

# LEICESTER BASKETBALL

NEWSLETTER



@LEICBASKETBALL

## ANNOUNCEMENTS:

### Leicester Basketball Clinic

July 16-18  
Grades 2-10  
Leicester High School  
Brochures on Website  
[www.leicesterbasketball.com](http://www.leicesterbasketball.com)



## THOUGHT OF THE WEEK:



Tom Crean  
@TomCrean

Following

If your practices or workouts are lacking energy or have boredom kicking in, that is on us as coaches. Not the players. We have a responsibility everyday to bring INTENSITY, ENTHUSIASM, CREATIVITY, AWARENESS and to ENGAGE with our players in every situation.

## GAME-LIKE SHOTS

BY COACH LYNCH

Shooting in Practice should always closely resemble the kind of shots you are creating in games. We should also try to truly examine our game films and find out how we're creating the shots we are getting and then design drills to re-create those same shots in practice.

### The Scores Created Study:

One offseason project I undertook was a self study on exactly how every point was created Offensively & Defensively.

Looking at Made 3FGs I took out Transition 3's, Zone Off 3's & BLOB 3's & totaled the numbers. The numbers revealed that 54% of our made 3FGs in Half Court Offense came from Slot Drives. The two shooting drills on the right are meant to emphasize that.

## DRILLS YOU CAN USE

"Slot Drive & Kick" -

Frame 1 - Player Drives, Hits a Stride Stop, & Flips

Frame 2 - Player Drives, Hits 2 with a Chest Pass

