



Run to Win: The Mongoose System: Coaching Middle School & Youth Basketball

Beau James Brock

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The Mongoose System is not only a possible way to coach middle school and youth basketball, but the optimum way to coach at this level! This book has been written to teach you how to coach the System to middle school and youth basketball teams. Other books on the System have been organized for college and high school level teams, and we wanted to provide the lessons we have happily learned to you for your kids at the middle school level. We have written this book for you. You picked this book up because no matter how much you already know about basketball, you know there is more to learn. If you are a parent or teacher just starting out in coaching, you have picked this up to begin to learn to coach. If you have already coached for 5 years, you may be looking for a new approach to the game. If you have coached 10 years or more, you know that the more you know about the game, the more there is to learn.

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