

LADY TROJANS BASKETBALL



NEWSLETTER

ANNOUNCEMENTS

Summer Sweat & Open Gym
July 23, 24, 25 *Grades 7-12
PE Gym North & South
Doors open 9-11:30 am

WEEKLY THOUGHT

"We want simplicity, with execution" ~ Tony Bennett

ATTACK

We run on offense, contest all 3-point shots and allow no layups.

RHYTHM

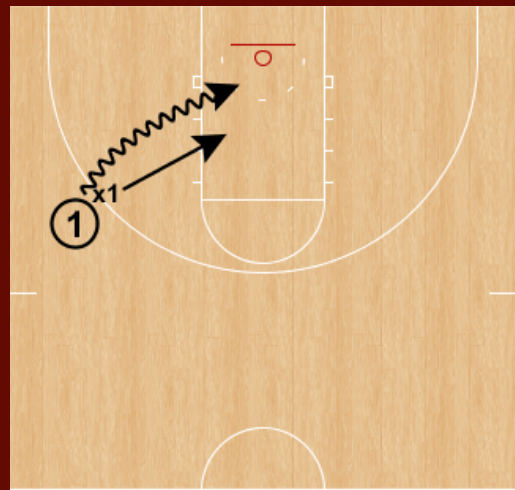
We play to our strengths; have a 1 Count Shooter's Mindset.

ATTITUDE

We hunt for One More; press on to the Next Play.

DRILL OF THE WEEK

Blind Finishes



1 begins with the ball
x1 faces basket back turned to 1
1 puts the ball on the back of x1
1 rips the ball
x1 recovers to be a live defender.
Play to 7 by 1s