



# TRUE Hoops

Providing learning and leadership opportunities through basketball



# Welcome to *TRUE* *Hoops*

**A development program for  
school aged children.**

Basketball is the fastest growing sport in New Zealand.

The TRUE HOOPS In School Coaching Program is aimed at up skilling teachers, coaches and students.

The program consists of on court sessions during curriculum time for students to learn **fundamentals skills** and **decision making** as well as **professional development** for teachers.

Basketball is a great game that is played by millions of young people around the world.

Playing basketball fosters;

- The development of relationships
- Teamwork
- Self-esteem
- Leadership qualities
- Physical health

TRUE HOOPS founder and Head Coach, Coach Miles has developed the School Coaching Program to help kids fall in love with the game of basketball and sport.



*Coach Miles in the huddle of the Junior Tall Blacks during the World Cup campaign.*

Coach Miles has over 25 years experience in the game of basketball.

- Represented New Zealand as a Tall Black
- Coach for the Junior National Program

- 2019 Mens Junior World Cup in Greece
- 2020 New Zealand Under 15 Mens Coach
- Coach Developer for Basketball New Zealand

# What We Do.

TRUE HOOPS has lucky enough to be involved with schools across the wider Manawatu region and beyond.

In 2019 we saw over 5000 students in schools alone.

*We want to develop and teach kids to love the game.*

We encourage kids to have fun, build confidence, and give sport a go.

We teach ball skills, and fundamental basketball skills that will lay the foundation for a life long love of the game.

We can cater to your school's needs and work around your timetable to get the most out of every session.





# Fundamentals

Skills covered in the program



## Dribbling



## Passing



## Shooting

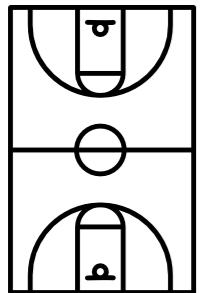


## Defense



# What you need

## To make the most of the program



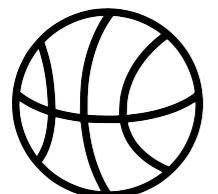
A court, gym or an open place to play.  
(An indoor option would be perfect for those days that the weather does not want to cooperate)



Some hoops to teach shooting and play games.



A teacher must be present at all times to supervise and to make the most of professional development opportunities.



We will bring equipment for every session but access to the PE shed can be helpful and ensure that everyone has what they need for the day.



# TRUE *Hoops*

[www.truehoops.nz](http://www.truehoops.nz)



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