

LADY TROJANS BASKETBALL



NEWSLETTER

ANNOUNCEMENTS

PEG Open Gym 10/6
Doors open 9:00 - 11:00 am
Homecoming
Friday 10/12

WEEKLY THOUGHT

"Offense is spacing, spacing is offense."
Chuck Daly

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

"22 Russian (Wing) to 44 Blood"

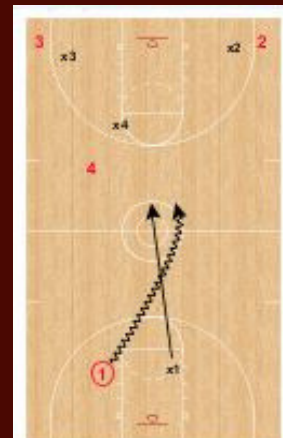


22 Russian on first end of the floor.

All posts are on the 22 Russian end.

Red defense starts with the ball.

DHO from wing, Attack Rim & Defend



Red PG rebounds or gets outlet from Red 5

5's stay, 1's continue into Live 4v4

Options:

- 1. Score
- 2. Swing to 4 & Blur Cut
- 3. Kick to 2
- 4. Skip to 3