

LADY TROJANS BASKETBALL



NEWSLETTER

ANNOUNCEMENTS

No school Friday 8/31
 No school Monday 9/3
 Player/Parent Meeting 9/19

WEEKLY THOUGHT

"The most important lesson I ever learned in basketball? Slow down. You can't force spacing or timing – you gotta let it develop. Good teams beat you with speed. Great teams beat you with spacing and timing." Jason Kidd

ATTACK

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

RHYTHM

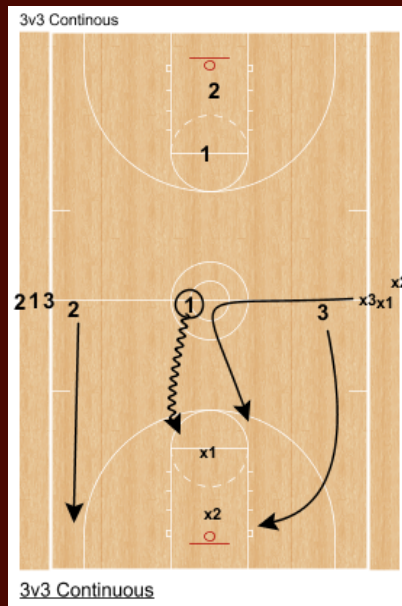
We play to our strengths; have a 1 Count Shooter's Mindset.

ATTITUDE

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

GAME OF THE WEEK

3v3 Continuous



- A. Two teams, offense starts with ball HC circle.
- B. Defense has two back in "I formation"
- C. 1 attacks 3v2 with X1 as chaser.
- D. X3 must touch HC circle before chase.
- E. X1, X2, X3 will attack opposite end after score/stop.