

Basketball Size Chart - Recommended Sizes for Kids & Adults

If you spend a little time watching youth games, practices, or pick up games in this country.... you'll see that most young players use the wrong size basketball.

And using the wrong size often leads to bad shooting habits (incorrect technique).

This is partly because most websites (and basketball manufacturers) give recommendations that are frankly out of whack.

Below you'll find recommendations from [the experts here at Breakthrough Basketball](#). If you have any questions, don't hesitate to [email us](#).

Size	Circumference	Weight	Recommended For
<u>Size 7</u>	29.5"	22 oz	Men and boys ages 15 and up. This is official size for high school, college, and the pros.
<u>Size 6</u>	28.5"	20 oz	Boys ages 12-14. Girls and women ages 12 and up. This is the official size for women's high school, college, and pro basketball.
<u>Size 5</u>	27.5"	17 oz	Boys and girls ages 9-11 years old. This is the standard youth basketball you find in most stores.
<u>Size 4</u>	25.5"	14 oz	Boys and girls ages 5-8 years old.
<u>Size 3</u>	22"	10 oz	Boys and girls ages 4-8 years old. Also known as "mini" basketball.
Size 1	16"	8 oz	Boys and girls ages 2-4 year olds. Also known as "micro-mini" basketball.
Nerf Toy	9-20"	1-5 oz	Great for toddlers 0-4 years old. And fun for young hearted adults too!

Did you notice the difference in the weight for each size?

It might not seem like a lot but it makes a huge difference when shooting the basketball.

A men's size 7 ball is more than twice the weight of the size 3 mini! This extra weight makes it impossible for young kids to shoot with proper technique.

Young kids compensate by dropping their shoulder, twisting, and slinging it up to the basket. And in some cases players flick the ball with both hands. These bad habits tend to stick with players into their adult years.

These habits are much harder to break than you'd think! So take the time to pick the correct size and weight basketball for your child.