



# PLAY LIKE HER

## AUS BASKETBALL EDITION



A skill development guide using WNBL athletes and Aussies currently playing abroad (23/24 Season).

### DEFENDING 1 V 1

**STAY LOW IN STANCE**

LIKE...

**STEPH TALBOT**  
(ADELAIDE LIGHTNING)

**PRESSURE THE BALL**

LIKE...

**KRISTY WALLACE**  
(MELBOURNE BOOMERS)

**DISRUPT THE  
BALL-HANDLER**

LIKE...

**MONIQUE CONTI**  
(MELBOURNE BOOMERS)

**BE AWESOME FOR  
3 SLIDES**

LIKE...

**LAUREN NICHOLSON**  
(SYDNEY FLAMES)

**'WALL UP' AT THE  
END OF A DRIVE**

LIKE...

**STEPH TALBOT**  
(ADELAIDE LIGHTNING)

### DRIVING AND FINISHING

**FINISH THROUGH  
CONTACT**

LIKE...

**BEC COLE**  
(SOUTHSIDE FLYERS)

**PLAY OFF 2 FEET  
INSIDE THE KEY**

LIKE...

**STEPH REID**  
(TOWNSVILLE FIRE)

Thanks to Contributors

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## SHOOTING

**CREATE SPACE FOR YOUR SHOT**

LIKE...

**SAMI WHITCOMB  
(TOWNSVILLE FIRE)**

**SHOOT WITH A QUICK RELEASE**

LIKE...

**SAMI WHITCOMB  
(TOWNSVILLE FIRE)**

**CATCH AND SHOOT**

LIKE...

**CARLEY ERNST  
(SOUTHSIDE FLYERS)**

**SARA BLICAVS  
(MELBOURNE BOOMERS)**

**SHOOT OFF THE DRIBBLE**

LIKE...

**KRISTY WALLACE  
(MELBOURNE BOOMERS)**

**ANNELI MALEY  
(PERTH LYNX)**

## ONE PERCENTERS

**HUSTLE FOR REBOUNDS AND LOOSE BALLS**

LIKE...

**ANNELI MALEY  
(PERTH LYNX)**

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## PASSING AND DECISION-MAKING



**MAKE GREAT  
DECISIONS**

LIKE...

**AIMIE ROCCI  
(MELBOURNE BOOMERS)**

**SEE THE FLOOR**

LIKE...

**LAUREN MANSFIELD  
(ADELAIDE LIGHTNING)**

**THREAD PASSES  
THROUGH TRAFFIC**

LIKE...

**GEORGIA AMOORE  
(VIRGINIA TECH)**

**FIND OPEN TEAMMATES**

LIKE...

**STEPH REID  
(TOWNSVILLE FIRE)**

## USING SCREENS

**PASS OUT OF THE  
PICK-AND-ROLL**

LIKE...

**JADE MELBOURNE  
(UC CAPITALS)**

**'POP' TO THE MID-RANGE  
OR 3PT LINE**

LIKE...

**CAYLA GEORGE  
(SYDNEY FLAMES)**

**CREATE FROM  
OFF-BALL SCREENS**

LIKE...

**JADE MELBOURNE  
(UC CAPITALS)**

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### POST PLAY

SEAL YOUR DEFENDER

LIKE...

LAUREN JACKSON  
(SOUTHSIDE FLYERS)

POST UP AS A GUARD

LIKE...

LAUREN NICHOLSON  
(SYDNEY FLAMES)

USE STRONG  
POST MOVES

LIKE...

LAUREN JACKSON  
(SOUTHSIDE FLYERS)

PASS TO CUTTERS

LIKE...

LAUREN SCHERF  
(FLAMMES CAROLO)

### BEING VERSATILE AS A TALL PLAYER

PLAY INSIDE AND OUT

AND

LIKE...

CAYLA GEORGE  
(SYDNEY FLAMES)

BE A PASSING AND  
SHOOTING THREAT

LAUREN SCHERF  
(FLAMMES CAROLO)

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