

# LADY TROJANS BASKETBALL



## NEWSLETTER

### ANNOUNCEMENTS

PEG Open Gym Saturday 9/15  
Doors open 9:30 am  
Player/Parent Meeting 9/19  
H.S. Cafeteria 6:30 pm

### WEEKLY THOUGHT

"Do your work early, compete from tip-off. Be physical, play without fouling, make every shot tough, and don't get discouraged." Tony Allen

### ATTACK

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

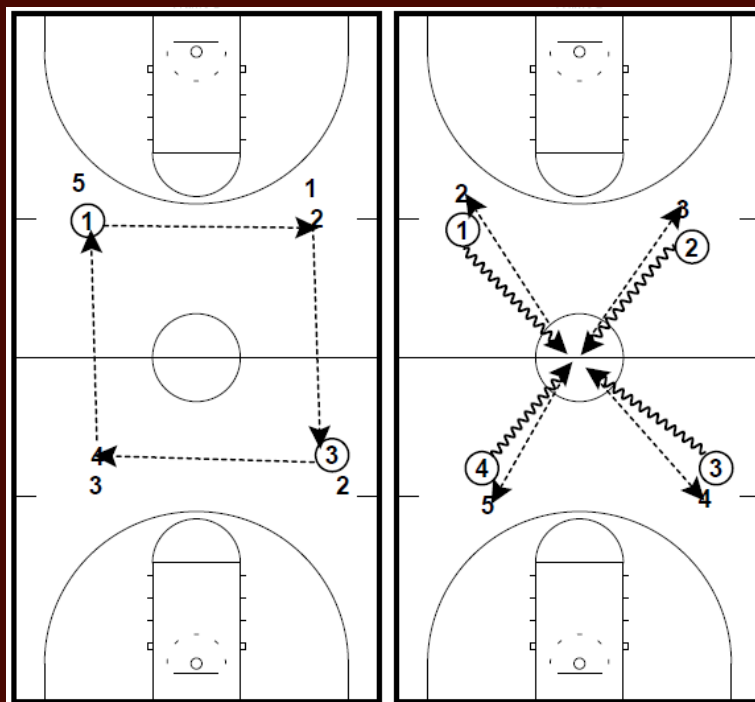
### RHYTHM

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 "FOUR SQUARE"



Quick 2-4 minute warm-up with a ball, works best with 4-5 max per line. One ball per line, follow your pass to each line. Start with passes then add dribble/footwork skills like 'crack-back', 'skip-back', 'bounce-out', Nash & Barkley protections.