

LADY TROJANS BASKETBALL



NEWSLETTER

ANNOUNCEMENTS

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

WEEKLY THOUGHT

"It takes incredible personal discipline to play with great freedom." Dick Bennett

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.

5V5 SITUATIONS OF THE WEEK

"Down/Up 8, 3:00 to Go"



Fran Fraschilla
@franfraschilla

Coaches: Good way to scrimmage & work on late-game situations, especially in Jan & Feb. Play "Down 8, 3:00 to go" with starters 3 times a week. "Up 8, 3:00 to go" twice a week. New situations pop up every day. Teaches the "comeback game" & playing with the lead.

9/4/18, 11:21 AM

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