

Hoops B4 Work

Coaching

Hoops b4 Work will be referred to as HBW within this document.

- All coaching staff will identify themselves upon arrival.
- HBW Coaches are qualified to a level 2 minimum qualification with Basketball England.
- All sessions are delivered in a fun and engaging way.
- Session will offer a progression from the last session, however this will depend on the progress of the group.
- All sessions will deliver a variety of aspects of the game this includes fitness, through basketball. Shooting, dribbling and defensive.
- HBW coaches will take into account all abilities and skill development, ensuring participants are challenged in a safe environment.
- HBW coaches are always available to offer advice on alternative ways on how to continue to improve.
- HBW provide all equipment required to deliver the session.
- Each session will consist of warm up, skill development and a game.
- Please ensure all jewellery, piercing and watches are removed before the session starts.
- Please wear sports clothing and suitable shoes. We recommend shorts/leggings/ tracksuit and t-shirt. It is advised that you wear ankle support trainers due to Basketball being an impact sport.
- If there are any aspects of your game you would like to improve please speak directly to the coach or email hoopsb4work@gmail.com

