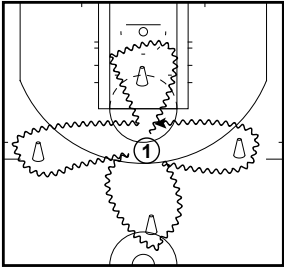
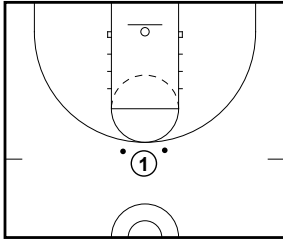
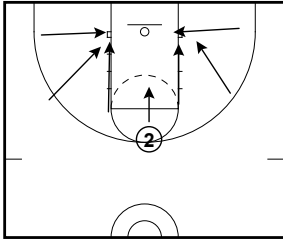
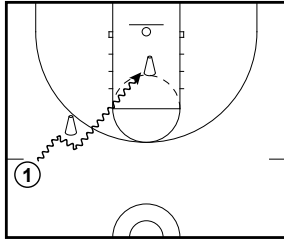
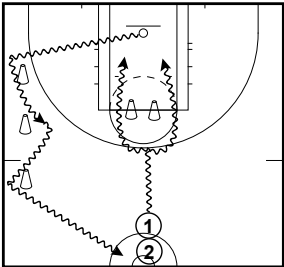
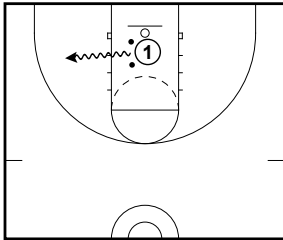
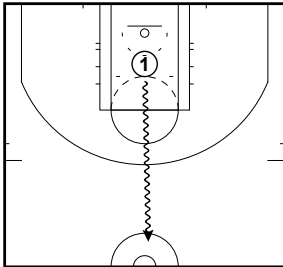
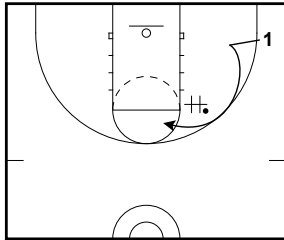
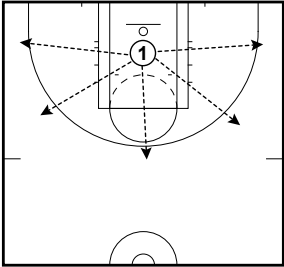
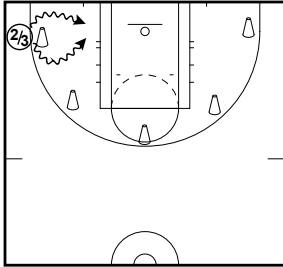
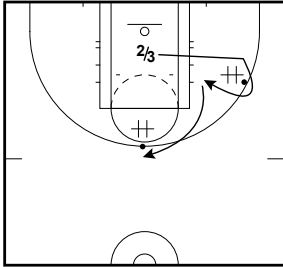


# Spartan Scoring Workout

## Spartan Basketball

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