

LADY TROJANS BASKETBALL



NEWSLETTER

ANNOUNCEMENTS

Schedule Pick Up this week!
More info at jenksps.org

WEEKLY THOUGHT

Excel at the role you have.
Work for the role you want.
@PureSweat

ATTACK

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

RHYTHM

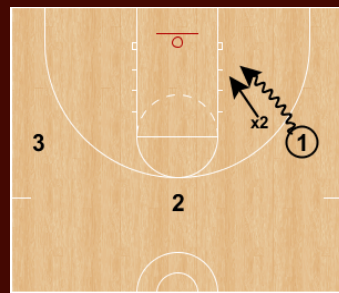
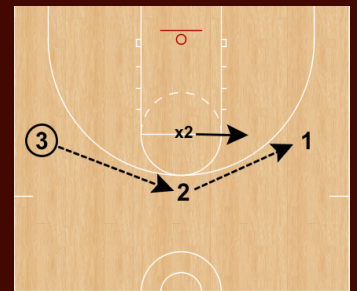
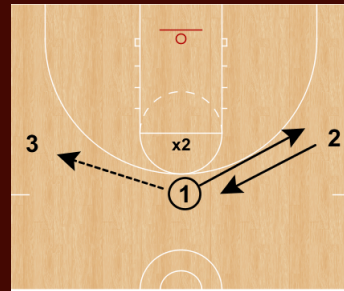
We play to our strengths; have a 1 Count Shooter's Mindset.

ATTITUDE

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

DRILL OF THE WEEK

1v1 "Baseball"



1 passes to 2 or 3 & exchanges.
(x1) guards 1 as ball swings to top, 1 must get open. Play live 1v1

Baseball scoring:

A score is a "run", a stop is an "out".
Rotate offense to defense after 3 outs.
Play 2-3 "innings"