

## SOUTHRIDGE JR. METRO BASKETBALL

The Jr. Metro program is designed to: provide opportunities for fundamental improvement, provide an atmosphere where players learn how to be successful, provide a competitive environment that allows players to grow, and to build relationships between the high school program and our younger players. The Jr. Metro program does not focus solely on basketball. Players must be passing all of their classes to play. Coaches need to check report cards/progress reports on a regular basis and emphasize the importance of academics.

### Jr. Metro Goals

**#1. Player Development-** Coaches must give the players the tools to improve and grow as players. Fundamentals are acquired through repetition. Daily fundamental work is essential and the only way to make players.

**#2. Teach players what it means to be successful-** players need to learn the attributes that can make them successful. Coaches need to use basketball as a vehicle to teach players how to: give their best effort, be disciplined, have great work ethic, be coachable, Be accountable, be a good teammate, choose the right attitude, and deal with adversity (failing forward).

**#3. Build a winning tradition-** winning is a byproduct of achieving goals #1 & #2. The focus should not be on winning at all cost, but on developing players and teaching them how to give their best effort (in everything they do).



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