



G.U.N. Scoring Drills

- Individual Shooting
- Ball Reversal To Create Shot
- Transition Scoring

By Tim Springer



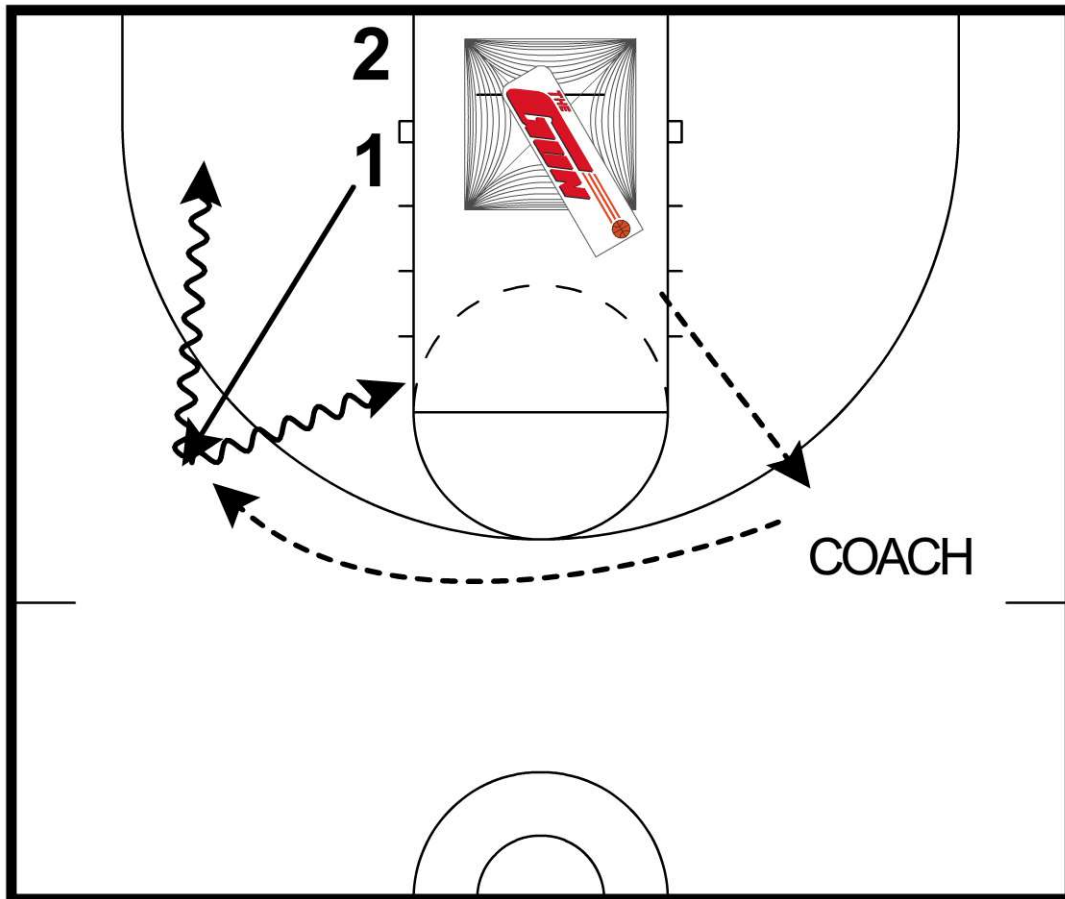
"I'm excited to have Tim Springer apart of the GBB team. He is a great asset to us. He is a true trainer that can reach every level from pro to youth players. His commitment to the game is going to leave a lasting impression on allot of players. I would personally trust him with any of our pro or youth players."

--Ganon Baker, Nike Skill Development Trainer

GUN Shooting Drills

Spartan Basketball

Gun Guard Series
Guard Academy April 2011

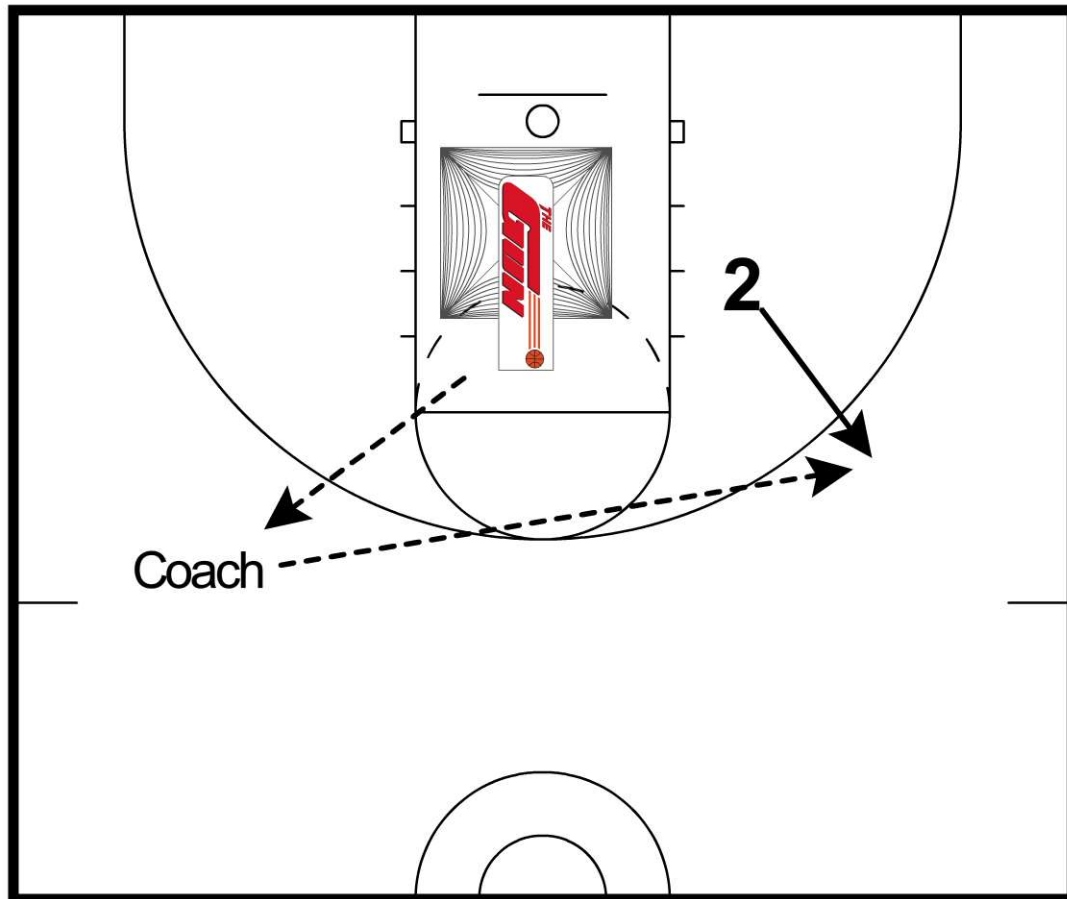


Mid range shooting off dribble and catch and shoot 3.
Perimeter flashes from the block to receive pass from coach.
Set goals to accomplish for makes.

GUN Shooting Drills

Spartan Basketball

1 Dribble Separation Shooting (Gun) Skill Development

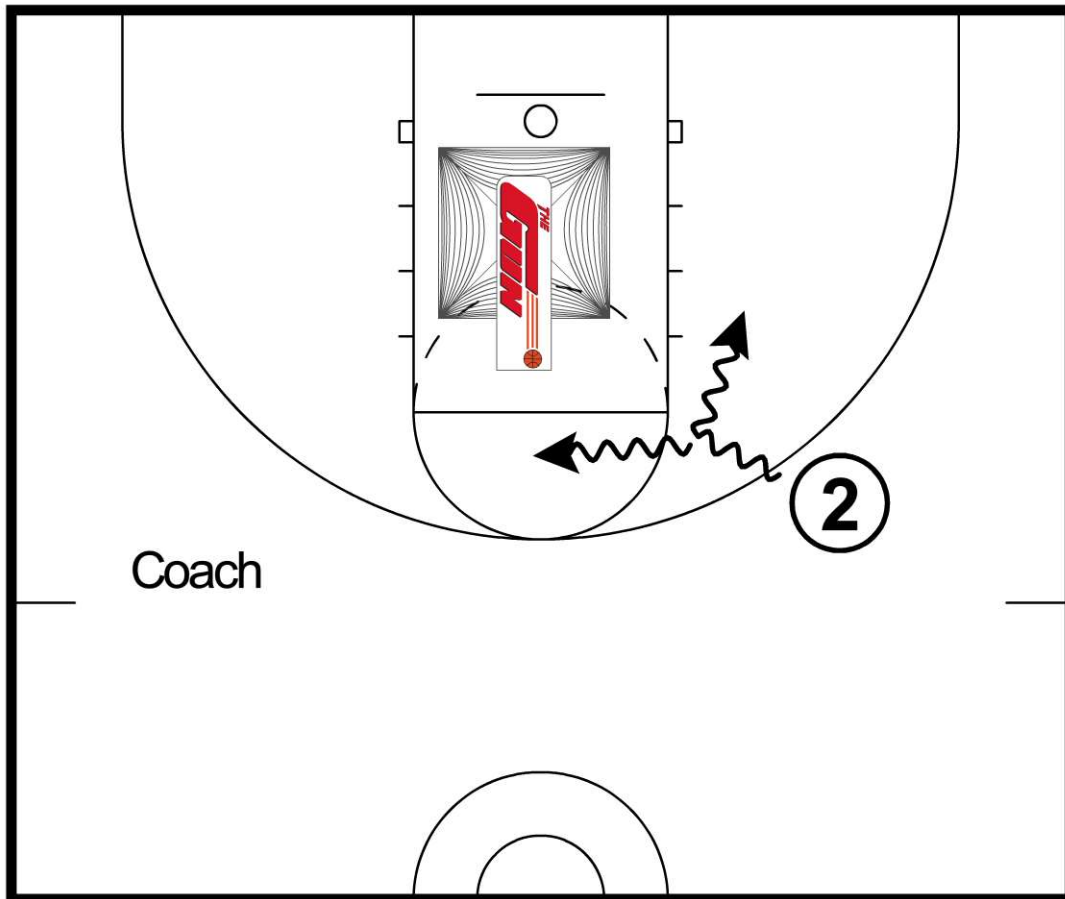


Gun passes to coach and coach passes to player after flashing from the block.

GUN Shooting Drills

Spartan Basketball

1 Dribble Separation Shooting (Gun) Skill Development

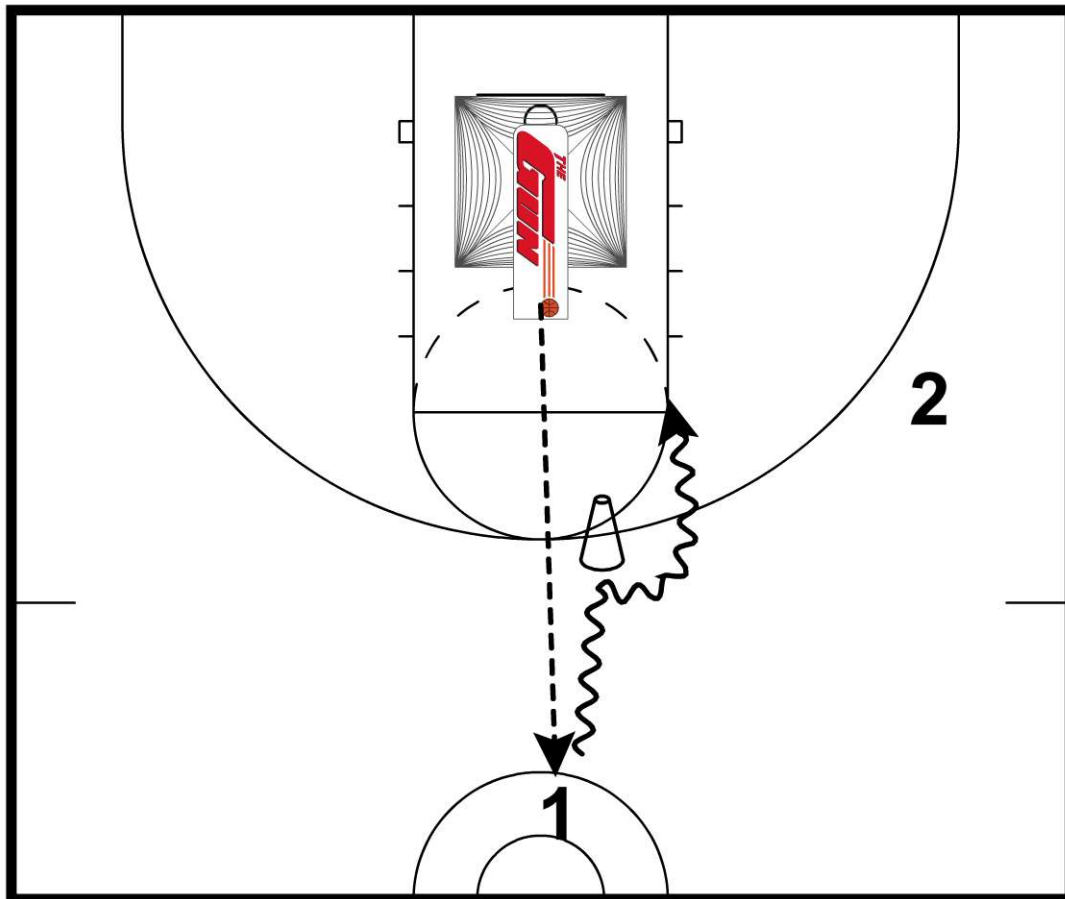


Player attacks the elbow and makes either a crossover into a jump shot if going baseline or a in/out move to the nail to separate for the shot.

GUN Shooting Drills

Spartan Basketball

Progression 1
Skill Development

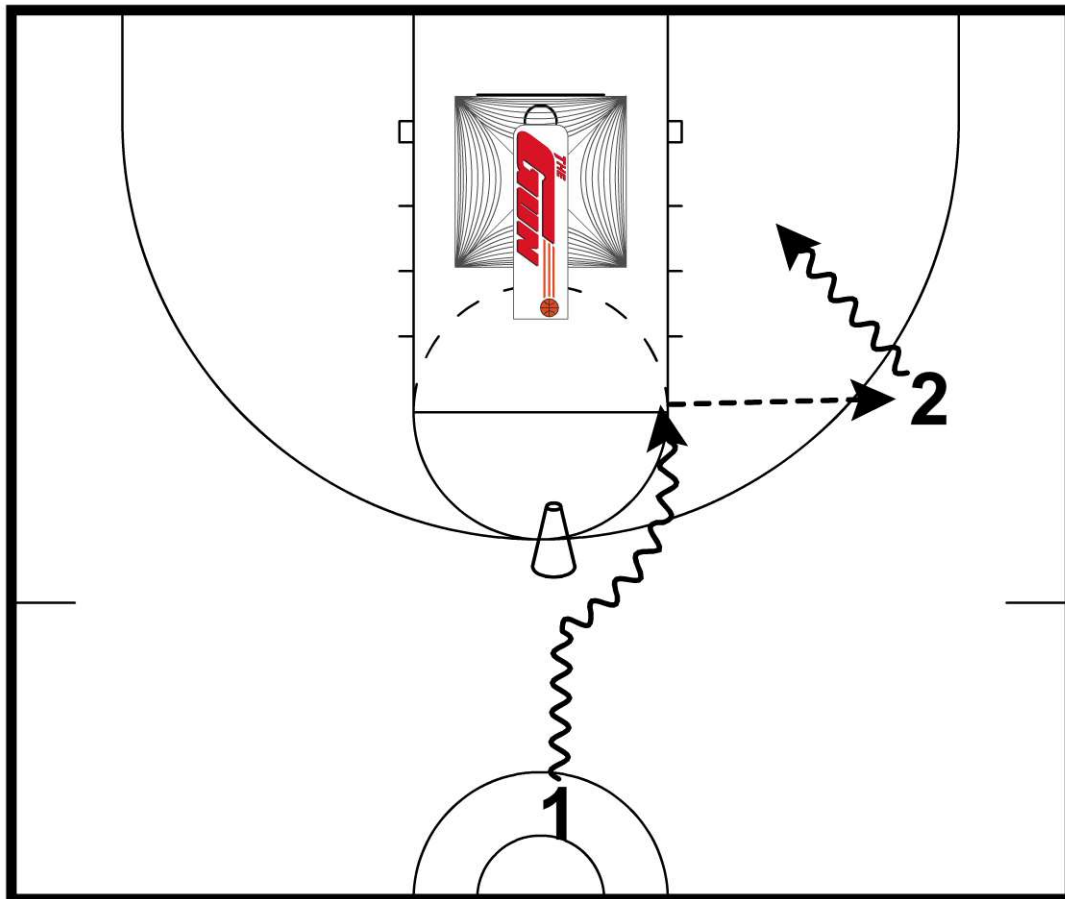


1 receives first pass from Gun and makes in & out move to jump shot at the elbow. Then quickly bounces out to receive 2nd pass.

GUN Shooting Drills

Spartan Basketball

Progression 2 Skill Development

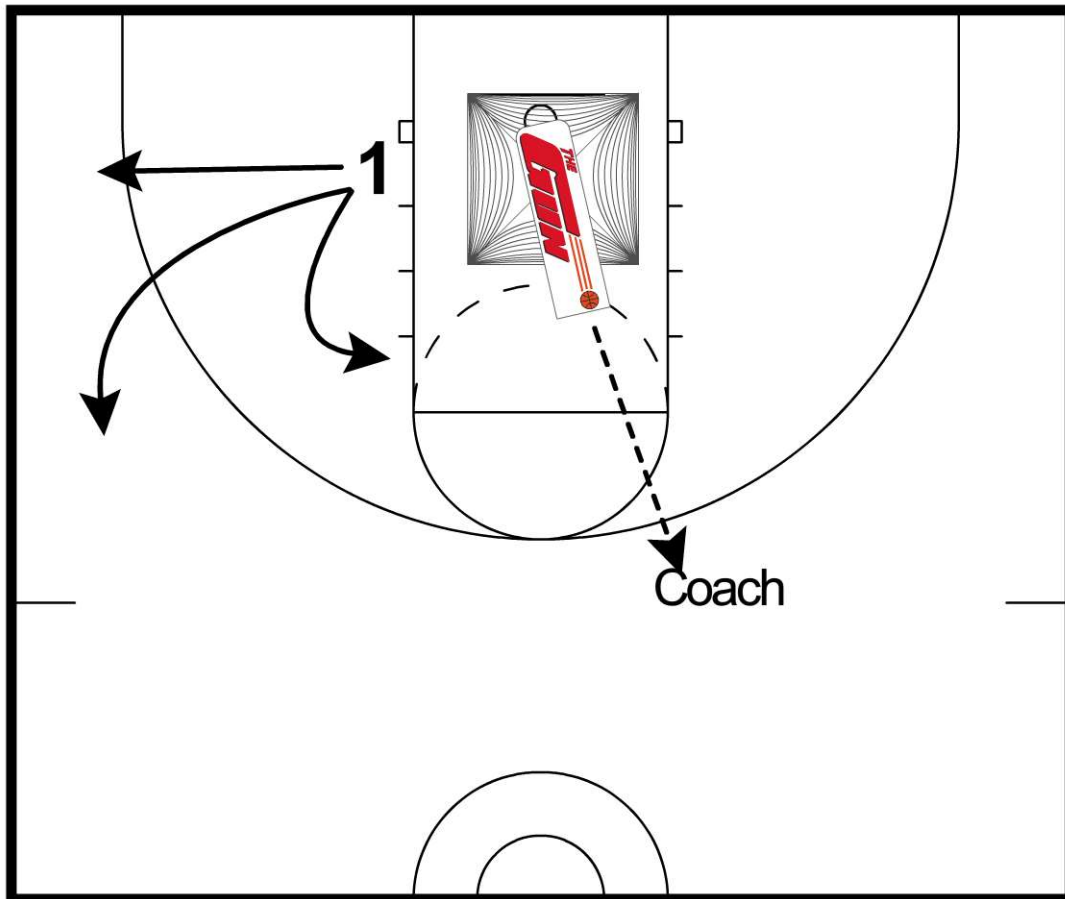


On the second pass 1 makes in & out in the other direction and kicks to 2. 2 drives baseline for 1 dribble jump shot.

GUN Shooting Drills

Spartan Basketball

Gun Shooting
MS/HS Weekly Clinic-Triple Threat

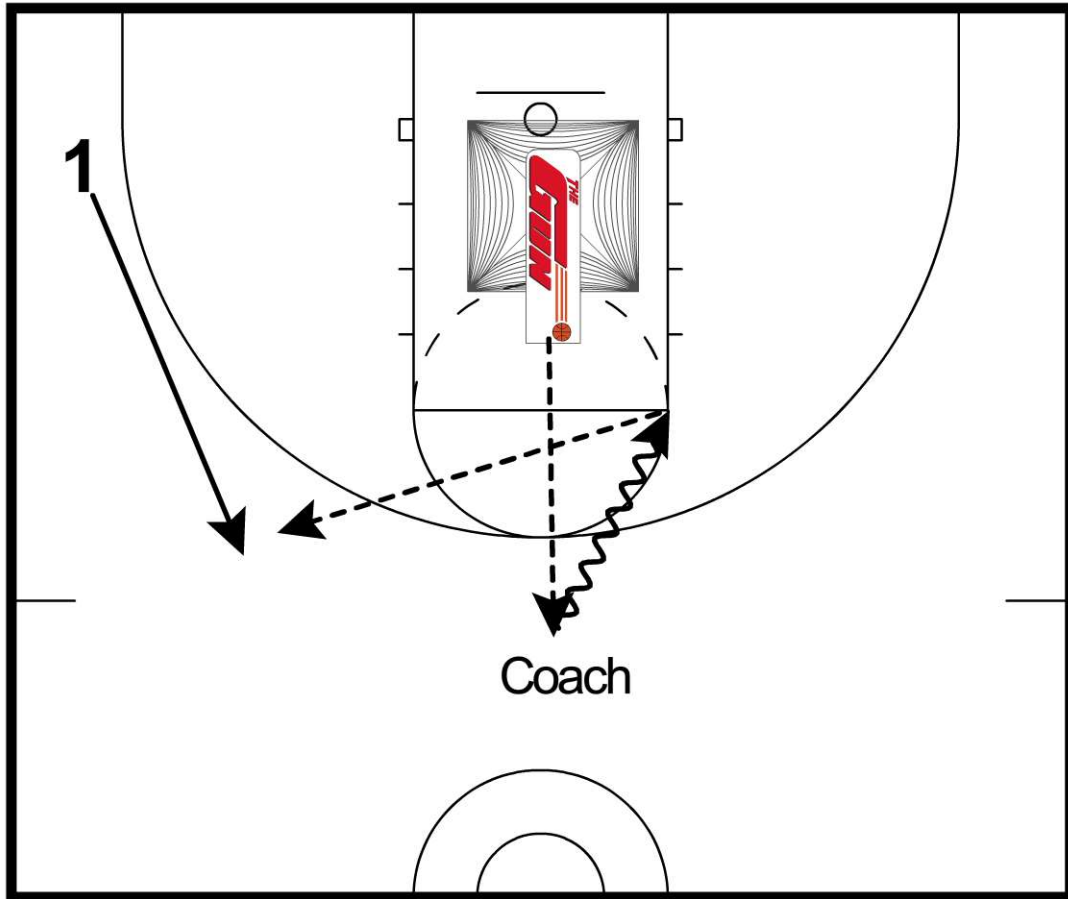


Down screen shooting. Player comes screens into curls, pops and fades.

GUN Shooting Drills

Spartan Basketball

Gun Shooting
MS/HS Weekly Clinic-Triple Threat

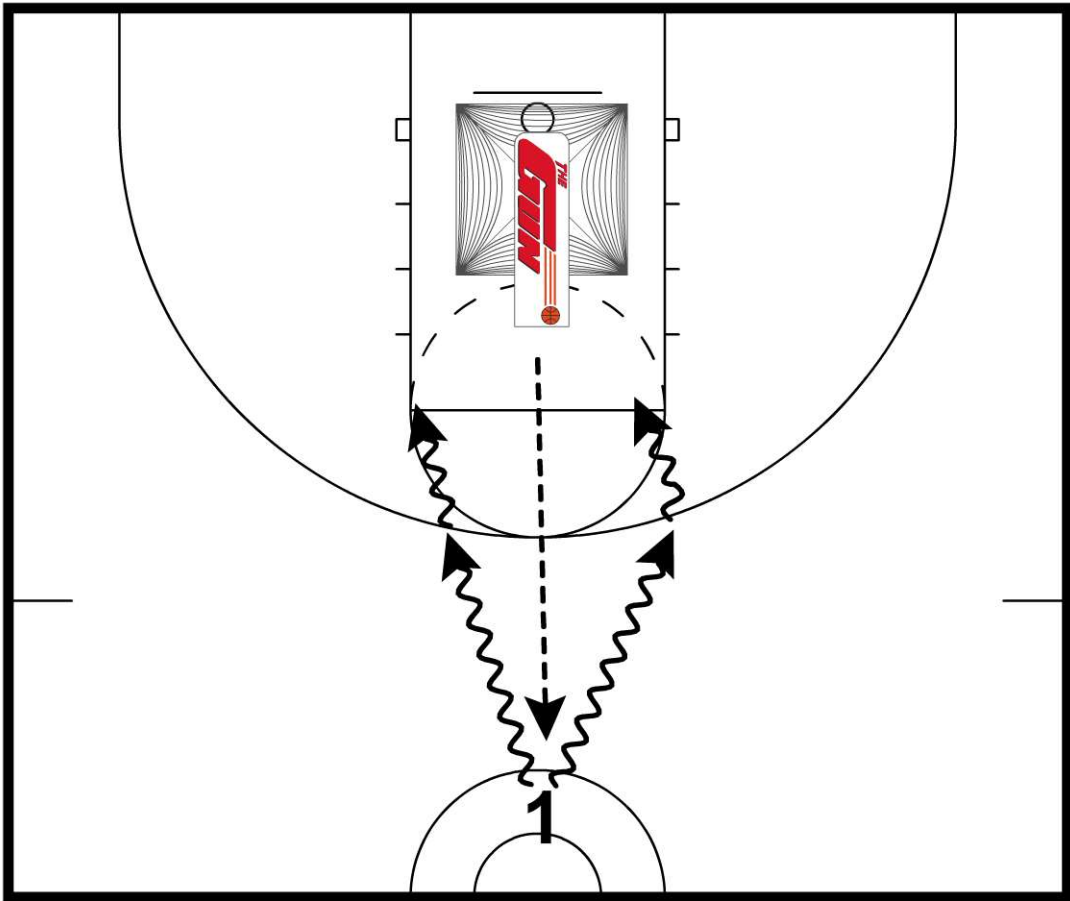


Read and React 3 point shooting. Player will fill when coach drives away and slide away when coach drives at.

GUN Shooting Drills

Spartan Basketball

Gun Shooting
MS/HS Weekly Clinic-Triple Threat

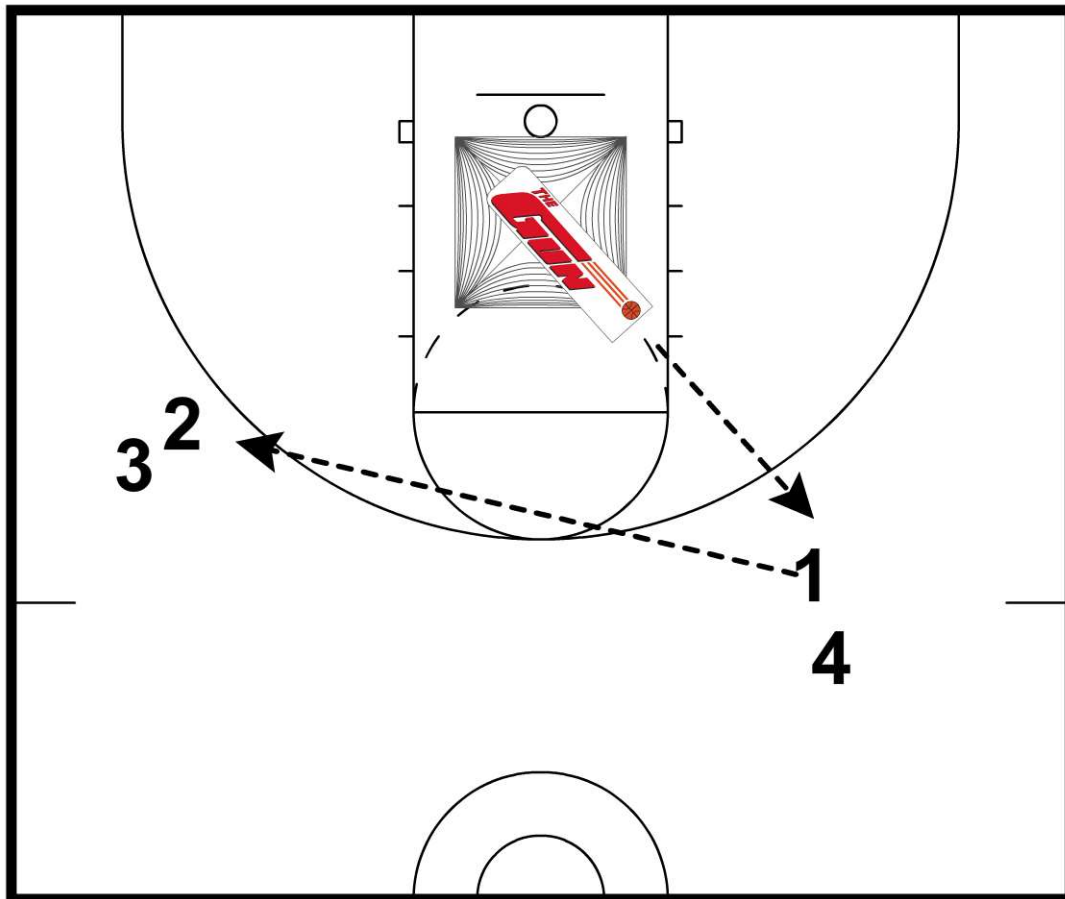


Pull up shooting series. 3 point shot and jump shots at the elbow.

GUN Shooting Drills

Spartan Basketball

Gun Skip Pass Shooting
Skill Development



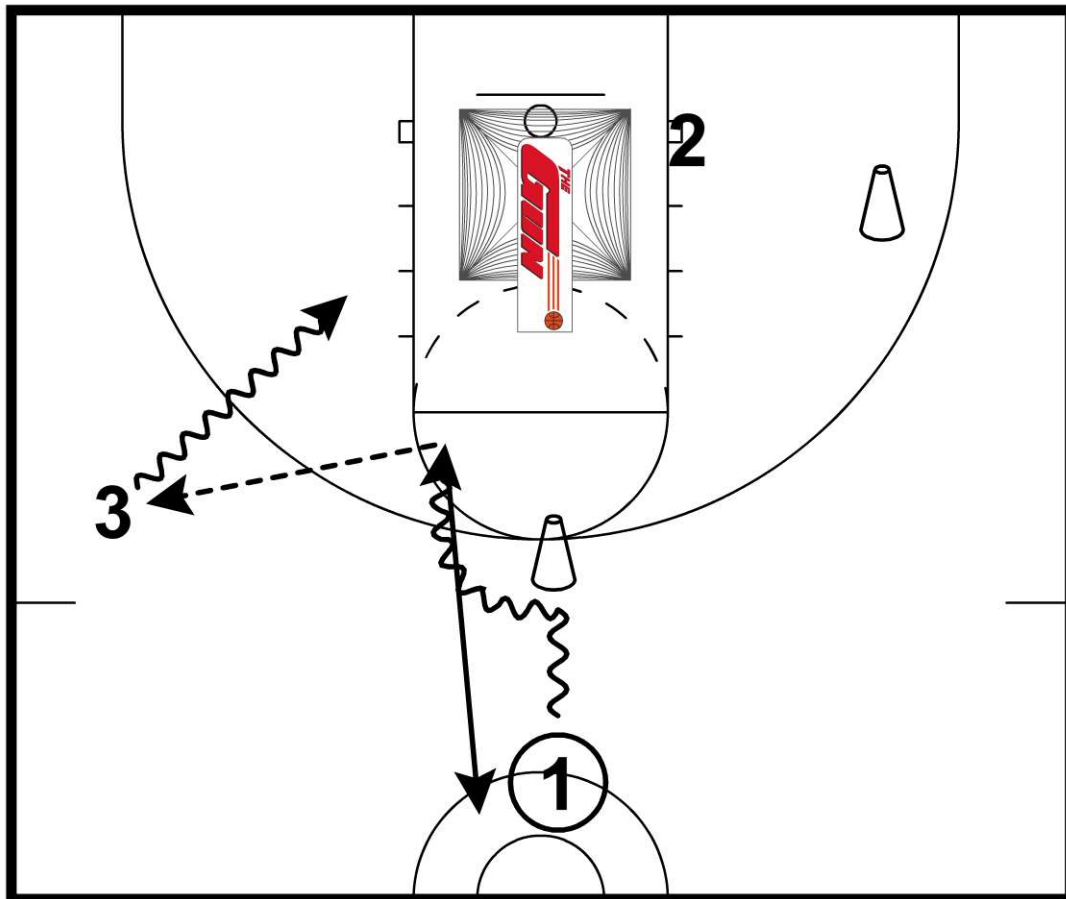
Gun passes to 1 and then a skip pass is made into a catch and shoot. Make 20 in 3 minutes on both sides.

GUN Shooting Drills

Spartan Basketball

PG Assist Drill with Gun

Skill Development



1 player is "PG" and must get as many assists as possible under time or passes until team mates miss 3 in a row.

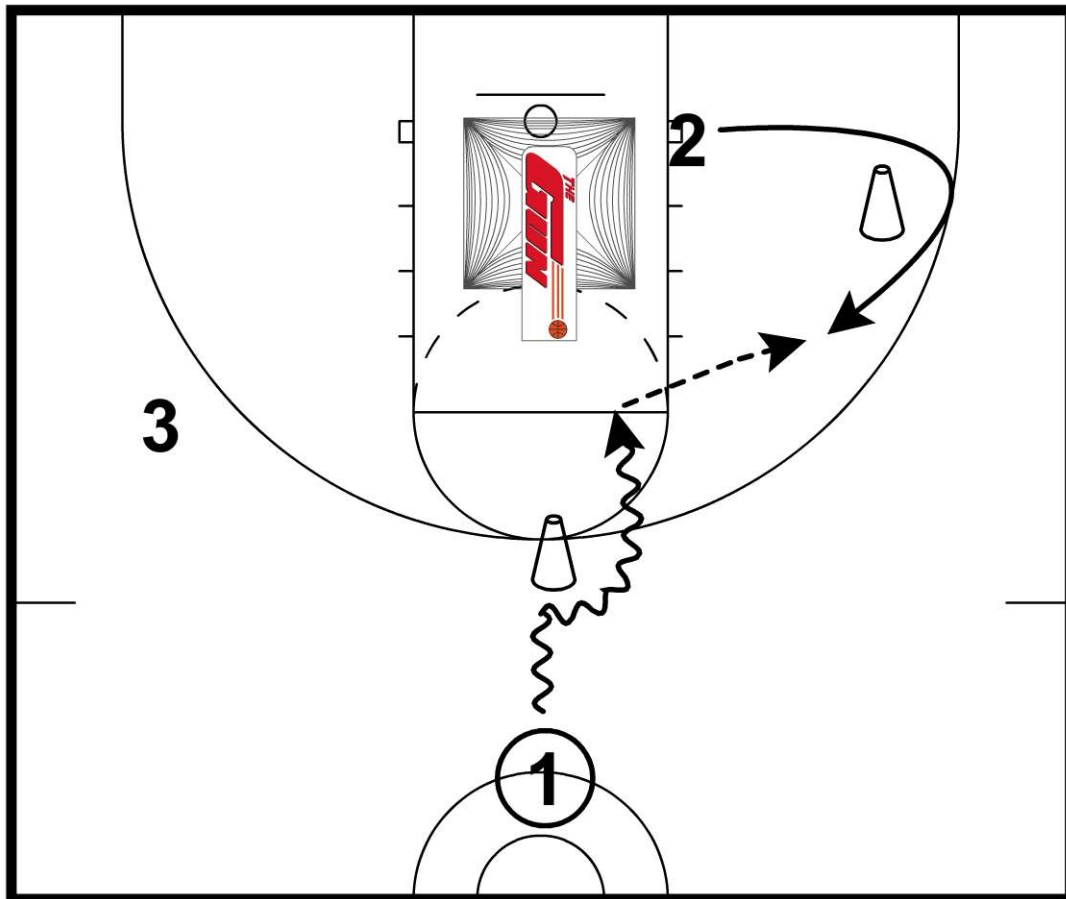
Emphasis is PG making scoring passes and shooters converting a good pass.

First Pass: 1 takes first pass into change of direction and pass at the elbow.

GUN Shooting Drills

Spartan Basketball

PG Assist Drill with Gun Skill Development

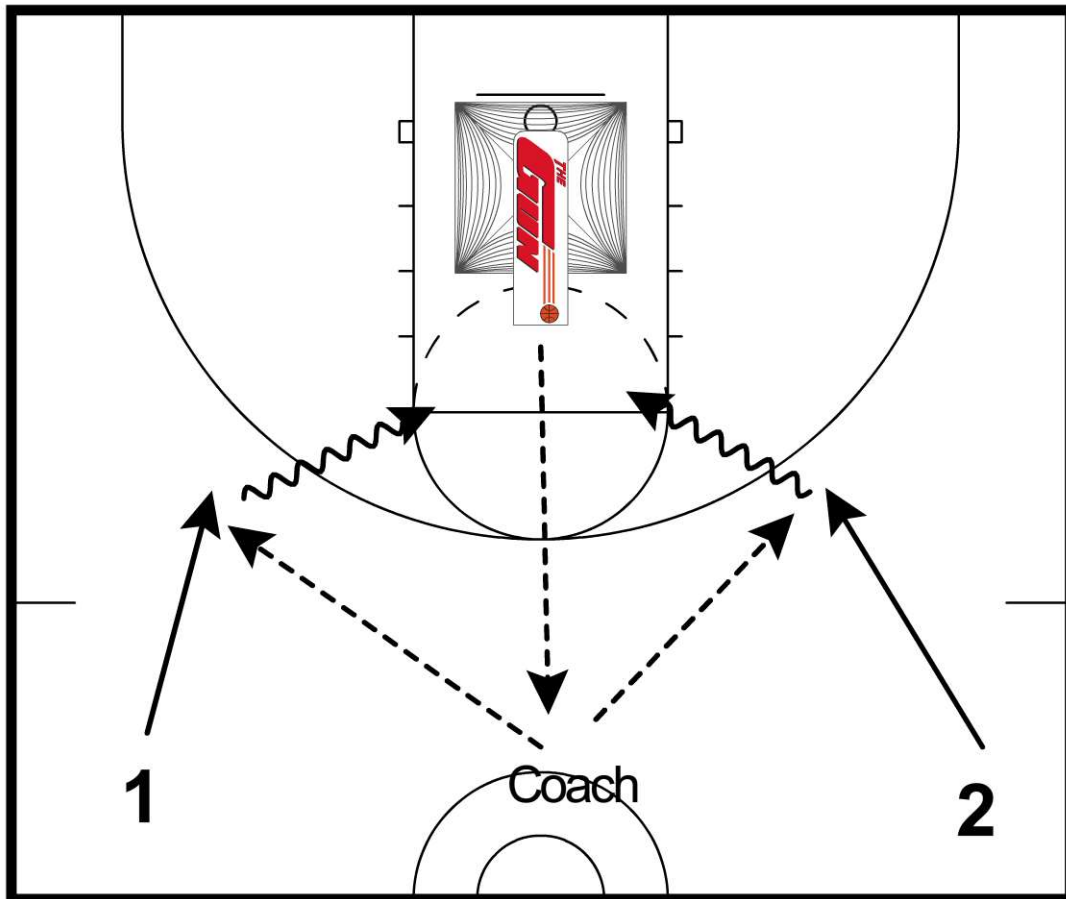


Second Pass: 2 curls around cone (pin down screen) while 1 makes in & out and passes at elbow.

GUN Shooting Drills

Spartan Basketball

Stop On The Catch
Skill Development

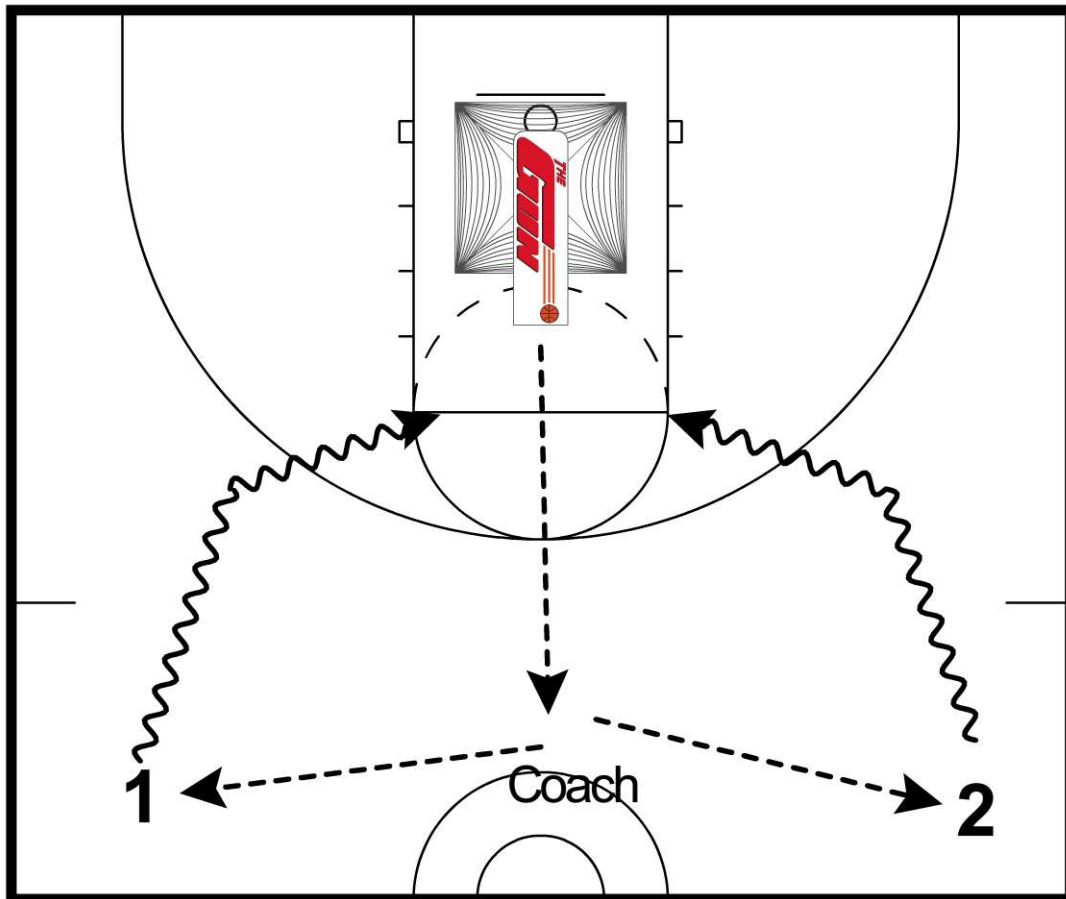


Gun passes to the coach. Players alternate sprinting the sideline to a catch, drive to the elbow and shoot. Emphasis is on setting feet on the catch then attacking off the drive.

GUN Shooting Drills

Spartan Basketball

Attack Off The Dribble
Skill Development

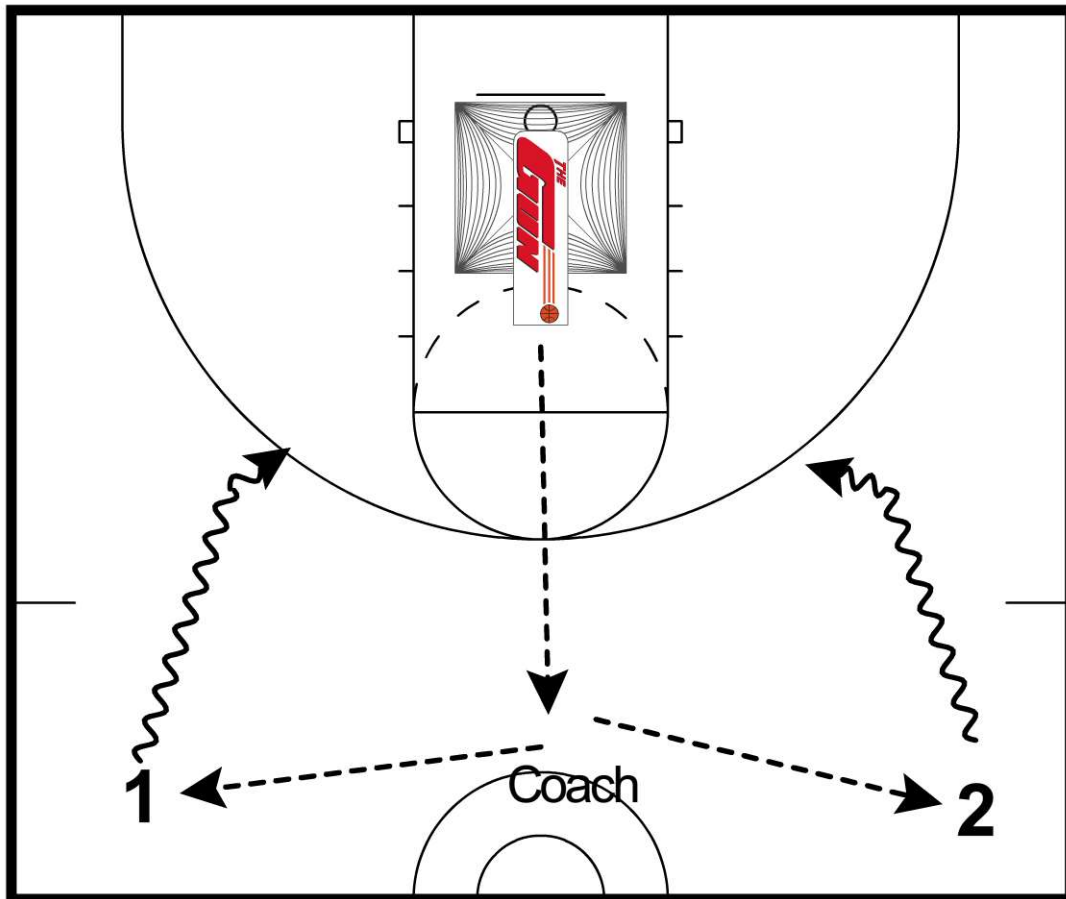


Gun passes to the coach. Players alternate receiving a pass at half court, then driving and changing directions to get to the elbow.

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.



ELEVATE
SPORTS GROUP

PRESENTS..

THE SPARTAN

PRO SKILLS

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

