Spartan Basketball www.spartanpt.com
Player shoots stationary in various areas 5 feet from the basket. Focusing on feet, hips and hands being ready before the catch and flowing into a smooth follow through.
2 Step Floater Series

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**
Toss Out Floaters

Coach tosses out ball for player to chase down.
College Shooting Guard Workout

Spartan Basketball

Toss Out Floaters

Once they have the ball, the player pivots and attacks into a floater from the angle they received the ball.

Coach can add a contest.
Coach tosses ball out to the wing. Player performs a L cut and then chases down the ball.
Coach then closes out on the player who makes a quick read on the top foot and attacks the back of the coach into a layup or one dribble jump shot.
College Shooting Guard Workout

Spartan Basketball

Elbow and Short Corner Shooting with Gun

Player catches and shoots from elbows and short corners to gain shooting rhythm for other shooting drills.

Coach can add a contest.
College Shooting Guard Workout
Spartan Basketball

Timed Catch and Shoot 3’s (Gun)

Player will catch and shoot 3’s from gun in each of the five spots. They will have 1 1/2 minutes to make as many as possible. Player will shoot 3 rounds from each spot trying to beat their high score.
College Shooting Guard Workout

Spartan Basketball

1 Dribble Separation Shooting (Gun)

Gun passes to coach and coach passes to player after flashing from the block.
1 Dribble Separation Shooting (Gun)

Player attacks the elbow and makes either a crossover into a jump shot if going baseline or a in/out move to the nail to separate for the shot.
Gun passes to Coach while players come off cone to simulate a down screen. Player catches and shoots off the pass.
College Shooting Guard Workout

Spartan Basketball

Down Screen to Pro Cut

On the second pass the players performs a pro cut into a catch and shoot.
College Shooting Guard Workout

Spartan Basketball

Down Screen to Pro Cut

On the third pass the player goes into another down screen for a catch and shoot.
For the final pass of the series the player performs another pro cut back to the original side of the floor for another catch and shoot.

Repeat the process after this last shot.