

LADY TROJANS BASKETBALL



NEWSLETTER

ANNOUNCEMENTS

8/17/18 First day of school!
6th hour meeting PEG North
Grades 9-12

WEEKLY THOUGHT

"Approach all practices from a **play** focus,
rather than a **drill** focus."
@BballImmersion @chris_oliver

ATTACK

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

RHYTHM

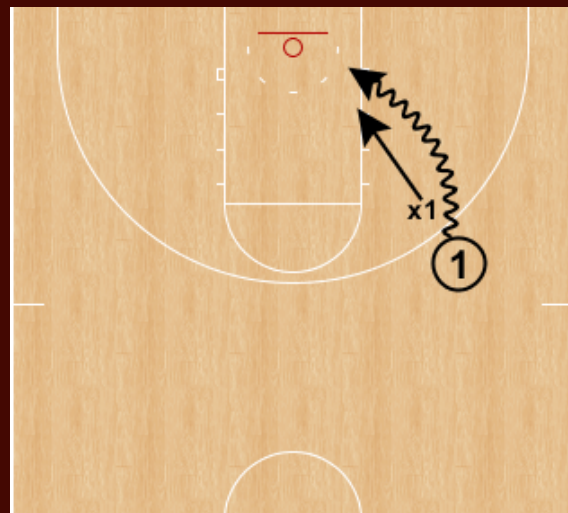
We play to our strengths; have a 1 Count Shooter's Mindset.

ATTITUDE

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

CONCEPT OF THE WEEK

Replace "Daily Dozen"
drill with Blind 1v1



x1 is facing the hoop with their heels on the 3pt line. As soon as 1 puts the ball on the floor, it turns into live 1v1.

This drills works on the offense getting and maintaining a 1 second advantage over the defensive player.

Limit the amount of 1v0 "on air" drills and take a games approach. Blind 1v1 is an offensive "advantage" game. Make decisions based off the advantage. Possible finishes could be a one foot layup if "being chased", two foot power layup if defense is on your hip, stride stop or jump stop if "you were caught" by the defender.