

LADY TROJANS BASKETBALL



NEWSLETTER

ANNOUNCEMENTS

Summer Sweat & Open Gym
July 9, 11, 12 *Grades 7-12
Frank Herald Fieldhouse
Doors open 9-11:30 am

WEEKLY THOUGHT

Essentialism -The disciplined pursuit of "less but better".

ATTACK

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

RHYTHM

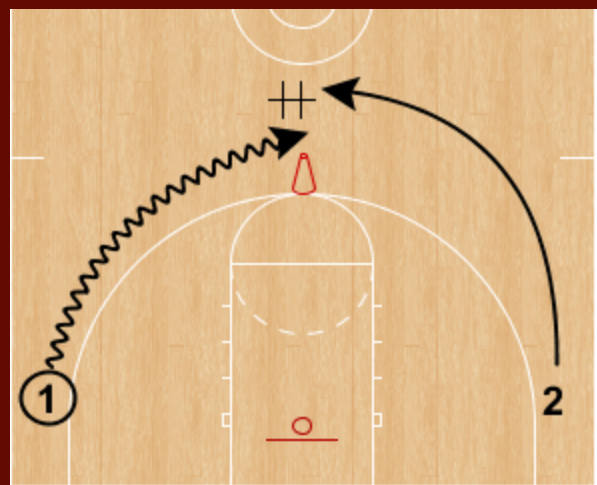
We play to our strengths; have a 1 Count Shooter's Mindset.

ATTITUDE

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

DRILL OF THE WEEK

RUSSIAN 1 ON 1 (DHO)



- A. Two Lines
- B. Line 1 Dribble to Top of the Key
- C. Line 2 Runs to Top of the Key
- D. Conduct a DHO & Play Live