Regardless of the age group, teach instead of giving instructions.

- Be motivated and passionate about what you do.
- Make practice FUN, that is where the best learning occurs.
- Make sure the players pay attention to your brief instructions. Therefore, keep it short and simple (K.I.S.S.).
- Competing is a good thing but it must be aligned with the development of the fundamentals. In other words, the short-term goal (winning a game) should not be prioritized over the mid- and long-term goals (player development!)
- Use game-like drills for decision-making.
- Give positive criticism/feedback if needed. Correct the players, and let them know that they made a mistake but do it positively.
- Respect the players, the parents, the volunteers, the referees and yourself.



Mini Basketball Adaptations

The fact that different countries have their own adaptations in Mini Basketball rules highlights the challenge of reaching compromises on various aspects. While the Belgian Federation made changes to their approach at the earliest stage. In Germany, starting from the 2019/20 season, new unified rules and guidelines were introduced for the entire under-12 age group, with a focus on considering it as the starting point for children in basketball. In France, at the beginning of the 2022/23 Season, a set of regulations has been developed to outline the official rules for the practice of MiniBasket, which is aimed at affiliated structures of the French Basketball Federation. These regulations have been created after several years of consultation and exchanges with MiniBasket stakeholders throughout the country. The purpose of these regulations is to standardize the practice of MiniBasket across all Departmental Committees through their MiniBasket Commission

It is understandable that not everyone in Luxembourg will fully agree with the current rules in Mini Basketball, and it is expected that these rules will continue to be refined and improved over time. However, it is important to begin somewhere, and after extensive research and discussions with all involved parties in Minibasket, we believe that the current rules provide the best possible starting point. The aim is to create a foundation that can be built upon to enhance the Mini Basketball experience for all participants.

As previously mentioned, the primary emphasis in our approach was on the development of every player. By considering the individual needs, abilities, and stages of development of each player, we aimed to create a framework that supports their skill acquisition, physical development, and overall enjoyment of the game. Through this player-centered focus, we hope to contribute to the long-term development and success of young basketball players.

The new game format

Previously, games were played with 5 players on each team for 4 quarters of 7 minutes. Each player was required to play at least one quarter in the first half and had to sit in one of the first 3 quarters.

With the new adaptations, we aim to improve the game experience and ensure greater equality of opportunities for all players.

U10 tournaments

At the U10 level, regular game days have been replaced by tournaments. This new format offers players the opportunity to have more playing time in a condensed period, either in the morning or afternoon. By participating in tournaments, players can engage in multiple matches, maximizing their involvement and learning experiences.

The introduction of game cycles in these tournaments is designed to ensure a balanced level of competition among teams. The aim is to create matchups where teams of similar skill levels face each other, promoting fair and competitive play. This approach provides players with appropriate challenges that align with their abilities, enhancing their development and enjoyment of the game.

U12 gamedays

Transitioning from U10 tournaments to U12 regular games is a natural progression in a young basketball player's development. Regular games allow for more consistent and structured competition. This is why the game schedule and format remain the same, with divisions consisting of 5-6 teams. The promotion and relegation rules will still be in effect. This setup is designed to accommodate school holidays. We have eliminated separate divisions for boys and girls, and encourage teams to form based on skill level rather than gender, taking into account the differences in early physical development among girls. The overall and individual playing time has been adjusted to ensure that everyone gets their share of playing time.

Reducing the number of players on the court from 5 to 4 provides several benefits, primarily allowing each player to have more space and room to operate. With fewer players, the playing area becomes less crowded, creating larger gaps and openings for players to maneuver and execute their skills. The additional room also promotes better spacing among teammates, facilitating effective ball movement and creating more scoring chances.



In each cycle, it is ensured that every player participates in at least one period. The number of cycles repeated during a tournament depends on the number of teams in attendance, ranging from 3 to 4 cycles.

	Strongest players	Advanced players	Intermediate players	Beginners
1 st cycle	Period 1	Period 2	Period 3	Period 4
2 nd cycle	Period 5	Period 6	Period 7	Period 8
3 rd cycle	Period 9	Period 10	Period 11	Period 12
4 th cycle	Period 13	Period 14	Period 15	Period 16

To promote fair and balanced competition, each period of a cycle starts with the most advanced players and gradually progresses to include beginners in the final period. This rotation allows players of different skill levels to face appropriate challenges and enables them to experience competition against opponents of varying abilities. Considering a team size of 10-12 players, each cycle consists of 4 periods. However, if a team has 8 or 9 players, each cycle is condensed to 3 periods to accommodate the smaller roster. By implementing these guidelines, the tournaments strive to provide equal playing opportunities for all players while ensuring a progressive and inclusive game experience for each participant.

The season will begin with several regional tournaments to approximal determine the level of each team. They also provide an opportunity to explain the concept and adjustments made for the upcoming tournaments. Following the initial regional tournaments, regular tournaments will take place every 3 to 4 weeks involving different teams.

National Mini Basketball Day

The first Mini Basketball Day, held on May 9th 2023 in Grengewald, successfully showcased the new Mini Basketball Concept to coaches and club members. In order to further promote Mini Basketball, future Mini Basketball Days will be organized. These events will provide additional opportunities to introduce the concept to more participants, raise awareness, and foster continued interest in Mini Basketball.

Adaptations to the game format

Topic	U12	U10
Game Length	8 x 5 minutes (stopped)	3 teams: 16 x 3minutes 4 teams: 12 x 3 minutes (running time)
Time between Periods	max. 1 min	max. 1 min
Time between games		max. 5 min
Extra Period	/	/
Number of players	8-10 players	9-12 players
Players on the court	4 vs 4	3 vs 3
Individual playing time	min 2 out of 8 periods not more than 2 periods in a row	at least 1 period per cycle
Substitutions	after every period	after every period
Games per day	1	2-3 games per team
Number of gamedays	+/- 20	3-4 per trimester
Timeouts	no timeouts	no timeouts
Start of game	jump ball	jump ball

Rationale:

- **Playing time:** To ensure that all young children participating in the sport have an opportunity to experience the game, equal and fair playing time is recommended.
- **Timeouts:** No timeouts are needed because every 3 minutes a new group of players enters the court.
- **Substitutions:** If a child cannot finish a period on the field due to physical or mental-emotional reasons, an extraordinary substitution of players is allowed in agreement between the coach and the referee. The period will be counted as played only for the substituted child.

Court and equipment

Topic	U12	U10
Size of Ball	Size 5	Size 5
Court	Main court or side court	Main court or side court
Height of basket	2,80 m	2,60 m

Rationale:

- Utilizing a lower basket height and a smaller basketball allows children to develop proper shooting and dribbling techniques and increases the opportunity for shooting success. A smaller ball allows for better control and success which increases confidence that leads to greater enjoyment of the game.
- Due to the different arrangements of the gyms, it should be possible to play on the side courts, as long as the safety of the players can be guaranteed.

Scoring

Topic	U12	U10
Scoring	Field goals: 2 points Free throw: 1 point	Field goals: 2 pts Foul + made basket: 2 pts Foul + missed basket: 1 point + possession
Visible score	after every period	no
Winner	Points after every period: win: 3 pts draw: 2 pts loss: 1 pt	Points after every period: win: 3 pts draw: 2 pts loss: 1 pt

Rationale:

- **Visible score:** The benefit of not having a visible score at youth basketball games is that it shifts the focus away from winning and losing, and towards skill development, teamwork, and having fun. It reduces the pressure and creates a more positive and inclusive atmosphere for everyone involved.
- **Game results:** The game results will not be published. As before, the match results will not be published. These are only for organizational reasons, such as the classification of the various teams in the different groups.
- **Scoring:** Using points for quarters won instead of a running score at the youth level makes the game fairer. At the end of each period, the score is reset, which means that even if one team is winning, the other team has a chance to start over and try to do better in the next quarter. This prevents one team from completely taking over the game and gives everyone a fair opportunity to regroup and keep playing.



Violations

Topic	U12	U10
Free throws	Free throws on shooting fouls 4 m away from the backboard	no FT
Foul Limit / Team Foul	no personal fouls no team fouls	no personal fouls no team fouls
Backcourt violations	yes	not applicable
Shot clock	not applicable no time-wasting	not applicable
Quick inbounds	yes, but only backcourt	yes, for all the inbounds
Set Defense	only man-to-man	only man-to-man
Full court defense	allowed	allowed
Double-Team/Crowding	not allowed	not allowed
3-, 5-, 8- and 24- seconds violations	not applicable	not applicable
Screens	not allowed	not allowed

Rationale:

- Free throws U10: The reason for not having free throws at the U10 level are:
 - o to make the game quicker (slow to set up free throws),
 - o no advantage for the fouled player (low percentage) in most cases
 - o could build bad mechanics, because players are not strong enough
- Free throws U12: If it is not possible to mark the exact four-meter distance, players can take a step forward as an alternative.

- Clock Stoppage: Fewer clock stoppages allow for a better game flow. The last 30 seconds of a period can be managed in a way that the period ends with a last scoring opportunity. For example, the ref can count down the last 10 seconds and stop counting while the ball is out of play.
- Shot clock: Due to the change, we realized that the game has become a lot quicker, which makes the introduction of a shot clock redundant. However, time wasting should not be encouraged.
- Quick Inbounds: In youth basketball, quick inbounds allow players to immediately inbound the ball and resume play without waiting for the referee's involvement. This helps maintaining the flow of the game, promote faster transitions, and encourages continuous action on the court. Even at the U12 level there is no need to hand the ball over to the referee in the backcourt.

Partners and resources

Partners



A task force was created by the FLBB in 2022 to work out and monitor this project in the future. The task of this group is to accompany the development of the mini-basketball and to adapt and improve the concept year by year.

Together with ENEPS, we aim to improve the education of future coaches and managers to acquire the necessary knowledge and tools to have the necessary skills to ensure the best possible development of our future athletes.

FIBA Europe also helps in that regard by organizing coaching clinics and convention around the topic of mini basketball.

Resources for a coach

LTAD App



Together with the FLBB, ENEPS created the LTAD (Long-Term Athlete Development) app, which is a tool designed to help coaches, parents, and athletes plan and implement effective training programs based on the principles of LTAD. The app provides a comprehensive framework for athlete development that takes into account the physical, mental, and emotional stages of growth and development.

The exercises and drills are designed to promote gradual, progressive development over time, with a focus on developing fundamental skills and physical literacy in the early stages, and gradually progressing to more specialized training as the athlete matures.

Overall, the LTAD app is a powerful tool that can help coaches, parents, and athletes create effective and sustainable training programs that promote long-term athlete development and success.

World Association of Basketball Coaches by Fiba



The Coaches Manual for Mini-Basketball, the World Association of Basketball Coaches (WABC), provides another resource to help coaches plan and run effective practices and games, develop their players' skills and abilities and create a positive and enjoyable learning

environment. It guides on areas such as player development, team management, and coach-player relationships.

Link: <https://wabc.fiba.com/manual/mini-basketball/>

Formation continue

The reform of coaching education at ENEPS came into force in 2022. Holders of coaching degrees in Luxembourg must now follow 24 continuing education units within a three-year cycle to renew the validity of their ENEPS license.

The continuing education program organized by the FLBB during the season 2023-2024 will focus on Mini Basketball. In 3-4 months intervals coaching clinics will be held by Luxembourgish and Belgian experts. At the end of the season a two-day coaching clinic featuring European experts is planned



What's next?

The Mini Basketball project is an ongoing project that will continue to evolve and adapt in the future. The focus will be on regular revisions and adjustments based on feedback from clubs, coaches, and participants. This collaborative approach ensures that the Mini Basketball format remains relevant, effective, and enjoyable for young players. The project will continue to explore ways to enhance skill development, promote inclusivity, and provide a positive and safe environment for youth basketball. By staying responsive to the changing needs and advancements in the sport, the Mini Basketball project aims to foster the growth and development of young basketball players in the years to come.

The Mini Basketball project is an ongoing effort that will keep improving and adapting in the future. Listening to feedback from clubs, coaches, and participants will help make Mini Basketball better and more enjoyable for young players. By staying responsive to new ideas and advancements in the sport, the Mini Basketball project wants to continually grow and develop in the coming years.

Based on recent discussions and conversations, several points have emerged that should be taken into consideration and evaluated for the upcoming season.

- Analyzing and evaluating the possibility of introducing an U8 competition
- Assessing the duration of games and tournaments
- Evaluating the height of the baskets to ensure they are suitable for the age and skill level of the players
- Considering the possibility of incorporating a three-point shot into the game.

Meetings will be scheduled with representatives from the FLBB and clubs to address not only the mentioned points but also other important matters. These meetings will provide an opportunity for open dialogue, collaboration, and the exchange of ideas to evaluate various aspects of the season and make informed decisions that will positively impact the youth basketball experience.

References

<https://sports.public.lu/dam-assets/fr/publications/DE-LTAD-Rahmenkonzept.pdf>

Annexe

REGLEMENT DE JEU POUR LE MINI BASKETBALL (U12 et U10)

Art. 1 : Le Mini Basketball est une compétition pour filles et garçons destinée à l'apprentissage du basket dans un esprit fair-play. Aucun classement officiel n'est établi et aucun titre n'est décerné.

Art. 2 : Les compétitions de Mini Basketball sont subdivisées en catégories U12 et U10. Des équipes mixtes peuvent participer à ces rencontres.

Art. 3 : La compétition des U10 se joue, sauf dérogation accordée pour les terrains, sur des terrains normaux, mais sur des paniers à 2,60 m au-dessus du terrain.

La compétition des U12 se joue, sauf dérogation accordée pour les terrains, sur des terrains normaux, mais sur des paniers à 2,80 m au-dessus du terrain.

Art. 4 : Un ballon de taille 5 doit être utilisé pour les équipes U12 et U10.

Art. 5 : Au Mini Basket, seules les lignes extérieures du terrain sont prises en compte. La ligne médiane (retour au zone) et les lignes de lancers francs se rajoutent chez les U12 qui est à quatre mètres des panneaux.

Art. 6 : Une équipe d'U12 se compose de dix joueurs au maximum, de huit au minimum. Une équipe d'U10 se compose de douze joueurs au maximum, de neuf au minimum.

Art. 7 : Tous les joueurs d'une équipe doivent avoir des maillots d'une même couleur numérotés à partir de 4 sur le devant et dans le dos. Les maillots rayés sont interdits.

Les maillots doivent être de la même couleur pour tous les joueurs d'une même équipe.

Des t-shirts à manches courtes peuvent être portés sous les maillots, à condition d'être de la même couleur que ceux-ci. Des sous-vêtements de protection qui dépassent les culottes sont autorisés pour autant qu'ils soient de la même et unique couleur que les culottes.

Art. 8 : La partie d'U12 se joue en 8 périodes de 5 minutes avec un intervalle d'une minute entre les périodes. L'intervalle entre la quatrième et la cinquième période (mi-temps) est de 5 minutes. Chez les U12 le chronomètre est arrêté selon les règles de jeu internationales, seule exception lorsqu'une équipe se voit attribuer le ballon dans sa zone arrière par l'arbitre. Dans ce cas, le ballon ne doit pas être remis à l'arbitre, mais peut être remis en jeu immédiatement.

La partie d'U10 se joue au maximum en 16 périodes de 3 minutes.

Un cycle complet constitue de 4 périodes. Chaque joueur devra jouer au minimum une période dans chaque cycle.

Lorsque les deux équipes disposent de neuf joueurs chacune, il est possible de réduire un cycle complet à 3 périodes (12 périodes de 3 minutes).

Le chronomètre n'est pas arrêté.

Art. 9 : Chez les U12, le nombre de joueurs sur le terrain est de 4 pour chaque équipe, tandis que chez les U10, il est de 3 pour chaque équipe.

Art. 10 : Chez les U12, chaque joueur devra jouer au minimum deux périodes et n'a pas le droit de jouer plus que 2 périodes consécutives.

Pour les rencontres des U10, les trois joueurs les plus « forts » débutent, suivis des joueurs de niveau « moyen », des joueurs « débutants » etc. A défaut de 12 joueurs, le coach s'engage à répartir les joueurs équitablement.

Art. 11 : Aucun remplacement n'est autorisé au cours d'une période, sauf pour le changement d'un joueur blessé ou disqualifié. L'arbitre accorde le temps nécessaire pour le traitement de petites blessures afin d'éviter les changements inutiles. Le remplaçant et le joueur remplacé sont considérés comme ayant joué toute la période.

Art. 12 : Trois points sont accordés pour une période gagnée, deux points pour une période d'égalité et un point pour une période perdue. La rencontre pourra se terminer par un résultat nul.

Les points ne seront pas affichés aux matchs des U10.

Art. 13: La défense individuelle est obligatoire. Des défenses mixtes sont défendues. Il est prohibé de mettre en place une stratégie défensive impliquant le doublement et la surcharge (crowding) du joueur offensif

Art. 14 : La règle des paniers à trois points n'est pas applicable.

Chez les U10 aucun lancer franc n'est accordé. Si un contact est sanctionné par l'arbitre, le joueur victime de la faute bénéficie alors d'une réparation selon les cas suivants :

- Si le joueur ne tirait pas : remise en jeu derrière la ligne de touche la plus proche.
- Si le joueur tirait et qu'il a raté le panier : 1 point + possession du ballon
- Si le joueur tirait et qu'il a réussi le panier : 2 points + possession pour l'équipe adverse

Art. 15 : L'organisation de ces rencontres est du ressort de la commission technique de la FLBB.

Art. 16 : Ni les fautes personnelles, ni les fautes d'équipes ne sont comptabilisées.

Art. 17 : Les règles des 3, 5, 8 et 24 secondes ne sont pas appliquées. L'arbitre sanctionne les dépassements massifs/injustes.