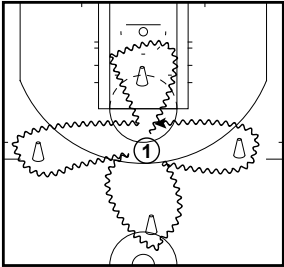
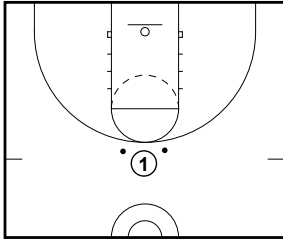
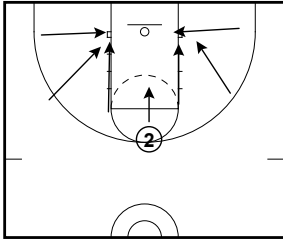
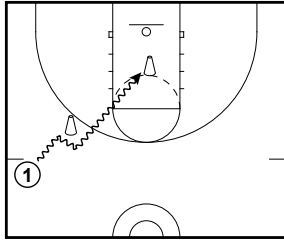
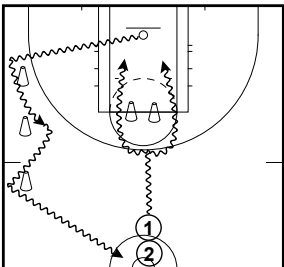
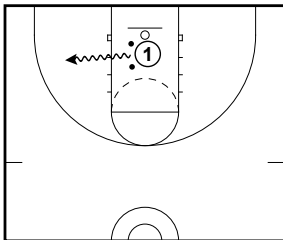
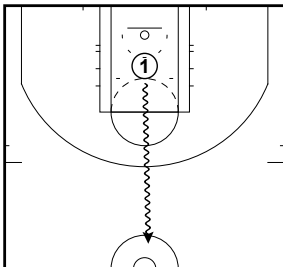
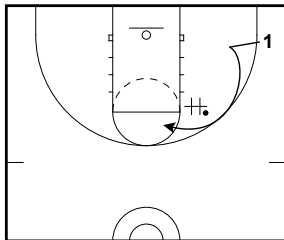
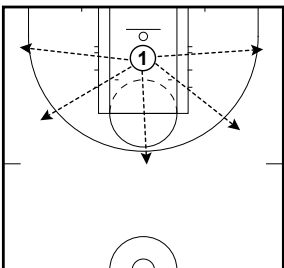
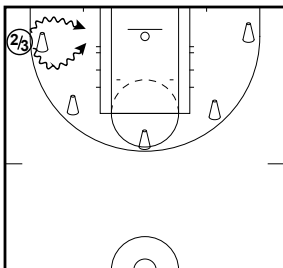
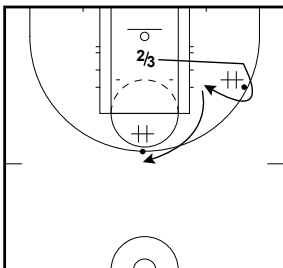


Spartan Scoring Workout

Spartan Basketball

2 Ball Cone Diamond Skill Development  Player dribbles 2 balls and faces basket at all times. Player dribbles both balls around all cones working on quick and efficient feet.	2 Ball Pound Dribbles (Timed) Skill Development  Player pound dribbles under time. Goal: Dribble 200 times under a minute and a half. Eyes on the goal the whole time.	2 Step Floater Series Skill Development  Player catches and goes into 2 steps and floater from all angles. Make 20 with last 5 in a row. Angles: Down the middle, Down the lane line, From the wing off the glass, Baseline **Taking away the dribble allows the player to focus on footwork and release	Attacking Help Defense Scoring Skill Development  Player attacks initial defender off the dribble and practices different finish moves vs. help defense. Moves: Floater, Jump shot from the elbow, hesitation and separate to opposite lane line, in & out step through
Change of Directions Attacks with Defense Skill Development  Player attacks cone with change of direction ...	2 Ball Pivot and Shoot MS/HS Weekly Clinic-Triple Threat  Player dribbles both balls to short corner. Player pounds one ball down and then pivots and shoots other ball. Then picks up other ball and shoots. Shots can be at both short corners and elbows.	2 Step Change of Directions MS/HS Weekly Skills Clinics-Finishing  Walk in a 2 step pattern down the court while performing double change of directions with no dribble in between. Cross-Cross Cross-Leg Leg-Leg Leg-Back Back-Back	Down Screen Shooting Shooting Workout  Start in corner and set up screen into a sprint to the chair (#). Take the ball off the chair into a jumpshot.
5 Spot Rip Thru Guard Off Season Drill Book  Self pass to each of 5 spots. Rip thru into 1 dribble jumpshots. Make 10 at each spot going both ways.	6 Shots in 5 Spots Guard Off Season Drill Book  Take 2 shots each in all 5 spots: Catch and shoot, 1 dribble jump shot to left and 1 dribble jump shot to right. Goal is to make 30 total.	Floppy to Replace Shooting Guard Off Season Drill Book  2/3 flashes to first chair for catch and shoot. Flashes to second chair for catch and shoot. Make 20 on each side of the floor.	