

D-BLOCK HOOPS

Closed Practice Policy Explanation

5th–8th Grade Basketball Program

At D-BLOCK HOOPS, our mission is to develop confident, skilled, and disciplined athletes. We understand that parents want to support their players and be involved in their growth. Below is an explanation of why practices will be closed during the season and how this benefits our athletes. We still want you to view practice which is why we are testing live stream options. Families will be able to tune in and live stream practices from outside the gym space.

1. Skill Development & Basketball IQ

- Practices that are closed help ensure players stay focused.
- Closed practices allow coaches to stop drills, teach, and correct in real time without sideline distractions or audience.
- Players can make mistakes and grow within the team setting without feeling pressure from an audience.
- We want less worry, embarrassment and added stress after turnovers or missed shots.

2. Clear Communication & Coaching Consistency

- One coaching voice improves clarity and learning speed.
- Prevents mixed messages from the sidelines.
- Allows athletes to fully commit to the team system and expectations.

3. Confidence & Mental Development

- Athletes are more willing to try new skills and communicate openly.

4. Team Culture & Leadership in closed practice

- Encourages accountability and independence. This is a great skill to learn at an early age.
- Builds trust among teammates.

- Develops leadership without reliance on the stands.
- Allows players to solve problems together
- Communicate more
- We want to build a stronger culture in our program!

5. Safety & Facility Logistics

- Coaches will maintain a current up to date parent/guardian contact list.
- Coaches will need to be informed of any medical conditions or injury so that they can be monitored during closed practice.

What Parents Can Expect From D-BLOCK HOOPS

- Clear communication regarding team goals and expectations.
- Opportunities for questions outside of practice time. Phone call, email or meeting in person.
- Transparency regarding athlete development.
- Occasional open practices or designated observation opportunities when appropriate.
- LIVE STREAMING PRACTICE. We are currently working on and have ordered some options for us to live stream all practices. Parents/families will be able to still watch practice from outside the gym space.
- Restrooms- Will remain open for parents/families who need to use them. We ask that after use please exit the gym.

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