

LADY TROJANS BASKETBALL



NEWSLETTER

ANNOUNCEMENTS

PEG Open Gym Saturday 9/22
Doors open 8:30 - 10:30 am



Radius Athletics
@RadiusAthletics

Never stop asking for more in Transition Offense. More width, more depth, more ball speed, more player speed...

#TransitionOffenseTips

WEEKLY THOUGHT

ATTACK

Run on offense, contest all 3-point shots. allow no layups.

RHYTHM

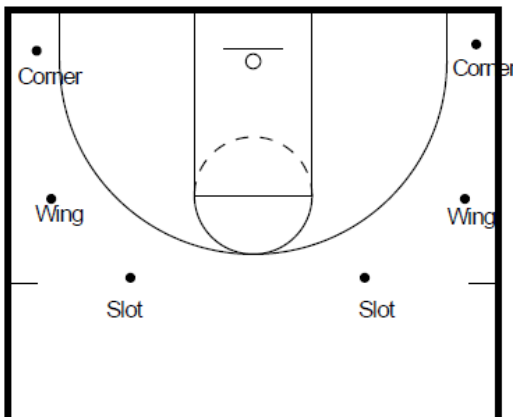
Play to our strengths; have a 1 Count Shooter's Mindset.

ATTITUDE

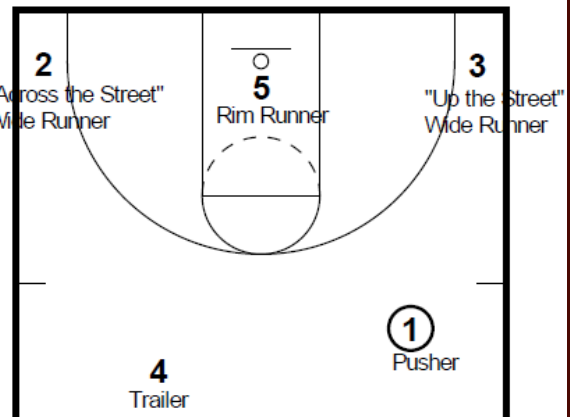
Hunt for One More; Press On to the Next Play.

CONCEPT OF THE WEEK

ATTACK - "PHOENIX" TRANSITION OFFENSE



On misses, players can fill the corner, wing or slot depending on how many wide runners there are. A "4 out" or "5 out" lineup will occupy the slots. A "3 out" lineup will only use the corner and wing as wide runners.



1 has the ball, is the Pusher.
3 is strong side "Up the Street" Wide Runner.
2 is weak side "Across the Street" Wide Runner.
5 ahead of ball is the Rim Runner.
4 is behind the ball, is the Trailer.