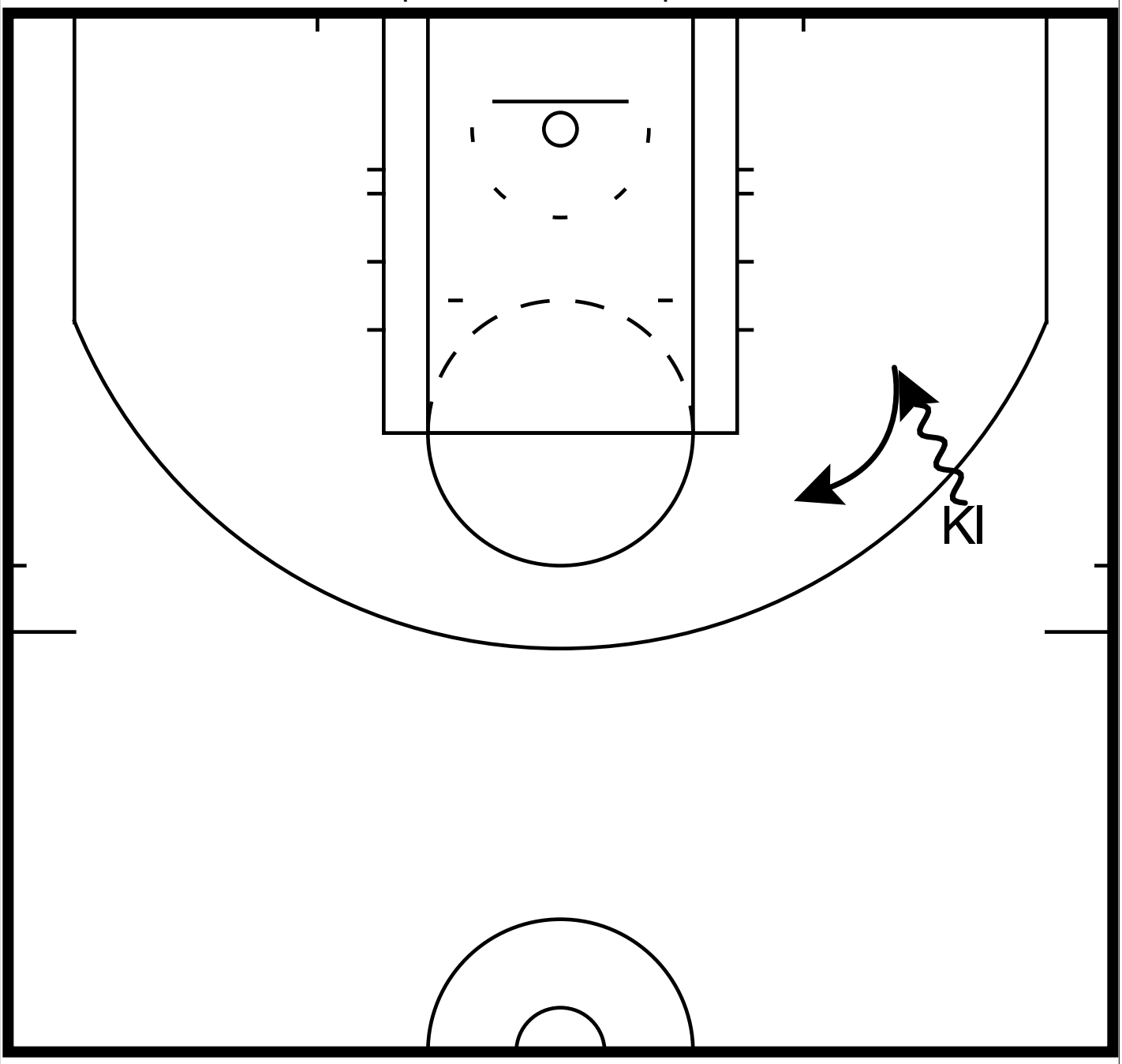
Spartan Basketball

Presents the Kyrie Irving Scoring Workout

Kyrie Irving Scoring Workout

Spartan Basketball

Spin Move Into Jumpshot



Irving attacks baseline but is cut off. He then spins back to the middle and shots the jump shot.

Drill: Make 20 on each side of the court.

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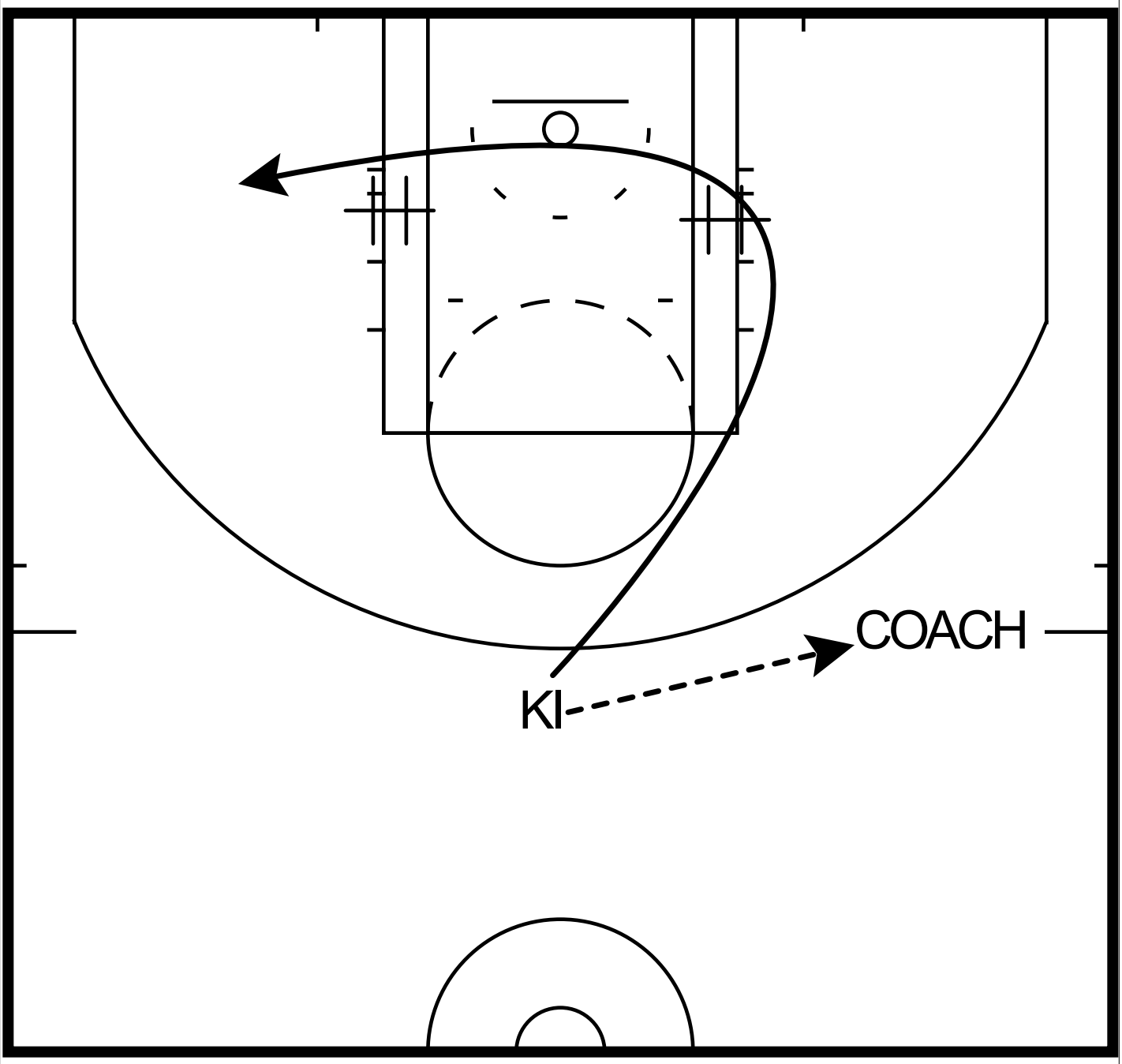
Baseline Screen Into Shot



Irving passes to the wing and runs through multiple screens (#) on the baseline.

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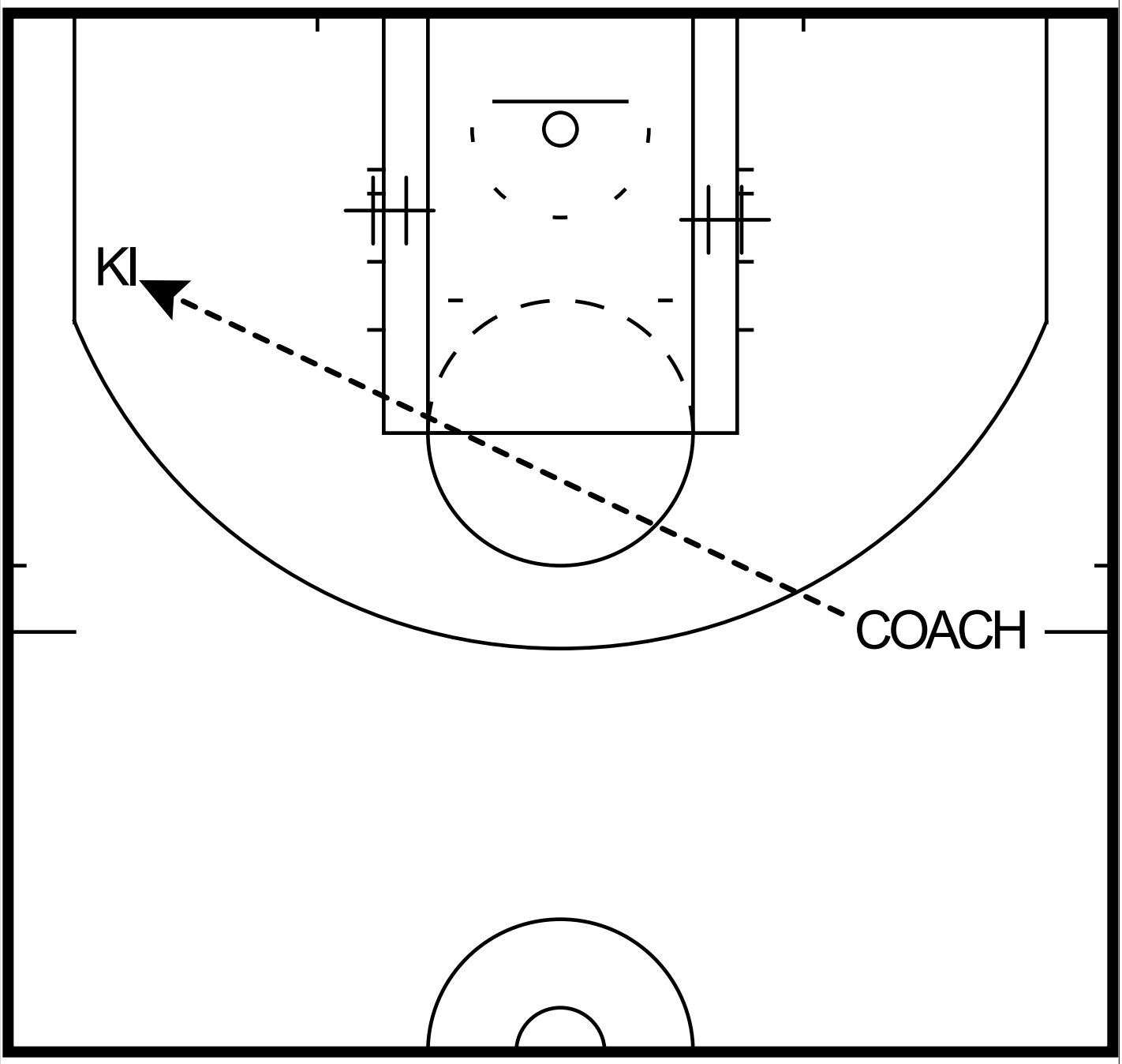
Baseline Screen Into Shot



He then recieves a pass for a catch and shoot at the wing after coming off the screens.

Drill: Make 20 to each side.

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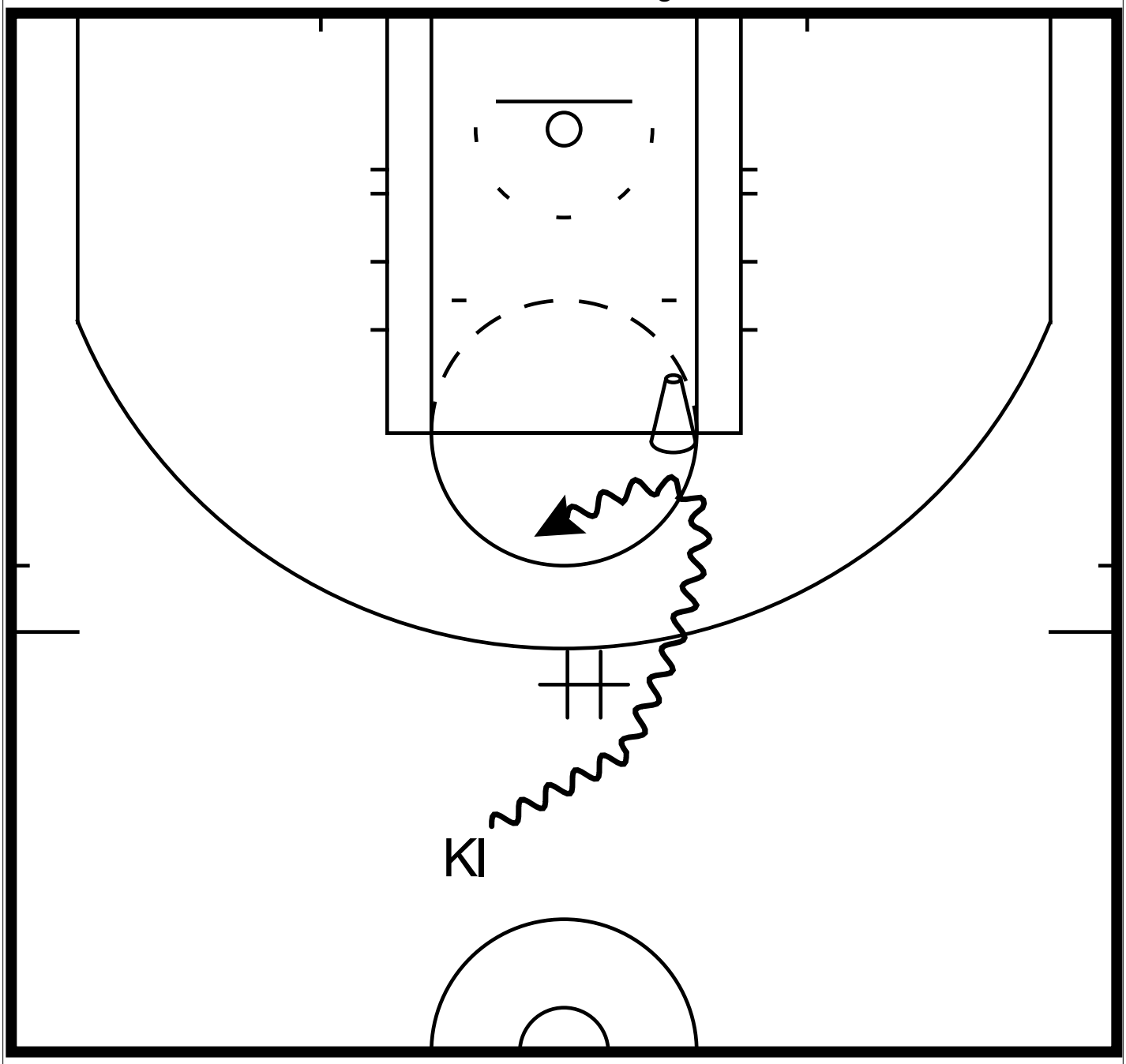
Attack The Hedge



Kyrie runs into the high pick and roll (#) and attacks the hedge (cone). He then seperates with a cross back into a jumpshot.

Drill: Make 15 going in each direction off the pick and roll.

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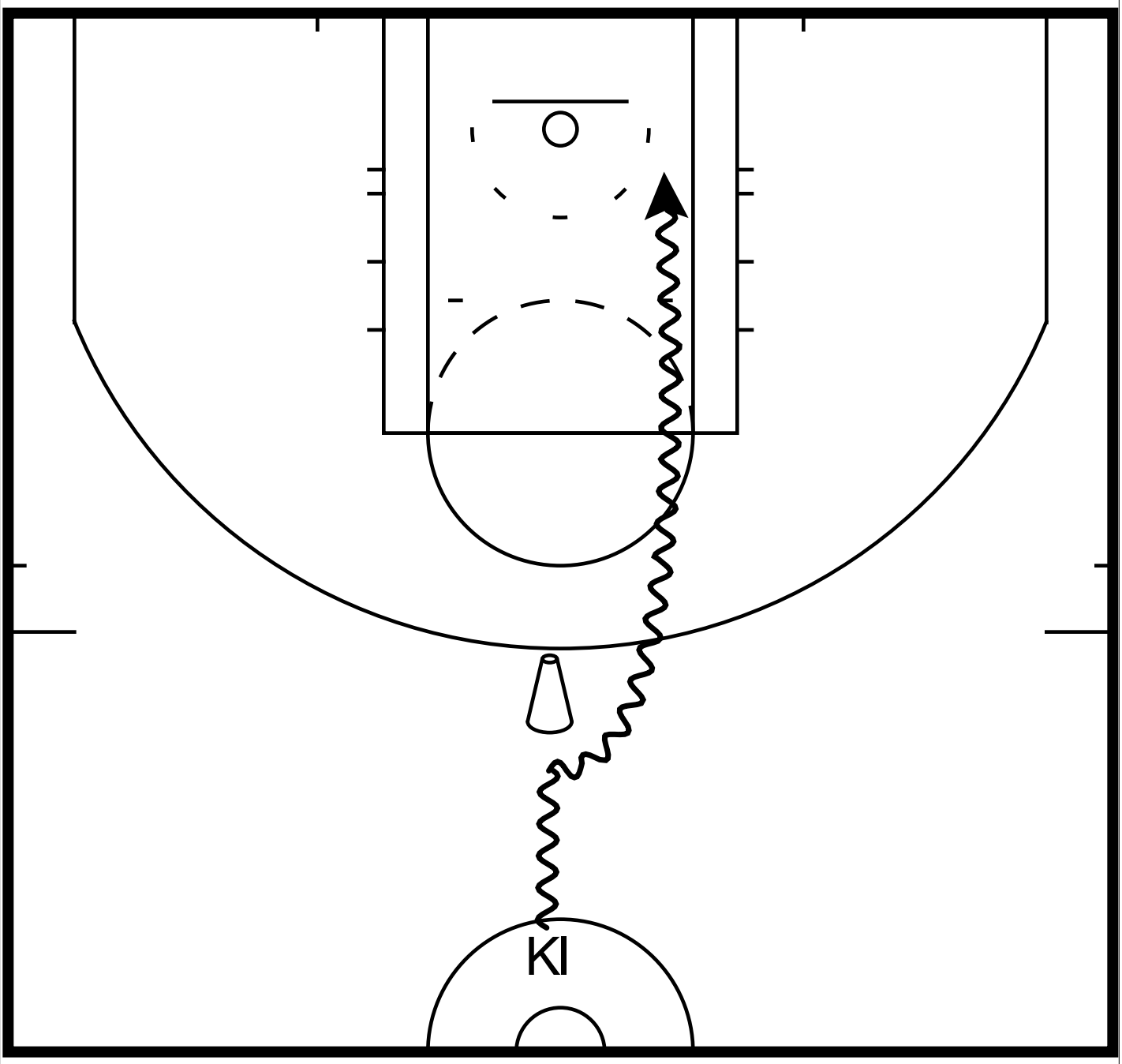
Iso Tunnel Attack



Irving gets an isolation in the tunnel and hits the defender (cone) with a in and out crossover. He then scoops the ball off the glass.

Drill: Make 20 going in each direction.

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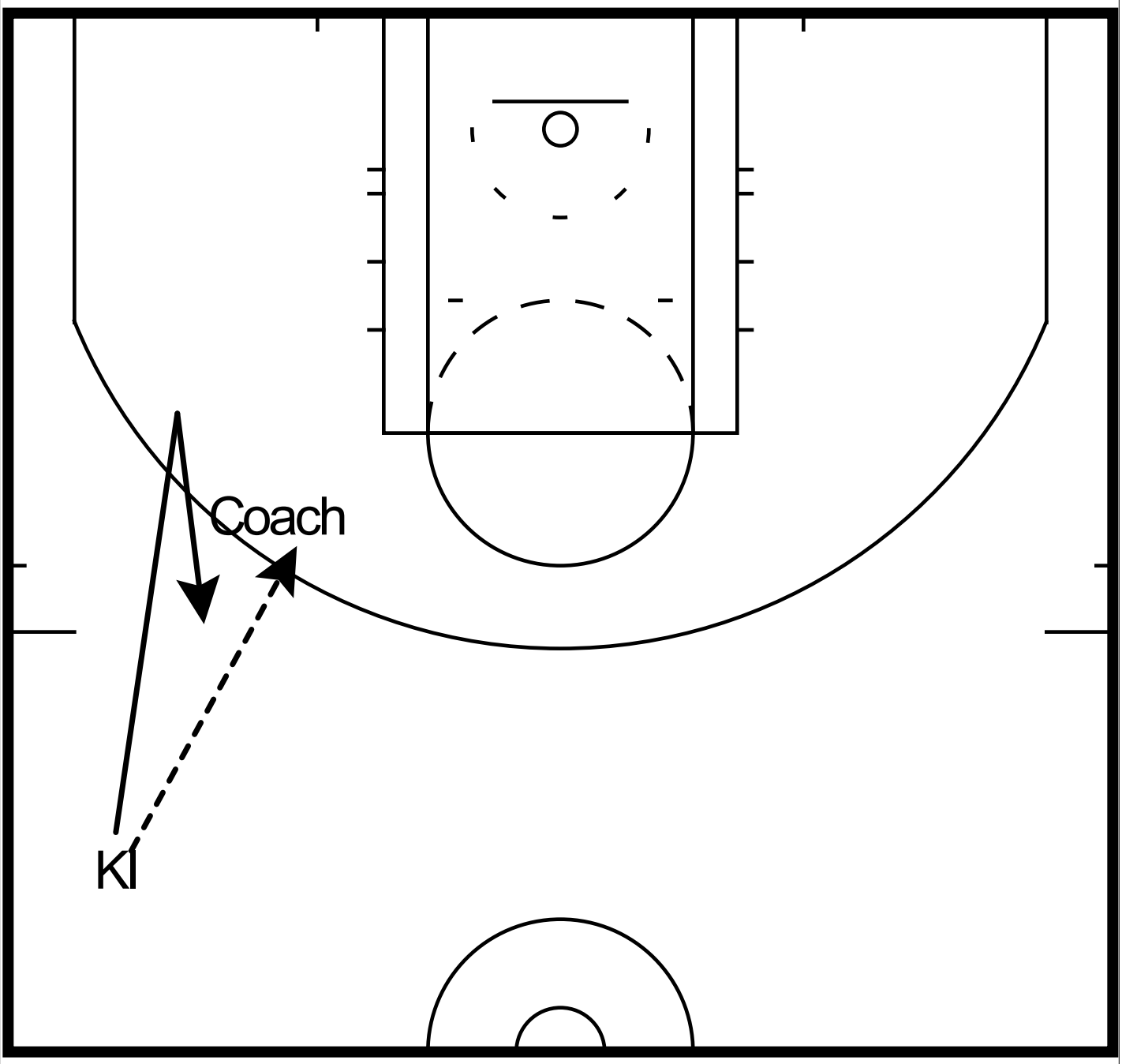
Fake The Handoff 3



Feeds the post near the elbow. He then fakes a handoff from a cut and steps behind the 3 point line. The post player pitches back for a catch and shoot 3.

Drill: Make 20 on each side. Use a chair to take the ball from is you dont have a coach to pass to.