



Some basic information re: our program -

We typically start in March, at the conclusion of the school seasons. Practices run twice per week, Wednesdays and Thursdays, until school closes. We'll meet occasionally during the summer and then pick it up again in late August, running up until tryouts in late November. Kids can join at any time. We do an initial assessment and then create an individual plan based on their strengths and areas that need improvement.

Our program aims to help interested kids improve their fundamental skills and use those skills in a team context. We work with girls from 5th through 12th grade. Our hope is that the girls will learn how to play basketball properly, enjoy the game and eventually contribute to the Voorhees High School program.

The Lady Vikes program has an incredible history of success and is well respected in the basketball community. After posting a record of 24-4 and playing into the state sectional final in 2015 the 2016 team was 25-3 and won the state sectional championship. In 2017 the girls went 18 – 9 and again played in the state sectional championship game. The Lady Vikes have produced many talented players over the years and for 19 of the past 22 seasons, including 16 consecutive years, posted a winning record, often recording 20 or more victories in a season. Some of the former players will assist us from time to time as we develop the interest and the talent. The basic program outline follows.

LADY VIKES - DEVELOPMENTAL PROGRAM

GOAL OF THE PROGRAM:

We aim to support the Voorhees High School Girls basketball program by working with interested girls, grades 5 through 12, developing skilled, competitive and fundamentally sound players.

OBJECTIVES OF THE PROGRAM:

- To assess each player's current strengths and areas in need of development.
- To improve the individual skills of each player so the player can contribute to the team effort.
- To explore and learn the characteristics of effective teams and work towards becoming a team.
- To develop complete ball players, fundamentally sound in all aspects of the game – under control, technically skilled, respectful of the game, "basketball smart" - team players.
- To introduce and practice through repetition, the skills necessary to become complete players.
- To develop the confidence to apply new skills in competitive settings.

STRATEGIES: JOHN WOODEN'S FOUR LAWS OF LEARNING:

- Explanation
- Demonstration
- Correction
- Repetition

Sessions focus on improving each individual's ability to **create space** on offense and to **minimize space** on defense

Focus on the details – Players will practice a skill until they get it right

Video Assessments – Video tape all players - running form, shooting, defensive stance, ball handling, scrimmaging.

Drills, Scrimmages, Competition – introduce new skills, lots of reps to anchor the learning; apply the learning through 1 on 1, 3 on 3 and 5 on 5 scrimmages.