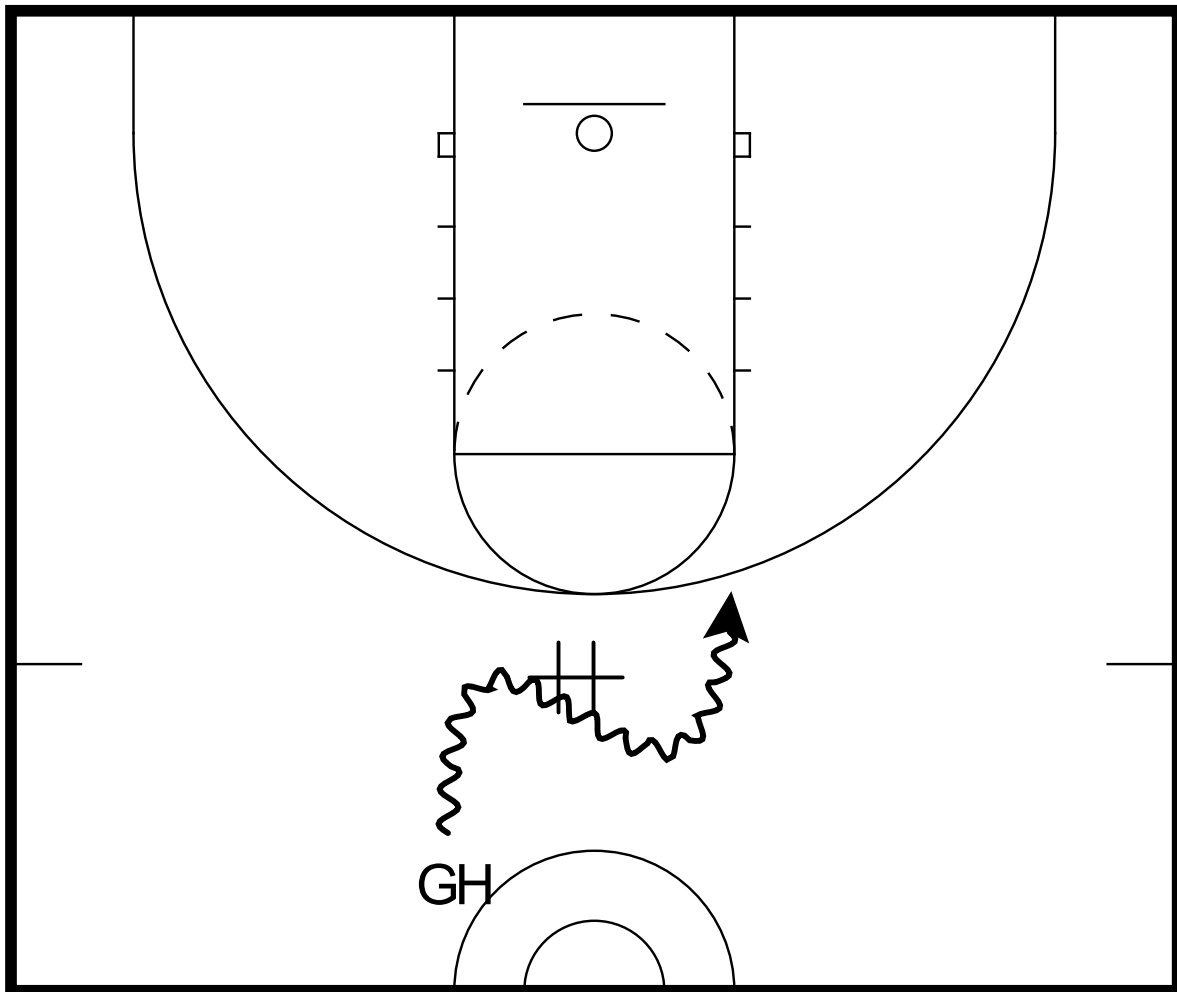


Spartan Basketball www.spartanpt.com
www.coachspringer.com

George Hill Scoring Series

Spartan Basketball

High Pick and Roll Shooting



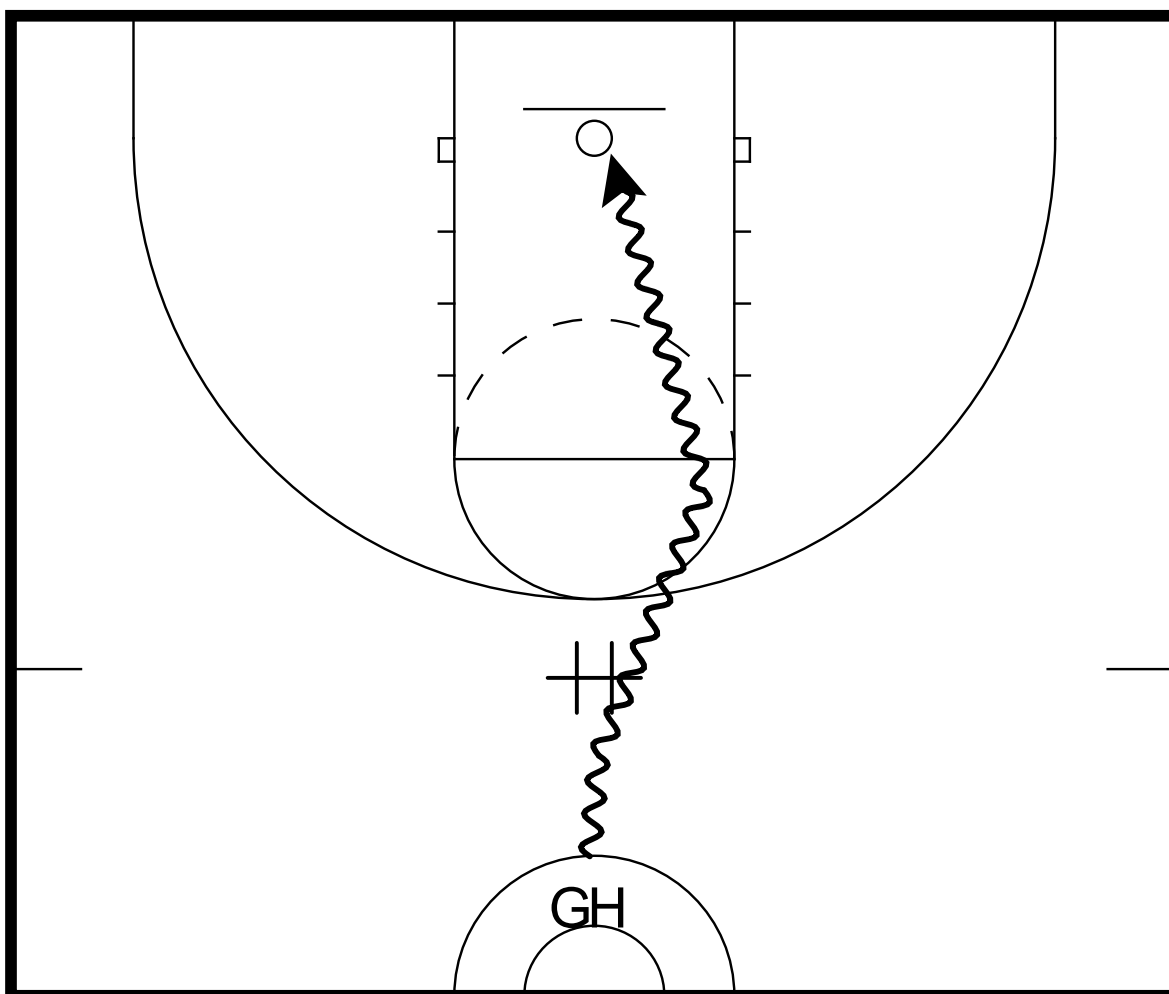
Hill has increased his range greatly since joining the league. He will take a long three coming off the pick and roll if it is open.

Drill: Use the chair (#) to run a pick and roll into a 3 point shot.
Make 20 going in each direction.

George Hill Scoring Series

Spartan Basketball

Flat Screen Scoring



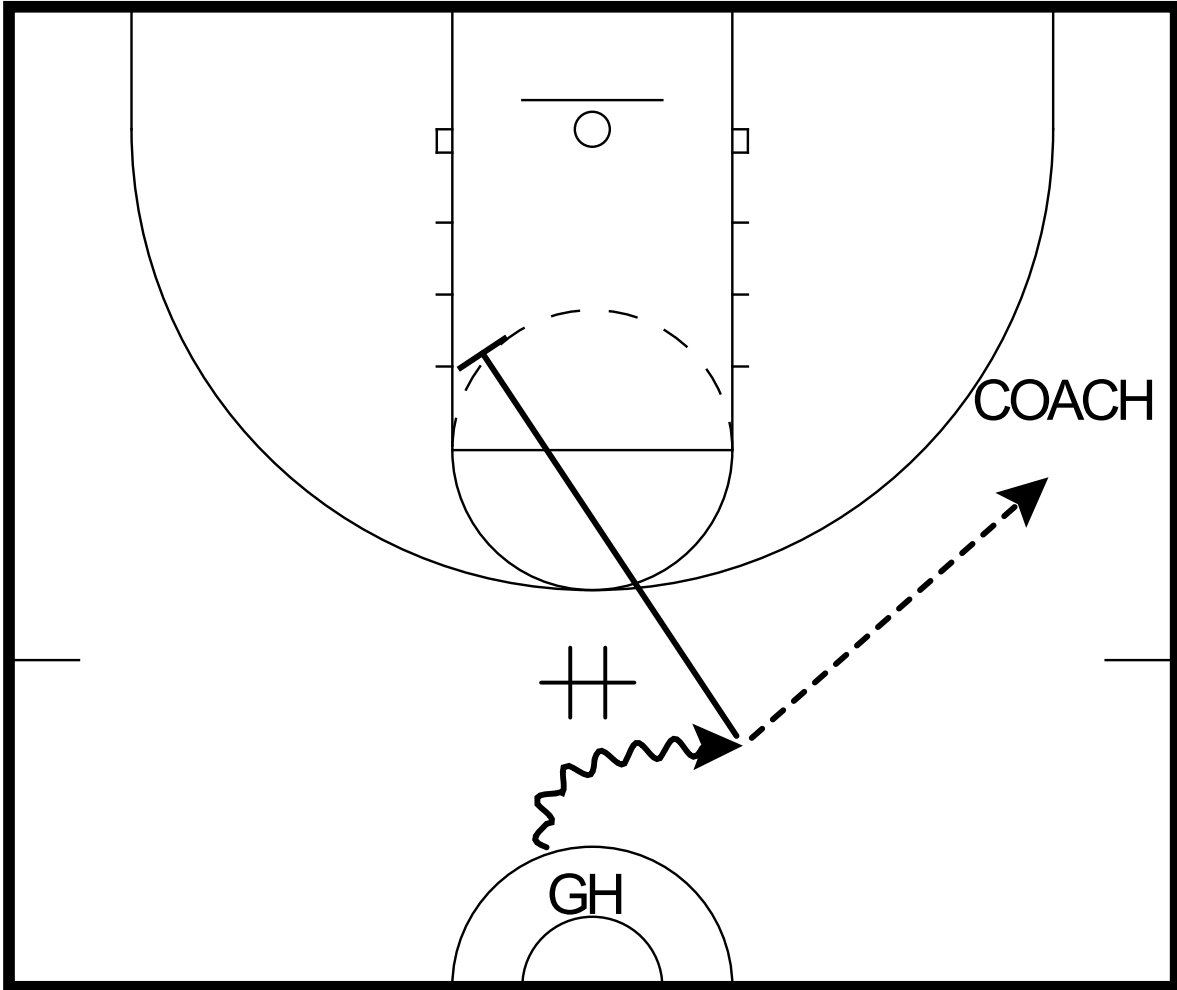
Indiana runs a lot of flat screens for Hill because of his speed. George will get to the elbow as fast as he can. If a defender is still with him he will make a hesitation move into his drive to the basket.

Drill: Use the chair (#) as a flat screen, get to elbow, hesitate into layup at the basket.
Make 20 going to each side.

George Hill Scoring Series

Spartan Basketball

Down Screen to Jump Shot

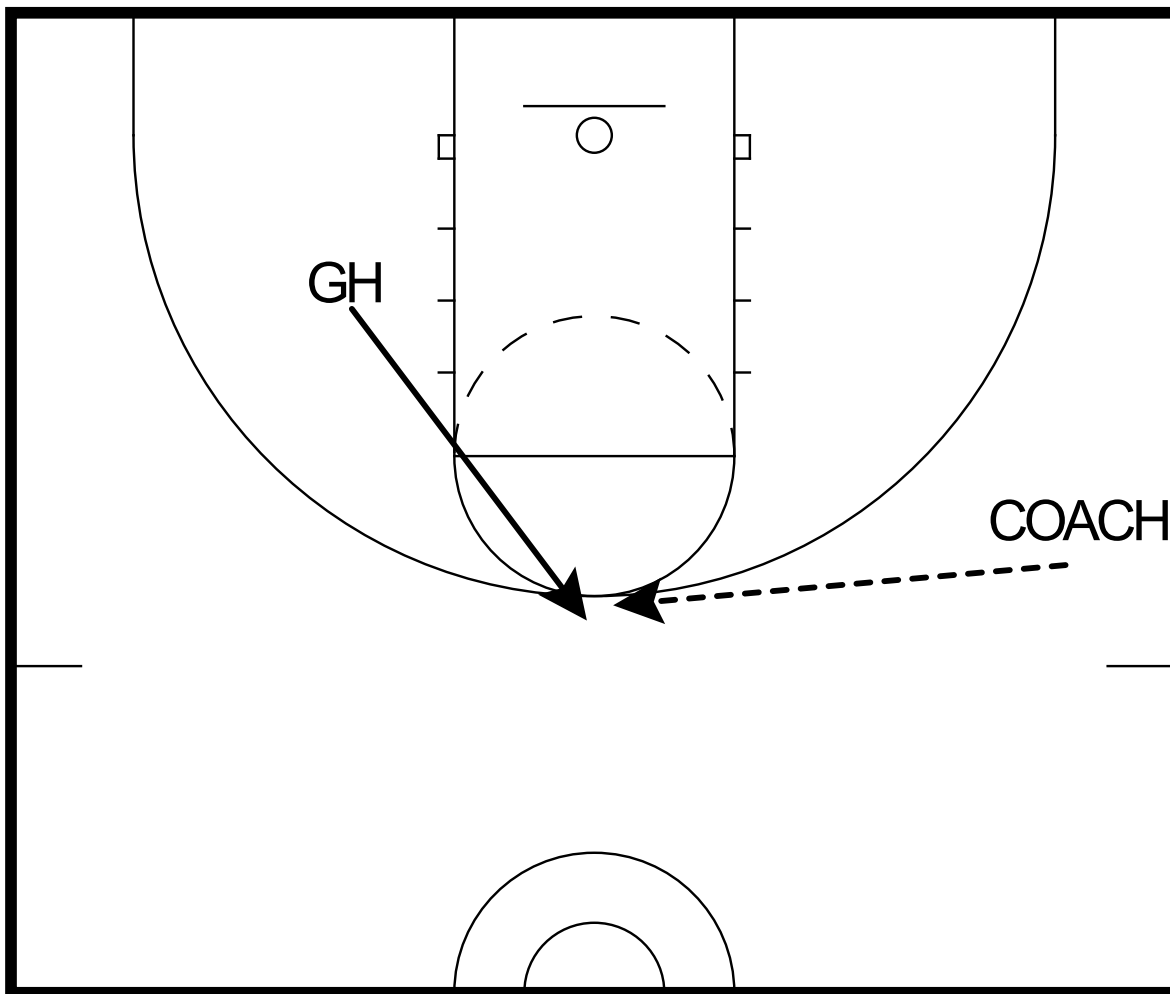


George will make a move on the chair and kick the ball to the wing. He will then set a down screen.

George Hill Scoring Series

Spartan Basketball

Down Screen to Jump Shot



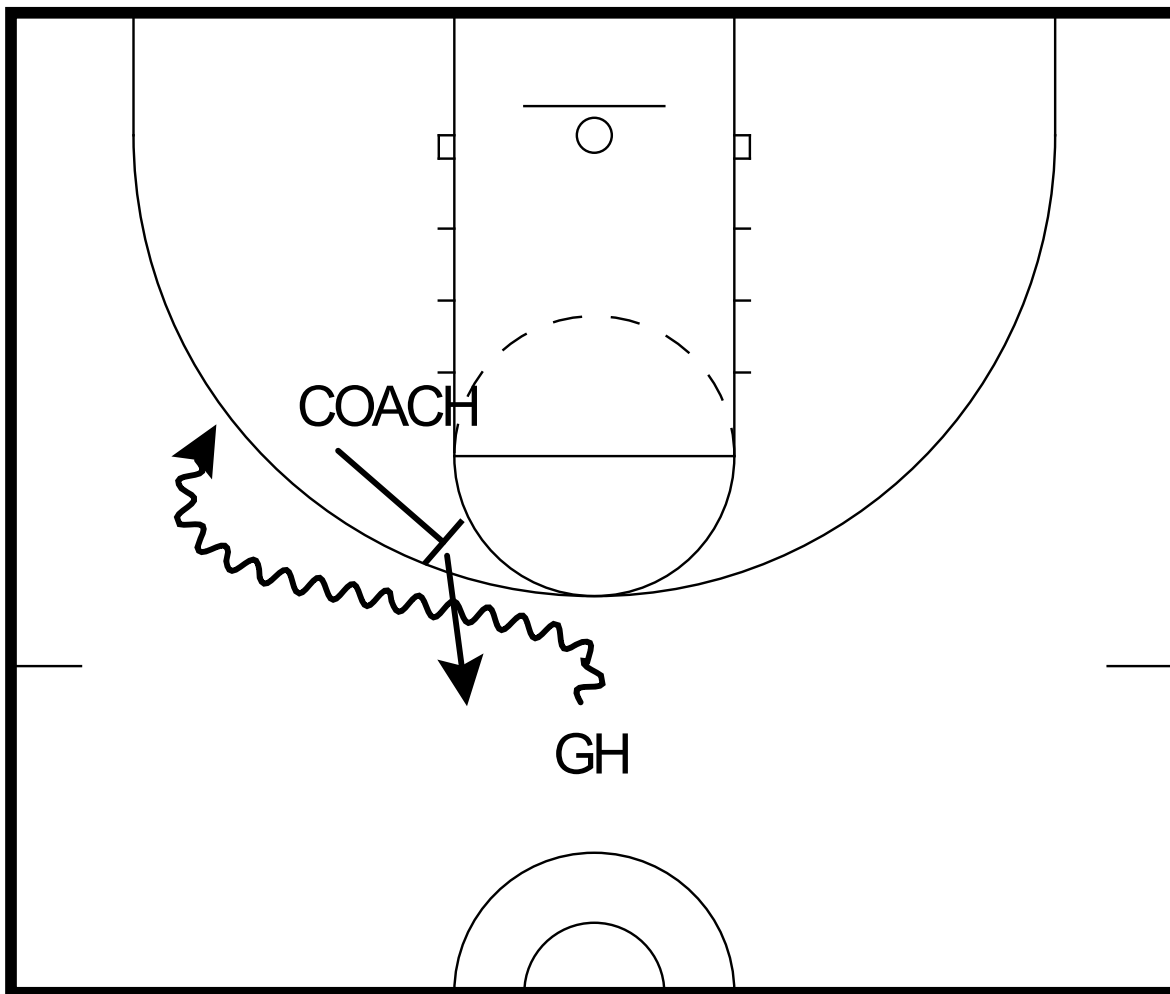
GH will then flash back to the top of the key for a catch and shoot jumpshot.

Drill: Make 20

George Hill Scoring Series

Spartan Basketball

Pick and Pop to Hand Off

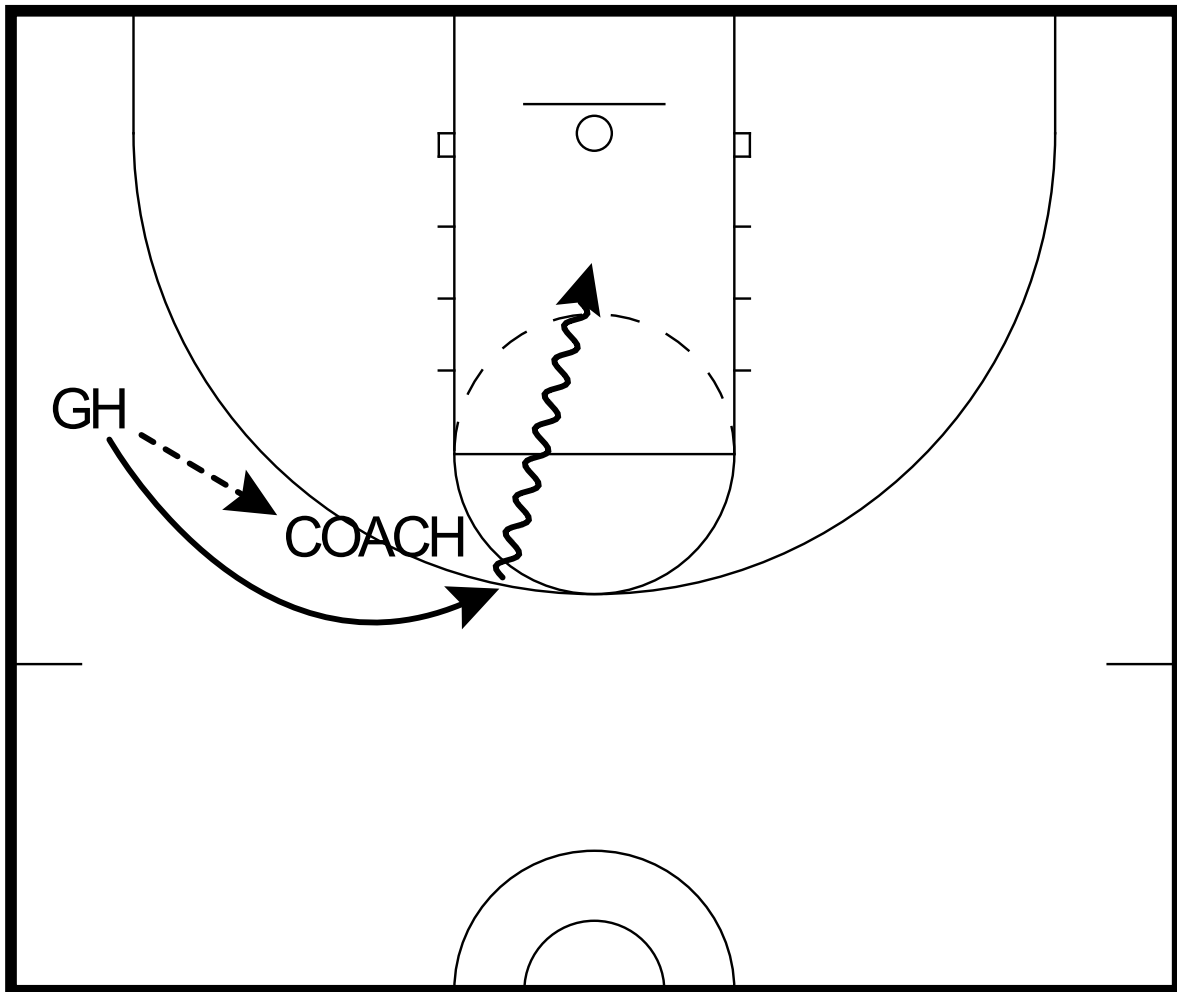


Hill will start the action with a pick and pop.

George Hill Scoring Series

Spartan Basketball

Pick and Pop to Hand Off



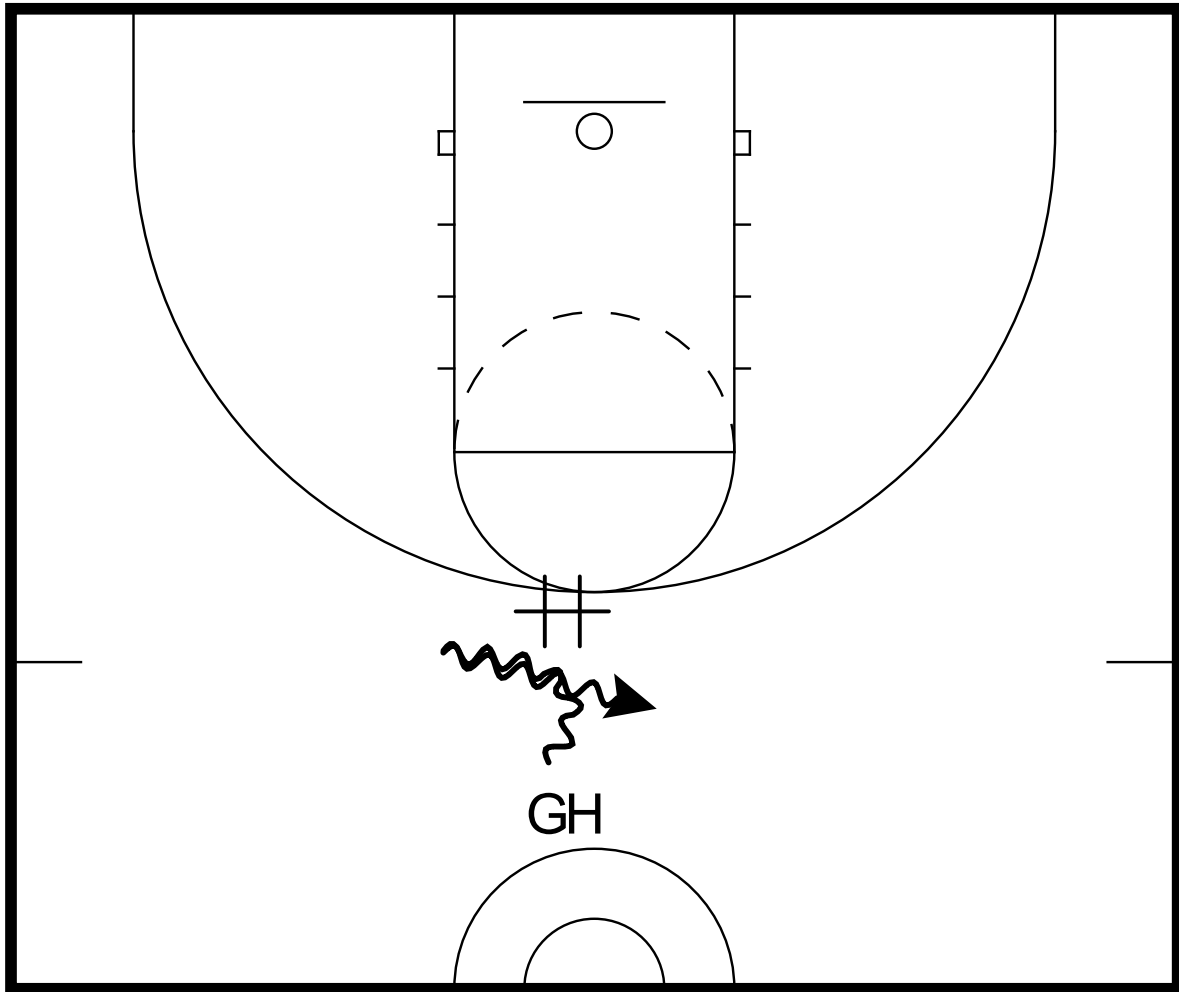
Hill will pass to the pop and come back to the ball for a hand off into a floater in the paint.

Drill: Go through the sequence and make 15 on each side.

George Hill Scoring Series

Spartan Basketball

Shoot Behind the Screen



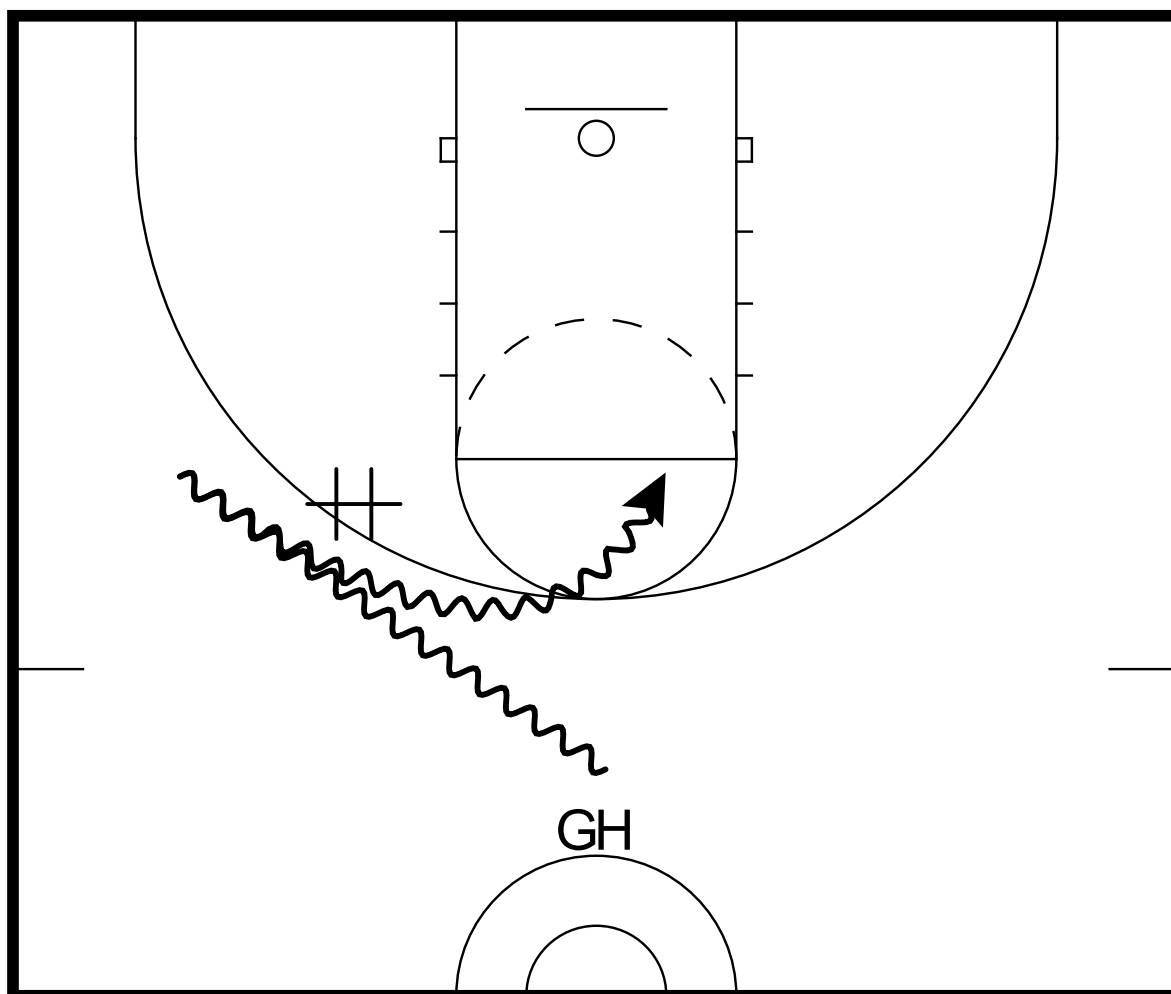
Hill starts to go to the screen and crosses back behind it for a long 3 point shot.

Drill: Use the chair (#) for a screen and make the shot. Make 20.

George Hill Scoring Series

Spartan Basketball

Transition Pick and Roll



In transition, Hill will push the ball to the wing to set up a "drag" (pick and roll in transition).

Drill: Start at half court and push the ball to the wing. Run off the chair (#) as a screen and shoot at the free throw line. Make 30 on both sides of the court.