GUN Shooting Drills
THE SPARTAN PRESENTS...

PRO SKILLS Series

SUNDAY

01.27.13

3PM to 8PM | $99

Boys and girls ages six and up are invited to come and improve their game with drills performed and demonstrated by pro players and coaches. All campers will receive autographed photos of pro players, and will also receive a written workout based on the day’s training.

For information and registration: www.spartanpt.com

All campers must register online. No walkup registrations will be accepted.

Castle Hills First Baptist School • 2220 NW Military Highway
SPARTAN
PERFORMANCE TRAINING

STRENGTH & CONDITIONING
SPEED & AGILITY TRAINING
TO INCREASE BASKETBALL PERFORMANCE
CONDUCTED BY WNBA STRENGTH COACH
CHRIS STAGGER

EVERY THURSDAY STARTING JANUARY 17TH
4TH - 6TH GRADE: 6:30PM - 7:30PM
MIDDLE SCHOOL: 7:30PM - 8:30PM
CASTLE HILLS FIRST BAPTIST SCHOOL (2220 NW MILITARY HWY)

REGISTER AT
WWW.SPARTANPT.COM/SHOP
SPARTAN
BASKETBALL

JAN. 20 & 27 FEB. 3, 17, 24

SPARTAN
WEEKLY SCORING CLINICS

INCREASE SCORING ABILITY & AGGRESIVENESS

REGISTER: SPARTANPT.COM/SHOP

2ND & 3RD GRADE: 12.30PM - 2PM
4TH & 5TH GRADE: 2.30PM - 4PM
MIDDLE SCHOOL: 4.30PM - 6PM
HIGH SCHOOL: 6.30 PM- 8 PM
$20/WORKOUT OR $100 FOR ALL 5 SESSIONS

CASTLE HILLS FIRST BAPTIST SCHOOL (2220 NW MILITARY HWY)
Mid range shooting off dribble and catch and shoot 3.
Perimeter flashes from the block to receive pass from coach.
Set goals to accomplish for makes.
1 Dribble Separation Shooting (Gun)
Skill Development

Gun passes to coach and coach passes to player after flashing from the block.
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.
1 receives first pass from Gun and makes in & out move to jump shot at the elbow. Then quickly bounces out to receive 2nd pass.
On the second pass 1 makes in & out in the other direction and kicks to 2. 2 drives baseline for 1 dribble jump shot.
Down screen shooting. Player comes screens into curls, pops and fades.
GUN Shooting Drills

Spartan Basketball

Gun Shooting
MS/HS Weekly Clinic-Triple Threat

Read and React 3 point shooting. Player will fill when coach drives away and slide away when coach drives at.
GUN Shooting Drills

Spartan Basketball

Gun Shooting
MS/HS Weekly Clinic-Triple Threat

Pull up shooting series. 3 point shot and jump shots at the elbow.
GUN Shooting Drills

Spartan Basketball

Gun Skip Pass Shooting
Skill Development

Gun passes to 1 and then a skip pass is made into a catch and shoot. Make 20 in 3 minutes on both sides.
1 player is "PG" and must get as many assists as possible under time or passes until team mates miss 3 in a row.
Emphasis is PG making scoring passes and shooters converting a good pass.

First Pass: 1 takes first pass into change of direction and pass at the elbow.
PG Assist Drill with Gun

Skill Development

Second Pass: 2 curls around cone (pin down screen) while 1 makes in & out and passes at elbow.
Gun passes to the coach. Players alternate sprinting the sideline to a catch, drive to the elbow and shoot. Emphasis is on setting feet on the catch then attacking off the drive.
GUN Shooting Drills

Spartan Basketball

Attack Off The Dribble
Skill Development

Gun passes to the coach. Players alternate receiving a pass at half court, then driving and changing directions to get to the elbow.
GUN Shooting Drills

Spartan Basketball

Attack Off The Dribble
Skill Development

Gun passes to the coach. Players alternate receiving a pass at half court, then driving into a pull up 3 point shot.