

YOUNG3

COACHES RESOURCE



Teach the game. Build confidence. Bring the energy.

COACHES & VOLUNTEERS | YOUNG3 BASKETBALL

1. Prepare your team and complete your requirements

Confirm your coaching assignment, roster, division, and all league required screening and training. YOUNG3 is half court, 3 on 3 basketball with five to six players per roster. Review the 2026 official rulebook and your local season instructions before coaching.

2. Teach the five habits that keep play moving

Practice restarting at the top after a score, clearing rim rebounds beyond the 3 point line, guarding an individual opponent, substituting during stoppages, and listening to officials. Steals and defensive rebounds that do not touch the rim do not need to be cleared.

3. Explain scoring and special free throws

Baskets are worth 2, 3, or 4 points. A 4 point attempt requires contact with the designated circle. A missed shooting foul normally awards one free throw worth the attempted shot's value. An and one is worth 1 point. Team bonus begins with the sixth team foul.

4. Understand Bring the Fire before using it

Only the head coach may request an eligible challenge, once per half, before the free throw is released. The two players involved play one on one with a 10 second clock. Eligibility, foul recording, point value, and possession depend on the original call and bonus status; confirm the ruling with officials.

5. Model positive, organized coaching

Plan rotations and meaningful opportunities for every player. Keep instructions short, praise effort, and respect officials. Remove jewelry, check safe footwear and equipment, and follow league injury and weather procedures. Bench access is limited to players and approved coaches or volunteers.

OPEN THE OFFICIAL 2026 RULEBOOK >

Full game procedures, scoring, fouls, and Bring the Fire requirements.

Sources: YOUNG3 Rulebook (updated 4/17/26); Just Compete rules explainers and referee game day review.

YOUNG3

PRACTICE & GAME DAY

Build the habits that make half court basketball flow.

[PRACTICE PLANNING](#) | [CLICKABLE RESOURCES](#)



Before the first game

Confirm the target score and game length, halftime trigger, optional shot clock, basket height, ball size, 4 point circle locations, and Bring the Fire eligibility with the coordinator and Crew Chief. The official text contains inconsistent halftime and shot clock wording; use the agreed division instructions.

SAMPLE 30 MINUTE PRACTICE

A suggested plan to adapt to your assigned practice window and player abilities.

Time	Activity
5 minutes	Ball handling, movement, and partner passing
7 minutes	Give and go, spacing, and man to man defense
6 minutes	Rim rebound: clear with both feet beyond the arc; steal: attack
5 minutes	Top restart, 5 second entry, and substitution practice
5 minutes	3 on 3 play with rotations and scoring reminders
2 minutes	Water, review, and questions

OPEN YOUR COACHING REFERENCES

[Rules explained for players, families and coaches >](#)

[4 Point Shot FAQ >](#)

[Bring the Fire FAQ >](#)

[Referee Game Day Review >](#)

Add water breaks as needed. The practice outline is a coaching suggestion; official game rules and local division instructions govern competition.

References link to the Young3 materials supplied by Just Compete. Use the official rulebook when summaries differ.