

LADY TROJANS BASKETBALL



NEWSLETTER

ANNOUNCEMENTS

Hometown Huddle 9/28
Volunteer times 4:30 - 7:45 pm
Official Start of Practices
Monday 10/1

WEEKLY THOUGHT

"We believe in players when they have the grit to compete, can handle adversity with great confidence, and handle success with great humility" Jay Wright - Villanova Basketball

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 to 44 Blood"

22 Russian to 44 Blood SSG

22 Russian on first end of the floor.

All posts are on the 22 Russian end.

Red defense starts with the ball.

DHO, 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