

LEICESTER BASKETBALL

NEWSLETTER



ANNOUNCEMENTS:

Leicester Basketball Clinic

July 16-18

Grades 2-10

Leicester High School

Brochures on Website

www.leicesterbasketball.com



THOUGHT OF THE WEEK:



Tim Brady @CoachTBrady · 1d

Great thing to work on is helping players understand the differences between learning and performing. When to expect mistake and when to minimize them. Create space in practice for both growth and execution.

@LEICBASKETBALL

OFFENSIVE MINDSET

BY COACH LYNCH

Develop your practice plans to reinforce the mindset you want your players to have.

Attack Mentality:

We want our players to develop a mindset of attacking the rim off the dribble. Place pressure on the defense to collapse & help.

Offensive Spacing:

Players should ask themselves.... Does my spacing put pressure on the defense? Provide the basketball room to breathe. Be in a position to "Use an Advantage" if your defender helps.

Stops & Second Cutting:

When an attacking player stops his dribble we must be able to read our defender and make appropriate "Second Cuts". We are Second Cutting to Score!

DRILLS YOU CAN USE

"RACK OR 3'S" SSG RULES

Concept:

Design "House Rules" to try and influence the Shot Selection of the players. We would like our players to hunt for high EFG% shots. 1) Catch & Shoot 3's & 2) Lay Ups.

Rules:

Game to 11, win by 2

Threes = 2 pts, Paint Shots = 1 pts

Midrange = 0 pts

