

LADY TROJANS BASKETBALL



NEWSLETTER

ANNOUNCEMENTS

Senior Poster Pictures 8/28
No school Friday 8/31
No school Monday 9/3

WEEKLY THOUGHT

"Be shot ready. You score
before you catch"
#ShootersMindset

ATTACK

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

RHYTHM

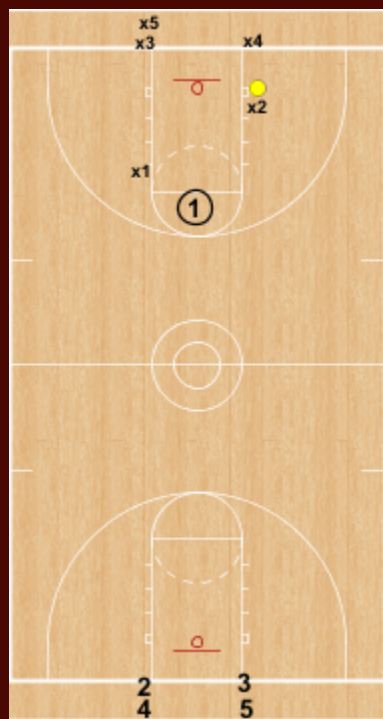
We play to our strengths;
have a 1 Count Shooter's
Mindset.

ATTITUDE

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

GAME OF THE WEEK

Boilermaker Transition



Divide into 2 teams
of 5 players.
Maroon starts with a
FT shooter, White
has 2 ready to
rebound. After FT,
the game is live.
Build up transition
and add 2 players
after every shot, 2v1,
3v2, 4v3, 5v4, 5v5.
Reset game with
White FT shooter.