

SPYBA

St Peter Youth Basketball Association
St Peter, MN 56082

Fast Break League

Fast Break League - 3rd and 4th grade boys Fall of 2024 (teams of 8-12 players)

Cost: One team is \$400. 4 Sunday afternoons starting **October 27-November 17**.

The fast break league is an opportunity for youth basketball teams to compete together in a full court, transition break,, odd man advantage setting to promote more opportunities for players.

How it's played

Teams will play 4, 10 minute quarters with running time. Teams will play 4 offensive v 3 defense, and then in the next quarter play 3 offensive v 2 defensive players. It's a continuous game, very few stoppages. It's fast paced, tons of reps and more opportunities for all players.

Why?

Odd man advantage means more shots, more passes and more opportunities for scoring. Full court and fast break means it's teaching how to play this game at a faster speed. Traditional 5v5 at this level can get stagnant, lots of stoppages and 1 player dominant. This fixes that.

Details

We have 3 full courts at St Peter. The game will be played with a 27.5" basketball and one official. The 1 official will call violations and some fouls, but their main job is to keep the game moving along. Your team will be in and out in 1 hour.

Registration - Make checks payable to: SPYBA **Deadline:** September 1st, 2024

Contact: Head St Peter Boys Basketball Coach Sean Keating - email:
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