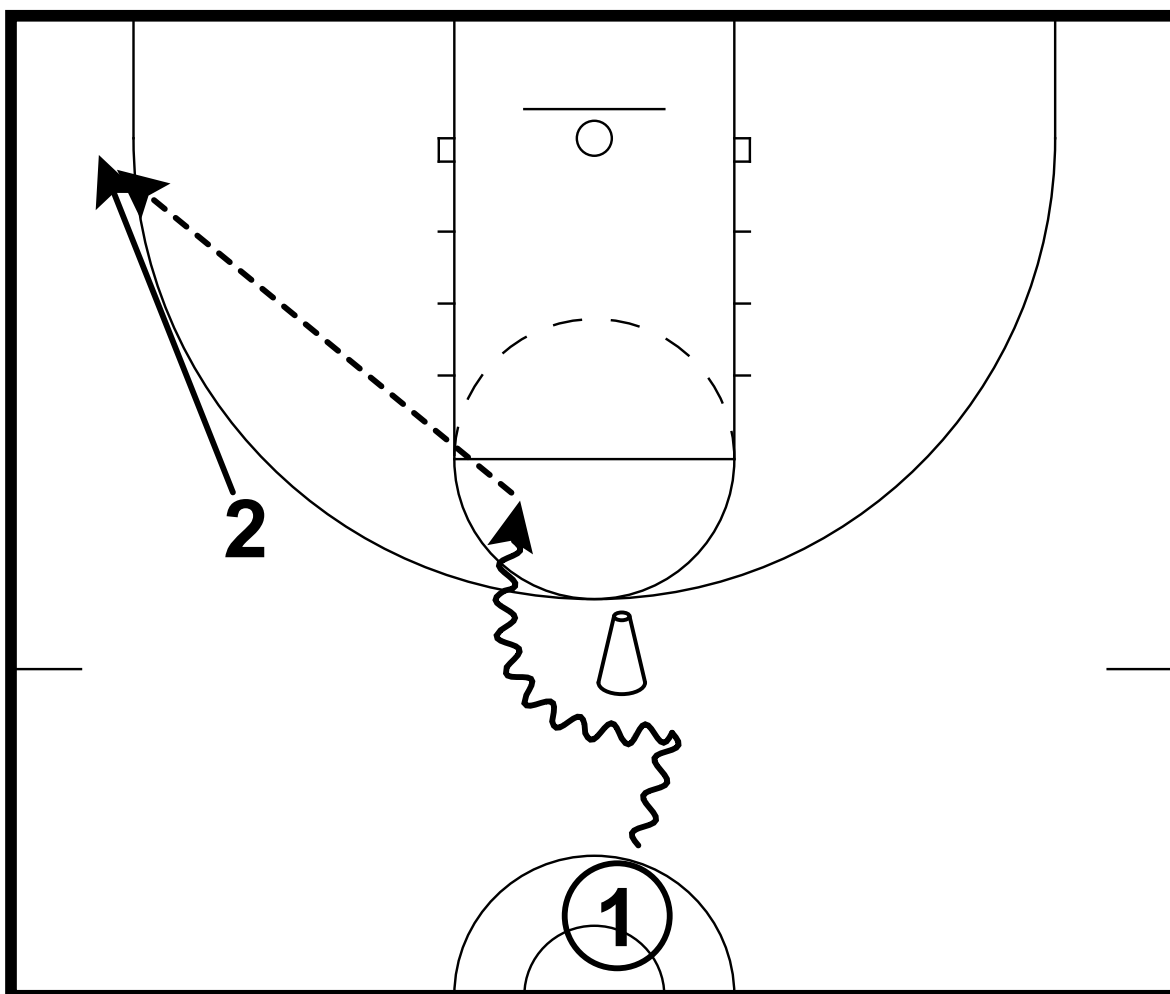


# Spartan Basketball [www.spartanpt.com](http://www.spartanpt.com)

# Spartan Scoring Drills

## Spartan Basketball

### Read and React Movement into Shooting

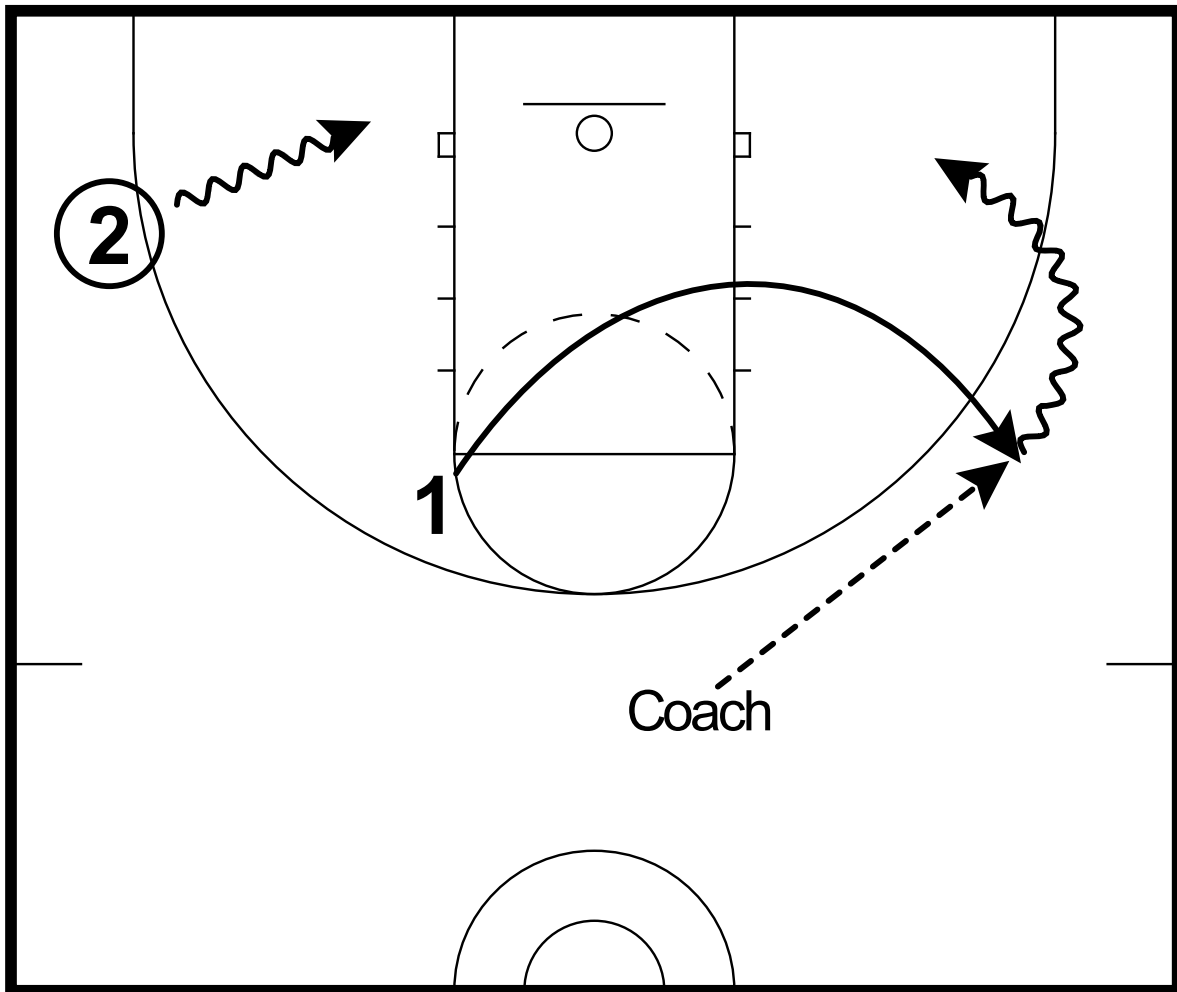


1 attacks the cone and passes to 2 on the slide.

# Spartan Scoring Drills

## Spartan Basketball

### Read and React Movement into Shooting



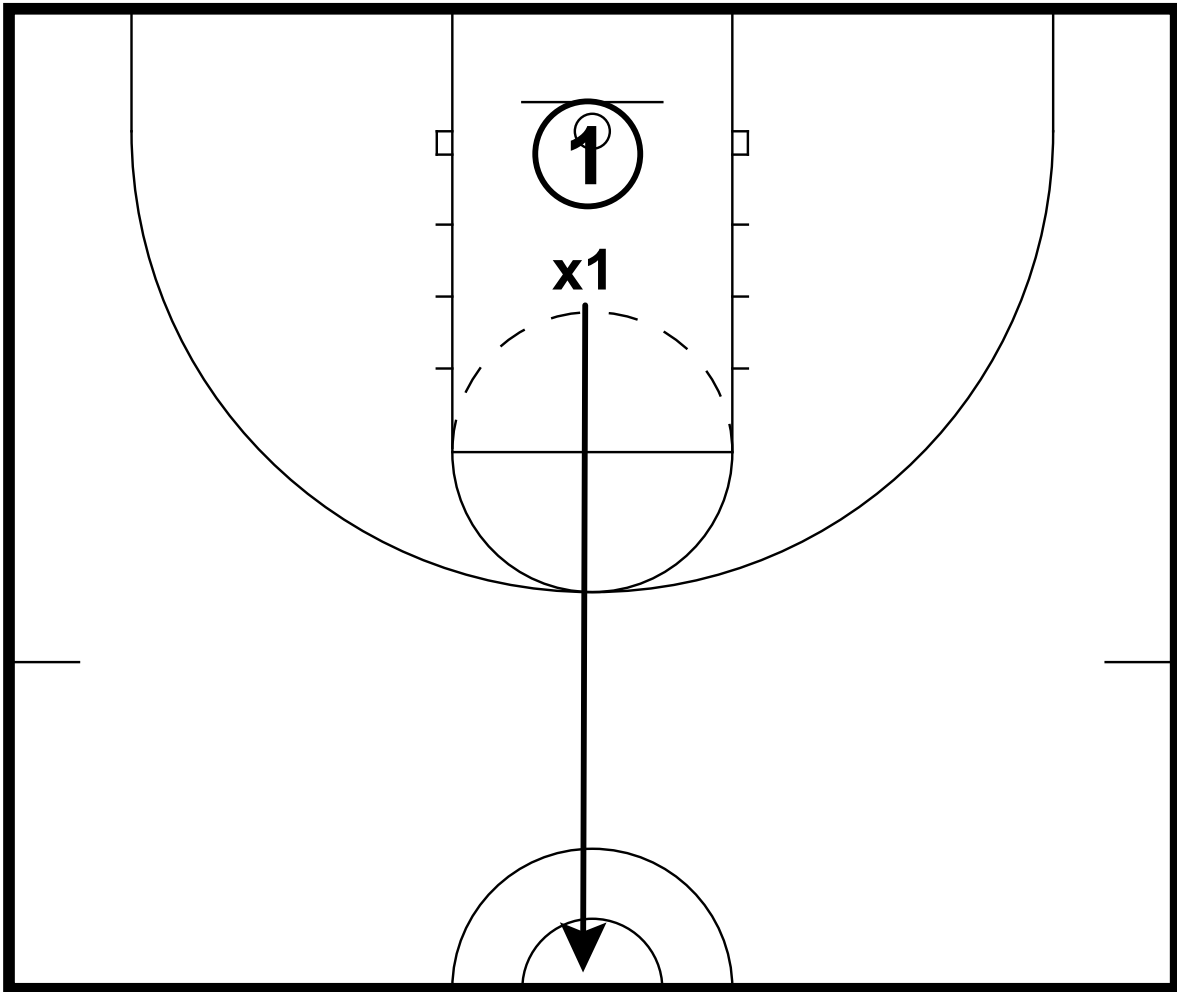
2 attacks the baseline with a one dribble jump shot.

1 cuts to weak side and receives pass from coach for a one dribble jump shot.

# Spartan Scoring Drills

## Spartan Basketball

### 1 v 1 Zig Zag to Live

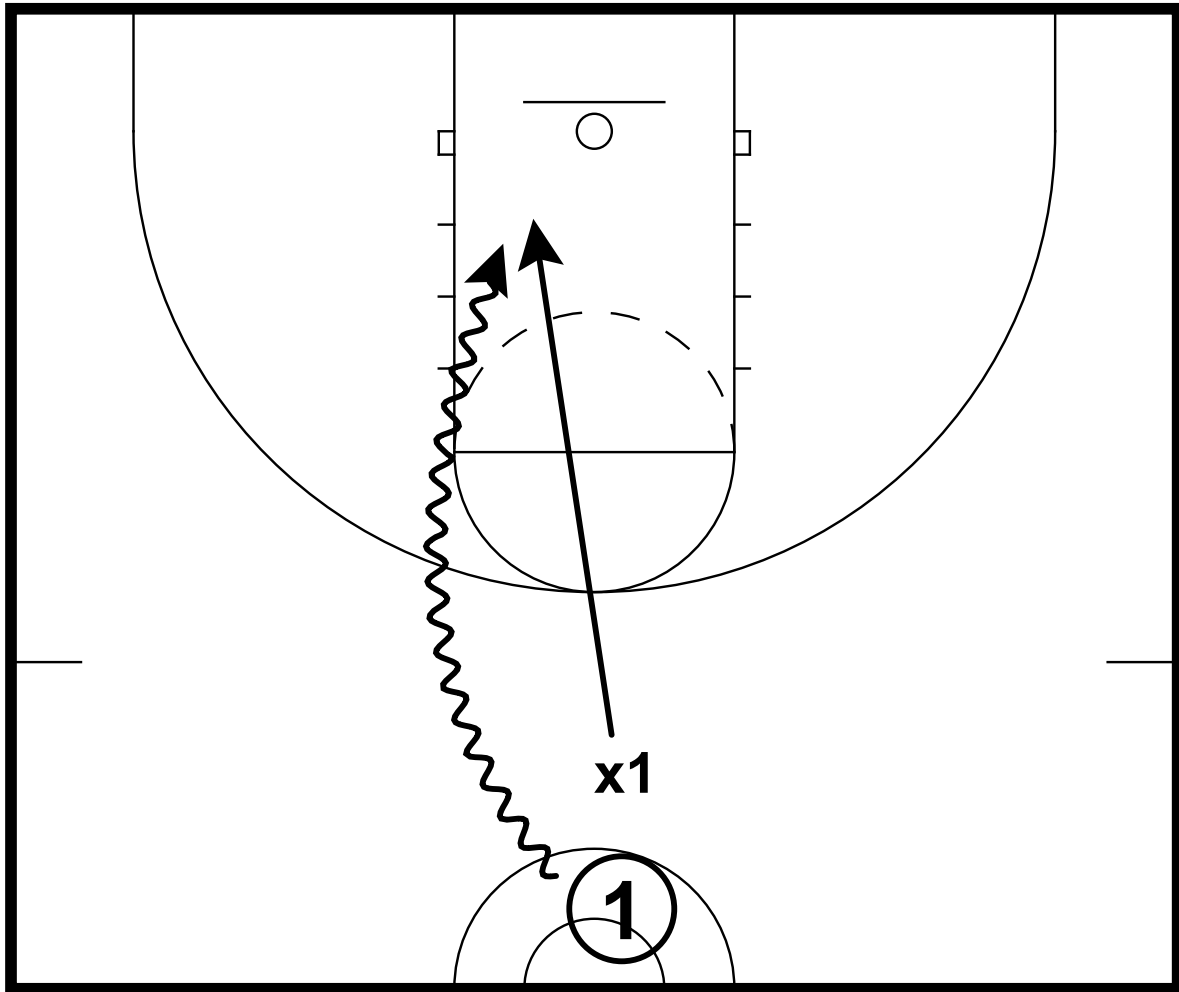


Offense and defense go through zig zags slide drill to half court.

# Spartan Scoring Drills

## Spartan Basketball

### 1 v 1 Zig Zag to Live

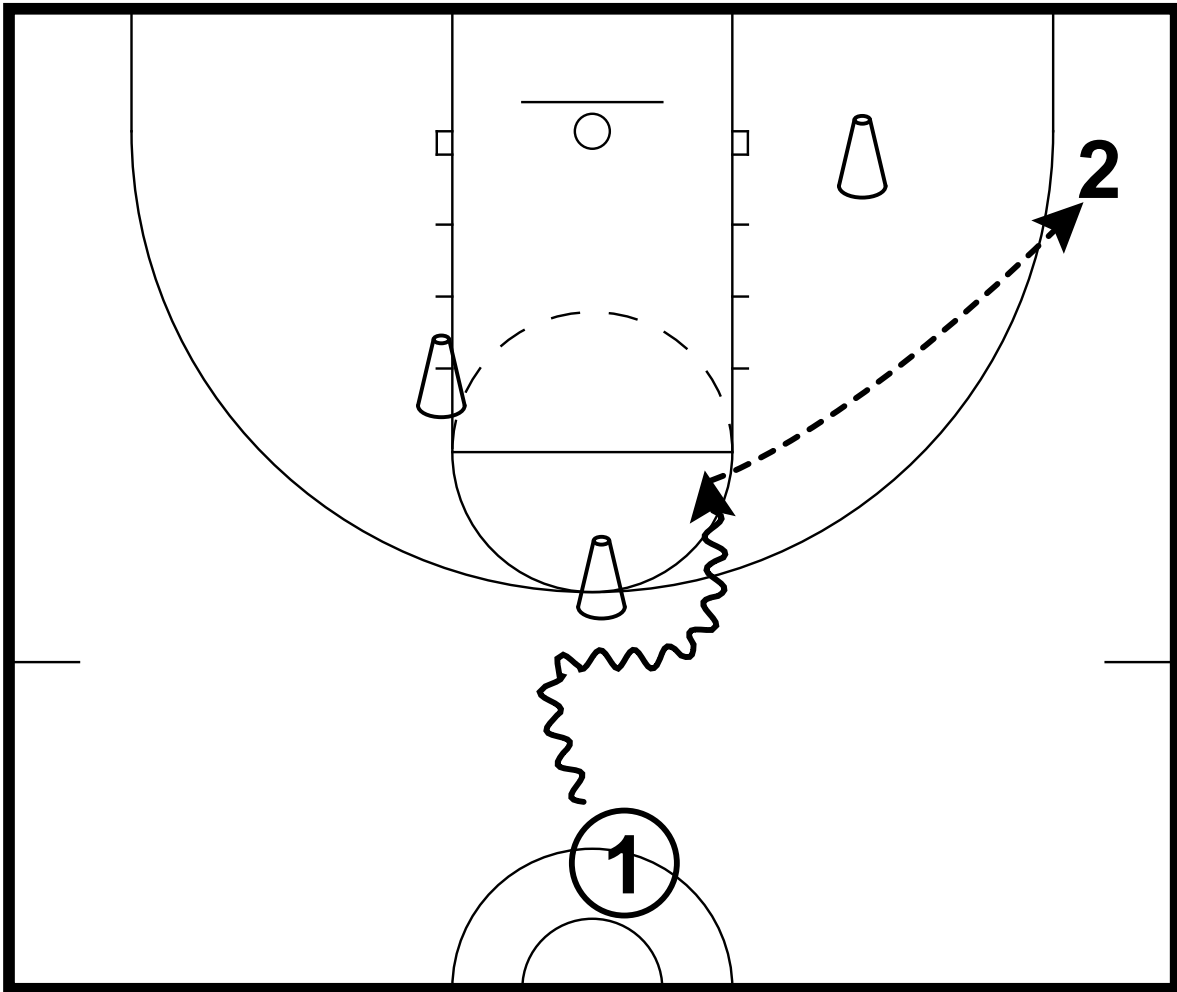


At half court, players switch offense/defense and play 1 on 1 live.

# Spartan Scoring Drills

## Spartan Basketball

Read and React Shift to Attack Help Defense

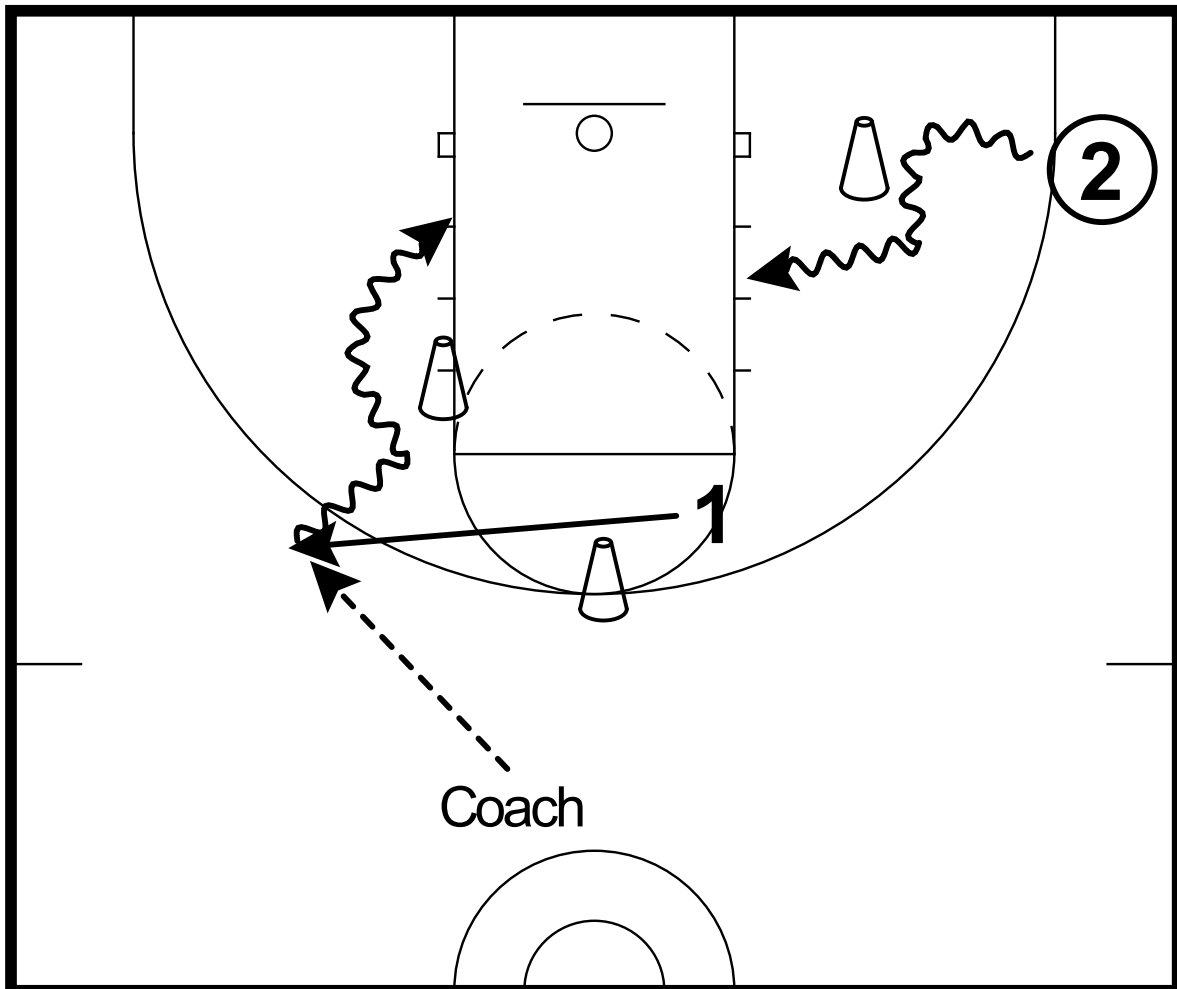


1 attacks the cone into a pass to 2 on the slide.

# Spartan Scoring Drills

## Spartan Basketball

Read and React Shift to Attack Help Defense

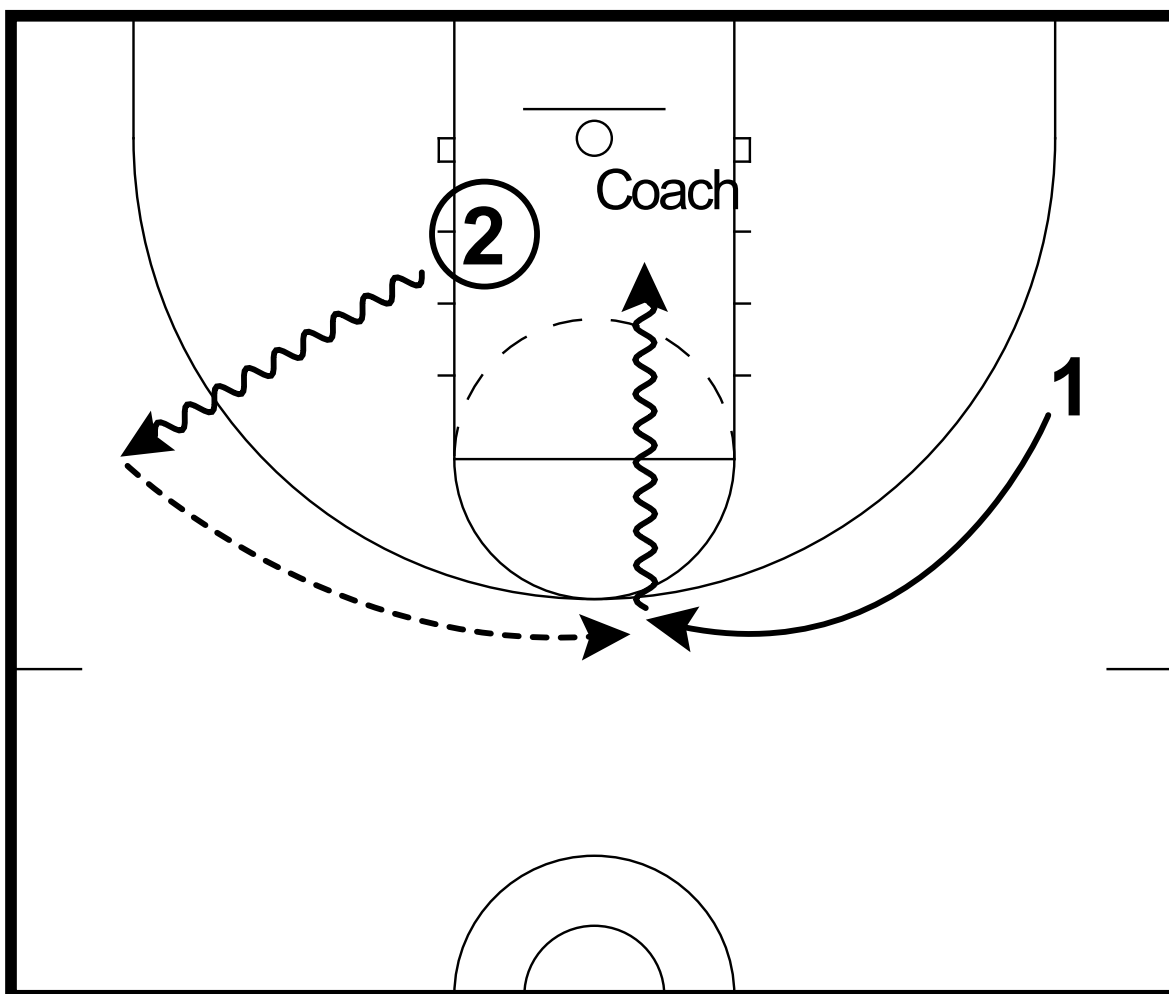


2 attacks the cone (help defense) with a change of direction into a jump shot.  
1 makes shallow cut to weak side and receives pass from coach. Then attacks cone with change of direction into jump shot.

# Spartan Scoring Drills

## Spartan Basketball

### 2 Player Scoring



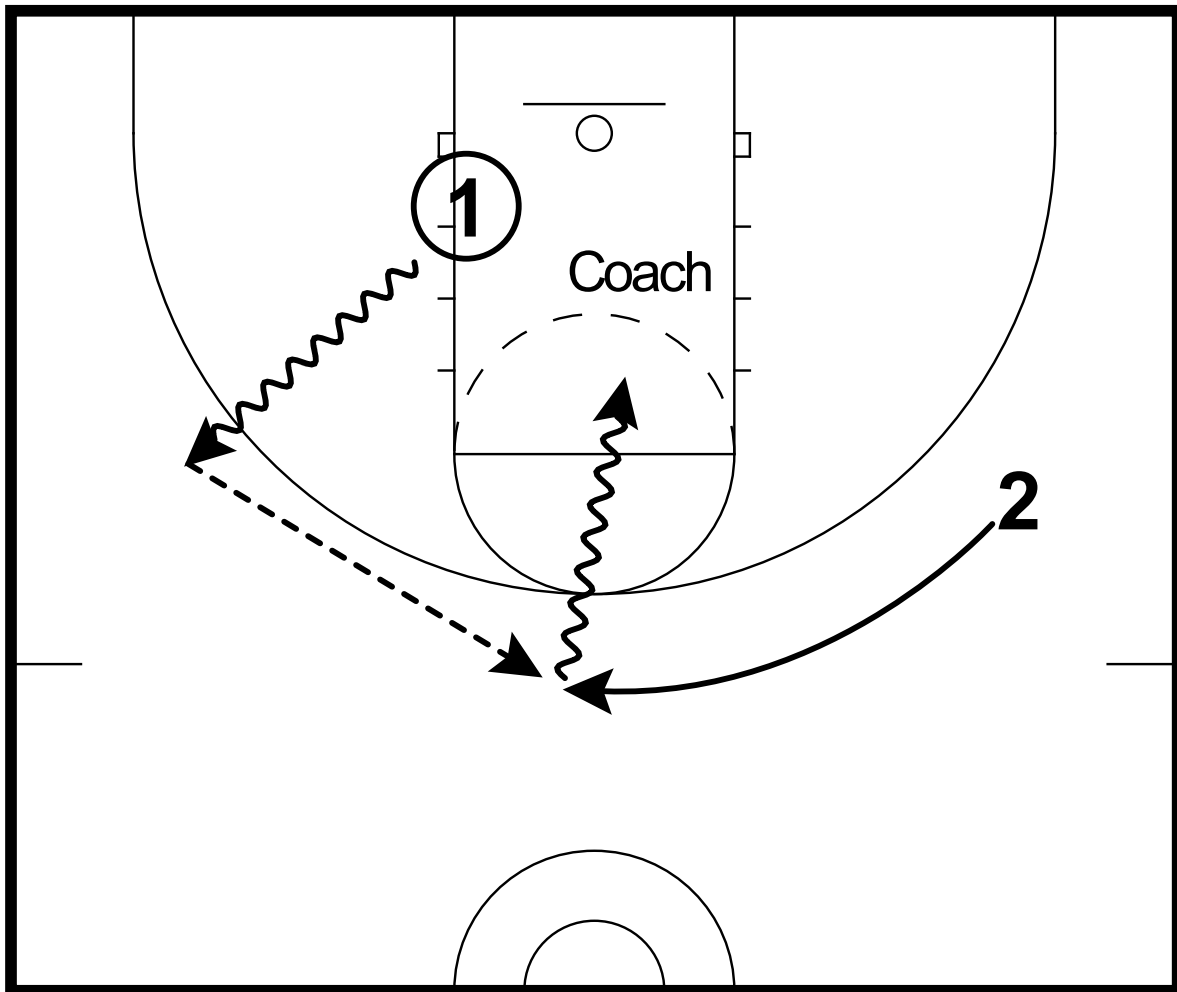
2 dribbles out to wing while 1 flashes to top of the key.  
1 takes pass into a rip and floater over coach.



# Spartan Scoring Drills

## Spartan Basketball

### 2 Player Scoring

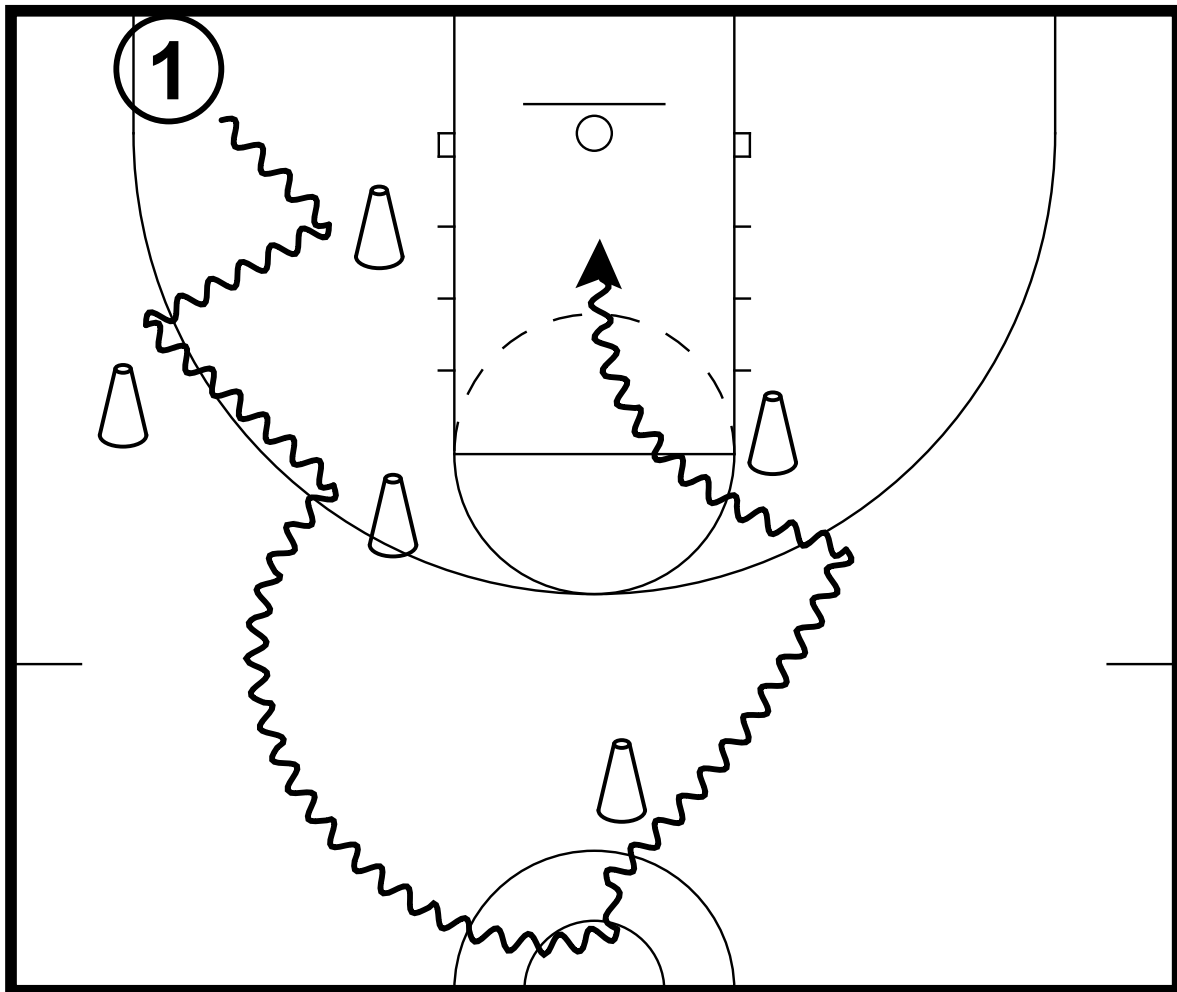


1 gets thier own rebound and repeats the process with players in opposite roles.

# Spartan Scoring Drills

## Spartan Basketball

### Multiple Changes to Basket Attack



Players makes change of directions through the cones. Slides up to top cone, makes a move, attacks elbow with same move and scores.