

A close-up photograph of a basketball and a white net on a wooden court floor. The basketball is on the left, showing its textured orange surface and black lines. The white net is on the right, draped over the wooden floor. The entire image is framed by a purple border with a yellow inner line.

**PREPARE - COMPETE**

The 10 Commandments  
Of Practice For An  
LSA Lady Tiger



# **THE 10 COMMANDMENTS OF PRACTICE FOR AN LSU LADY TIGER**

## **1. THOU SHALT PRACTICE HARD**

...we will come each day with energy and enthusiasm...we will put supreme effort into every drill because we know that the habit of practicing hard will carry over to playing hard...we will finish by pushing through fatigue for we know the best improvement comes upon the heels of being tired.

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# THE 10 COMMANDMENTS OF PRACTICE FOR AN LSU LADY TIGER

## 2. THOU SHALT PRACTICE INTELLIGENTLY

...we will in a constant state of focus and concentration...we will enter the practice court with a mental frame of mind that will have us using our eyes and ears, seeing and listening...we want to take each day of practice, each video session, each team meeting as if it were a classroom — because it is.

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# THE 10 COMMANDMENTS OF PRACTICE FOR AN LSU LADY TIGER

## 3. THOU SHALT PRACTICE TOGETHER

...we will work as a team to make each practice a "victory" ...we will push ourselves because we know that to make the team better we must start with ourselves...we will encourage and pick up our teammates...together we will work towards having a great practice.

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# THE 10 COMMANDMENTS OF PRACTICE FOR AN LSU LADY TIGER

## 4. THOU SHALT RUN THE FLOOR

...we will sprint the lanes offensively and our post will sprint to the rim...we will run early and run late when we are tired...we will sprint back as a team ready to play defensively...we will sprint from one drill to the next...we will run in practice because we know it is those habits that we want to develop for the game.

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# **THE 10 COMMANDMENTS OF PRACTICE FOR AN LSU LADY TIGER**

## **5. THOU SHALT STAY IN THY STANCE**

...we will stay low in our basketball stance because we know it provides us with the balance necessary for good offensive and defensive play...we will stay low in our stance because we know it adds to the quickness of our offensive and defensive movements.

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# THE 10 COMMANDMENTS OF PRACTICE FOR AN LSU LADY TIGER

## 6. THOU SHALT GET A HAND ON THE BALL

...we will play in such a way defensively that we will have a hand constantly mirroring the basketball...our goal will be to deflect every pass and wreak havoc on our opponent...we will not allow them to run their plays and we will not allow them any uncontested shots.

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# THE 10 COMMANDMENTS OF PRACTICE FOR AN LSU LADY TIGER

## 7. THOU SHALT TAKE CARE OF THE BALL

...we will value each and every possession for we know its importance of offensive success...we will be strong with the ball...strong sweeps...catch and chin...use our dribble wisely and pass away from the defense...we have a tradition of taking better care of the basketball than anyone in the country — and it shall continue.

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# THE 10 COMMANDMENTS OF PRACTICE FOR AN LSU LADY TIGER

## 8. THOU SHALT TAKE GOOD SHOTS

...we will work hard each possession to get the best shot available...we will work to get lay-ups...we will work to get our best shooters shots...we will decide when we want to shoot — where we want to shoot — and who will shoot.

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# THE 10 COMMANDMENTS OF PRACTICE FOR AN LSU LADY TIGER

## 9. THOU SHALT COMMUNICATE

...we will use words of encouragement to lift our teammates...we will talk to our teammates to improve our execution on the court...we will talk during practice to help "coach" each other...we will be the best communicating team in America.

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# THE 10 COMMANDMENTS OF PRACTICE FOR AN LSU LADY TIGER

## 10. THOU SHALT PRACTICE THAT WAY EVERYDAY

...we will follow each of the previous nine commandments each and every practice...we will understand that together, the previous nine commandments will help our team to reach our potential...we understand that failing to work on a single commandment will leave our team short of being the best it can be...WE WILL PRACTICE THIS WAY EVERYDAY!

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