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Offense

Attacking Mentality

- Great offensive talent, but must be more active and confident, be ready to participate in almost every action and create a bit more off the ball
- 🖐️ Don't hesitate when you have the ball: attack the close outs, take open shots.

Driving & Finishing


- Very strong going right (your main move)
- 📌 TIP 💡 : When you catch the ball, take a short time (pause) to read your defender's feet. Check if she's giving you middle, baseline, or the 3-point shot and take a decision from there,
- You need to use your left hand more so you don't become predictable. Almost all your drives went right
- 💡 Transition *Trick*: Fix the defender first (fake left then go right, or vice versa). Otherwise, you don't force the defender to decide any of both sides
- 📖 Extra Concept: In open court, push the ball out further and run (4–5 steps per dribble). This makes you faster with the ball.

Shooting

- 🎯 Great shooting form – smooth and fluid. 1 tempo, which is great.

- Confidence is key: the more hesitation, the worse the shot. When you hesitate, you stop your mechanic, and the shot is not fluid anymore.

Ball Screen

- Good use of pauses and speed changes. You should be more involved on PnR actions.
-  PRO tip : When you run a ball screen, read the help defender (lowest defender on the weak side): decide if you should pass to the roll, kick out to a shooter, or finish yourself.
- **+** Extra Advice: Play the ball screens more calmly. You don't always have to go full speed. Slow down, read what the defense is doing, then make your choice.

Passing




- Needs to improve one-hand passes off the dribble, especially with the left hand.
- This will give you more options: pass while dribbling, keep your dribble alive, or attack again.

Off-Ball Movement

- Sometimes cuts at the wrong moment or stands still. Try to be a bit more active on the game when you don't have the ball
- Think like this: if the ball is coming toward you, move away; if the ball goes away from you, look to cut or move closer.
Examples:
 - If a teammate drives middle and you're in the opposite corner → cut.
 - If it's a baseline drive and you're on the opposite 45° → cut.

Defense

On-Ball Defense

-  Intense and quick defender, attack the ball.
-  On closeouts, don't give up the middle lane, especially if it lets the offense attack middle.
- SPECIAL TIP  : If your coach allows, force players to their weak hand (often the left) early. This can create steals, especially if they try to crossover back.

Help Defense

- You need to anticipate more and stay active (feet + hands). A good help usually starts outside the paint.
- ❌ Never help from the strong side; only stunt and recover, being active with your hands.
- 📖 New Concept: “Jump to the Ball Line” → always move with the ball until you’re on the same line as it, never behind it, especially in the first half of the court.

Defending in Transition / Open Floor

- It’s hard for you to stop fast players in open court.
- ✅ Solution: improve your foot speed and keep moving your feet all the time (don’t stop).

Half-Court Defense

- ❌ Don’t slide too many times in a row. One or two slides are fine, but more makes you too slow.
- Extra Advice: Run with normal steps and use a drop step (A **drop step** is when you turn your body and drop one foot back to stay in front of the player driving) to get back in front of the ball.

📌 General Conclusions

- Offense: Talented and creative, but must play with more confidence, attack consistently, and trust her shot. Needs to build a left hand to avoid being predictable.
- Defense: Excellent energy. With more anticipation, activity, and physical advices, she can become a great defender.

🌟 Mirror Players – Who You Can Learn From

- 1 From Malbas – Maleah Klintman
- 2 From SBL / Sweden – Kajsa Levin
- 3 From High Level – Allisha Gray