

COUGAR HOOPS COACHES' INFORMATION

FOR ALL COACHES AND ALL GRADE LEVELS

1. Coach in accordance with the Cougar Hoops Mission Statement (see below)
2. Participate in the Monroe County or Livingston County League
3. Have one to two practices per week in accordance with the Gym Schedule and Practice Schedule distributed to the team throughout the season
4. Compete in at least two tournaments
5. Follow the Coaches' Code of Conduct
6. Be a positive representative of HFL and HFL Cougar Hoops which includes the responsibility to help control the HFL fan behavior during games
7. All efforts will be made by the board to avoid cuts at all ages, especially at grades 3 through 6. The decision for cuts are a specific situational decision and may be necessary depending on multiple factors (ex. class size and coaching availability).

THIRD AND FOURTH GRADE LEVELS

1. Focus on Fun
2. Avoid playing more than twenty-five (25) games
3. Keep playing time equal
4. Rotate kids through as many different positions as possible
5. Attempt to introduce basic basketball skills including dribbling, passing, and shooting as well as individual defensive positioning and plays
6. Introduce basic basketball terminology (ex. backdoor cut, high/low post, pick and roll, give and go, etc)
7. Focus on 2-on-2 and 3-on-3 in practice

FIFTH AND SIXTH GRADE LEVELS

1. Focus on fun, but increase the competitive atmosphere somewhat depending on the kids' interest and skill level
2. Playing time should be as equal as possible with some variations based on opponent, score, and situation
3. Kids should play more than one position
4. Increase attention on skill development (dribbling, shooting, passing, and individual defense)
5. Increased attention and focus on good shooting form and fundamentals
6. Introduce team defensive concepts and rebounding/box out emphasis
7. Play no more than 30-35 games
8. Focus on 2-on-2 and 3-on-3 in practice

SEVENTH AND EIGHTH GRADE

1. Increase the competitive atmosphere. (Typically, kids playing at this age are also trying out for HFL school teams.)
2. Increased skill development should be stressed including individual offensive moves and shooting form. The players should be expected to make a higher level of commitment to this level of travel basketball.
3. Increased coordination with the HFL School Programs should be encouraged. The kids learn the same offenses, same defenses and skill emphasis as prescribed by HFL coaches.
4. Playing time is not equal, but each kid should get meaningful playing time in each game.
5. Practice time is limited once school teams start playing. Coaches are expected to be respectful of the increased commitments for the players on multiple teams.

Cougar Hoops Mission Statement

To teach the game of Basketball to HFL boys and girls in a fun and competitive atmosphere that emphasizes skill development, sportsmanship, camaraderie and learning how to win and lose with class.