

Foothill Hoops Winter Basketball



**Fun - Learning -
Confidence - Character**

Winter 2019-20 Parents' Packet

Welcome to Foothill Hoops Basketball!

Organization Mission Statement: We provide a well organized and high quality youth basketball experience that emphasizes fun, skill development, confidence building, and character enhancement, all within a safe and friendly environment.

Foothill Hoops – doing what’s best for the kids: We hope to build the skills, confidence, and love for the game of basketball that is necessary as a base for later, advanced competition. We will always value the aforementioned principles over the importance of winning. We will ask that all Hoops parents and coaches do the same, as this is what is best for the players. Foothill Hoops gives players an opportunity to be active and have a great time doing it! Beginning and experienced players alike will have a great experience in Foothill Hoops!

A progressing system for developing players: Between the ages of 3-17, players are growing both physically and emotionally, and the progression of our program reflects this. For example, for the younger ages, players will play at a lower basket with a smaller sized ball, with scoring modifications. This helps keep confidence levels high and protects young players from forming bad mechanical habits at early ages. Also, Coaches will be guided to teach age appropriate skills and strategies to their players and some rules may be modified to give players the best basketball experience possible.

What is Hoops Basketball all about?

FUN

- The reason we play sports - it’s not to win!
- All players play at least half of every game
- Making new friends

SKILL DEVELOPMENT

- The importance of fundamentals
- Age and developmentally appropriate division parameters
- Focusing on strength, conditioning, nutrition, and health

CONFIDENCE BUILDING

- Learning the skills needed to compete at higher levels
- Gaining and maintaining a consistent positive attitude
- Constructive coaching

CHARACTER ENHANCEMENT

- Learning how to deal with a win or a loss
- Respecting all teammates, coaches, opponents, spectators, and officials
- The importance of teamwork and sportsmanship

FUN - LEARNING

CONFIDENCE - CHARACTER