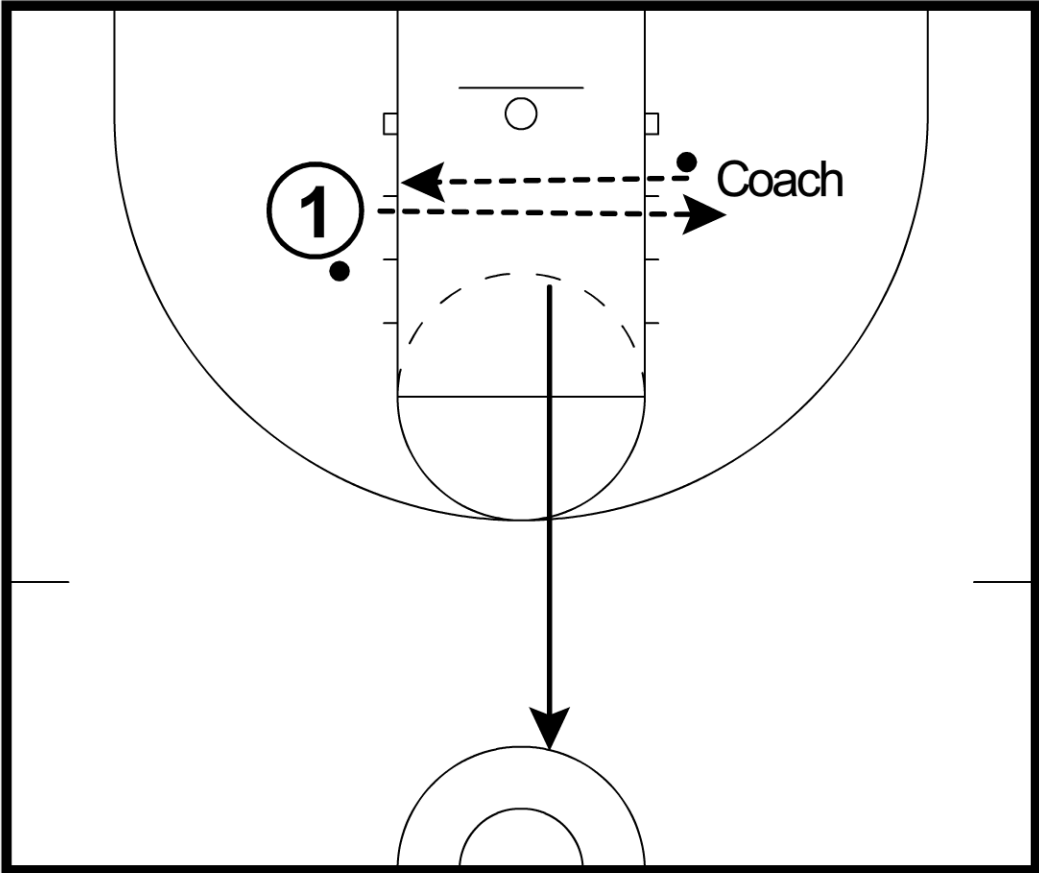


# Spartan Basketball [www.spartanpt.com](http://www.spartanpt.com)

# College Point Guard Workout

## Spartan Basketball

### 2 Ball Passing With Slides

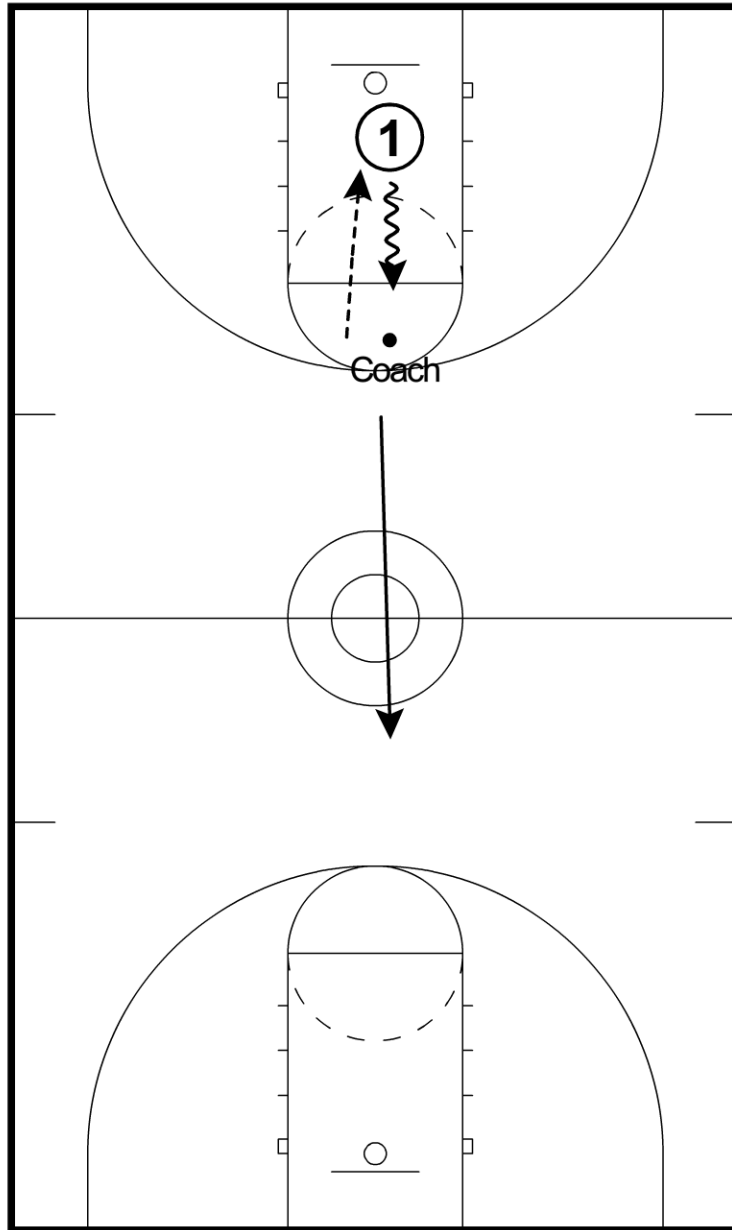


Coach and player slide to half court and back passing 2 balls.

# College Point Guard Workout

## Spartan Basketball

### Full Court Tennis Ball Catch and Shoot

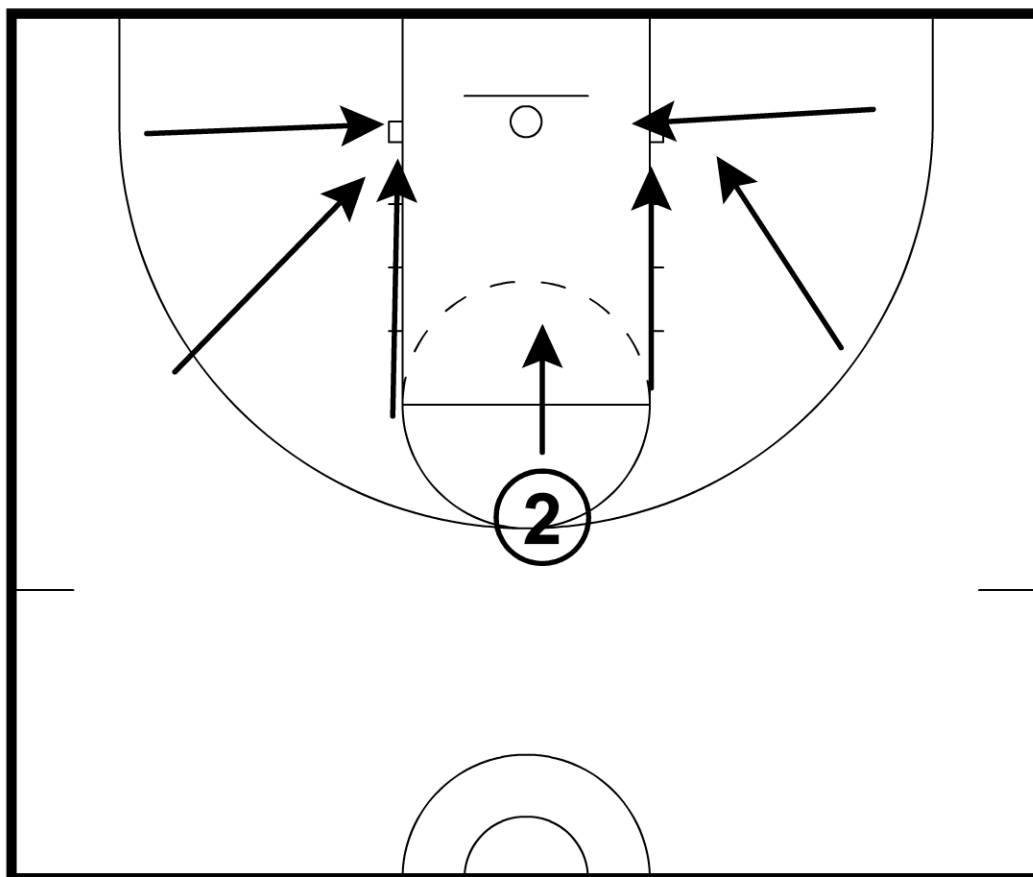


While dribbling down the court, the player pass and catches the tennis ball from the coach. This can also be done using a retreat dribble.

# College Point Guard Workout

## Spartan Basketball

### 2 Step Floater Series



Player catches and goes into 2 steps and floater from all angles. Make 20 with last 5 in a row.

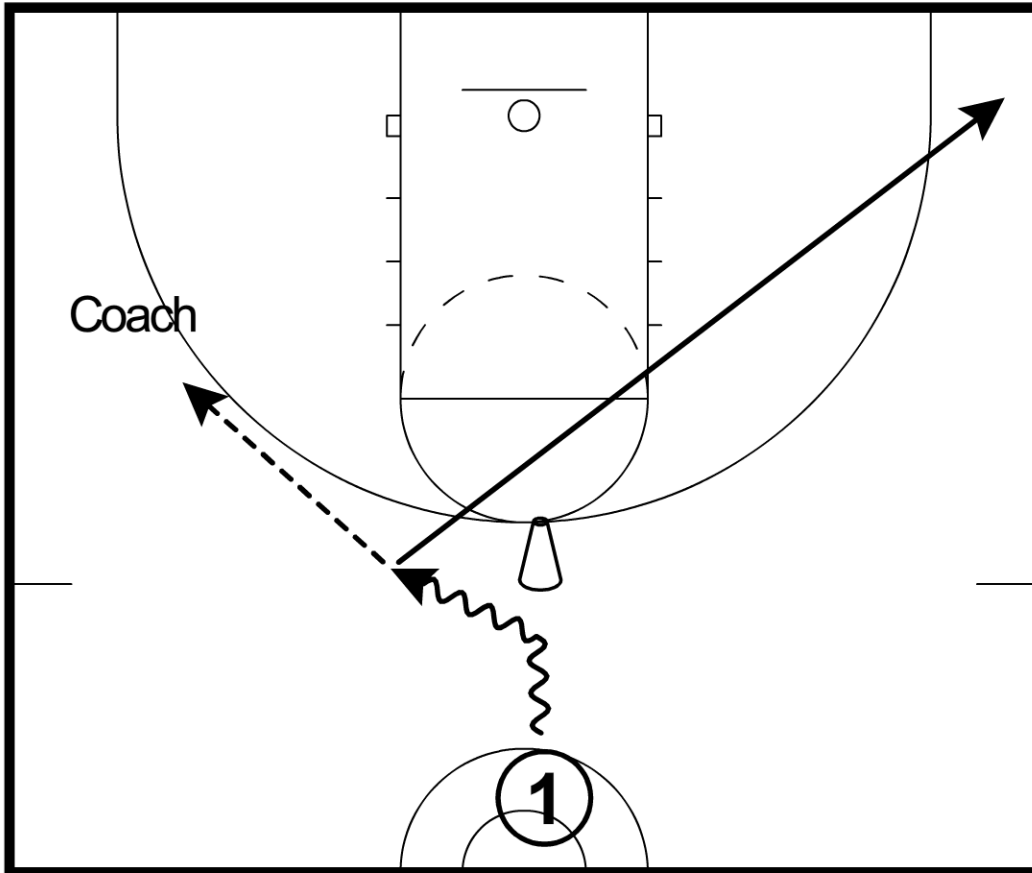
Angles: Down the middle, Down the lane line, From the wing off the glass, Baseline

\*\*Taking away the dribble allows the player to focus on footwork and release

# College Point Guard Workout

## Spartan Basketball

### Pass and Cut-Catch & Shoot-One Dribble Jump Shot

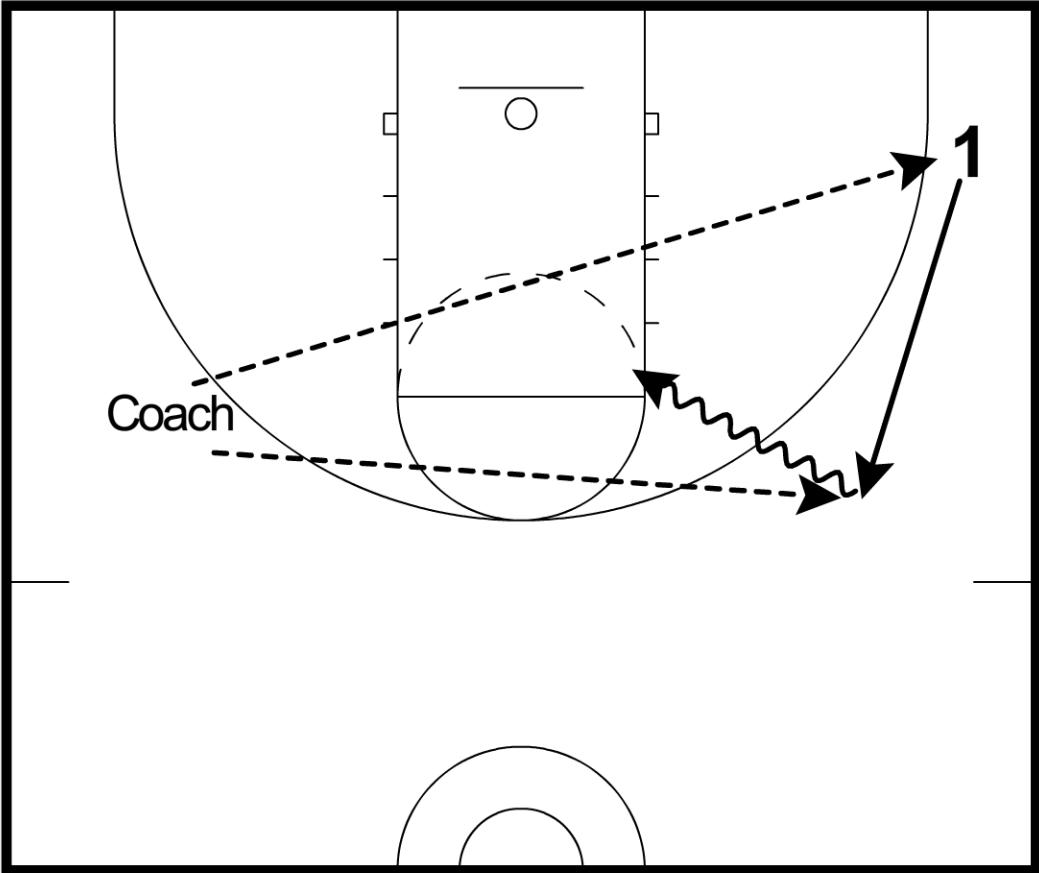


1 makes a move on the cone and makes a air pass off the dribble to the coach. After passing they cut to the opposite corner.

# College Point Guard Workout

## Spartan Basketball

### Pass and Cut-Catch & Shoot-One Dribble Jump Shot

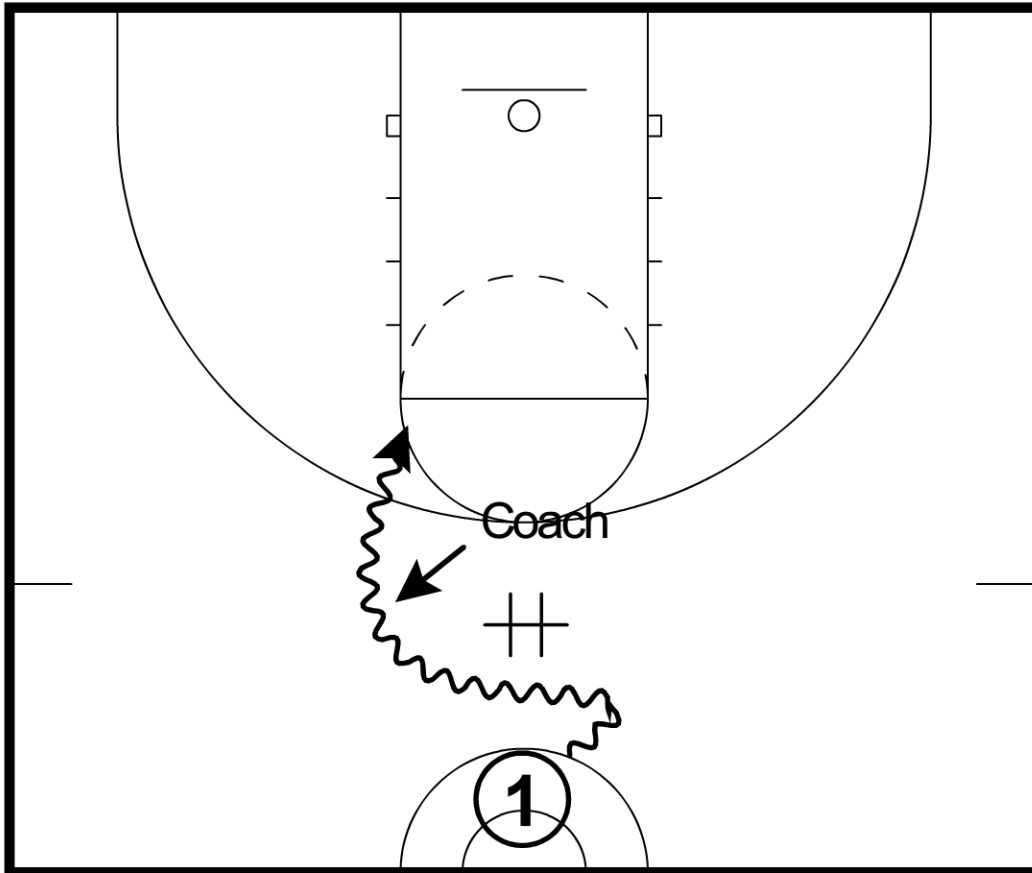


Coach then gives 1 a skip pass for a catch and shoot. After the shot 1 flashes to the top for a one dribble jump shot.

# College Point Guard Workout

## Spartan Basketball

### Pick and Roll Scoring Series



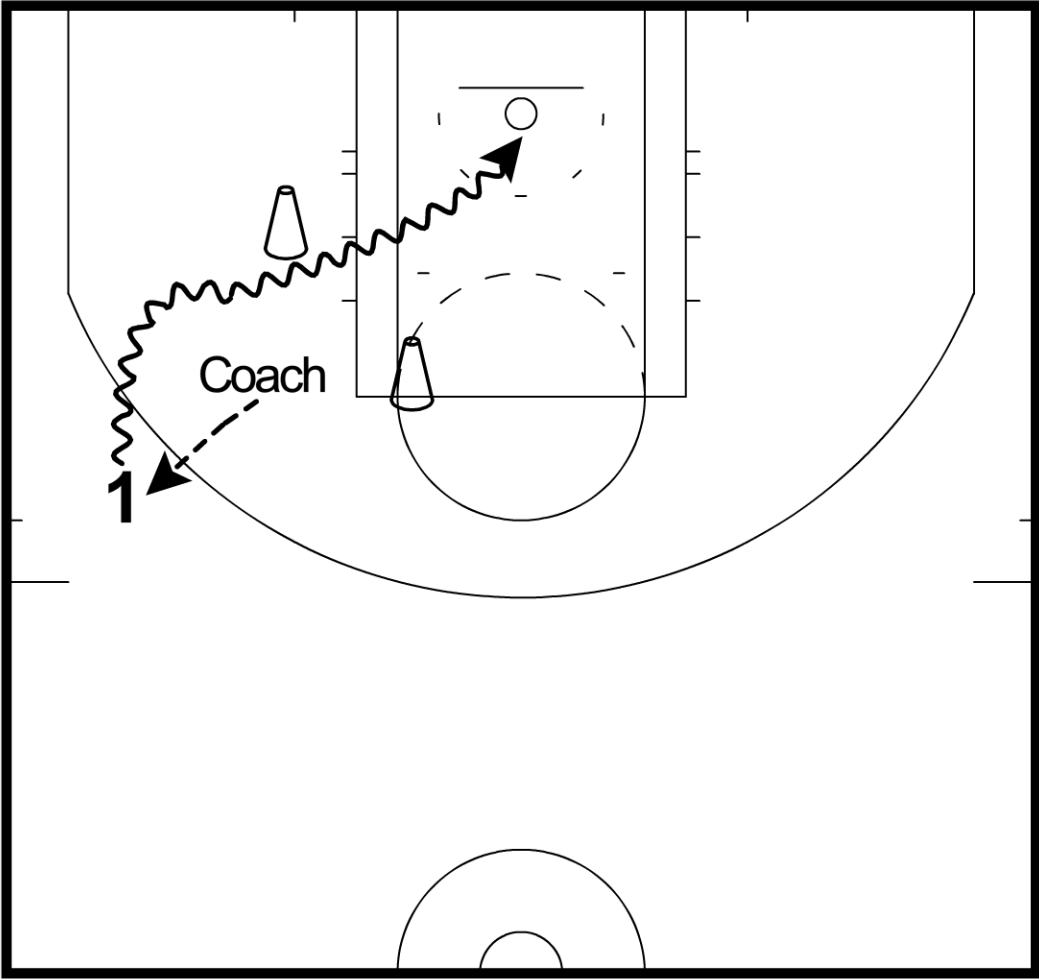
Player uses chair into high pick and roll series.

Shots: vs soft hedge, vs hard hedge, split screen, vs ice, shoot behind the screen, reject screen, elbow bounce out, put in jail, attack the switch

# College Point Guard Workout

## Spartan Basketball

### Triple Threat Help Attacks



Coach passes to player. Player quickly reads coach's foot and attacks then makes move on cone (help defense)

Progression: 1 dribble jump shot