

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

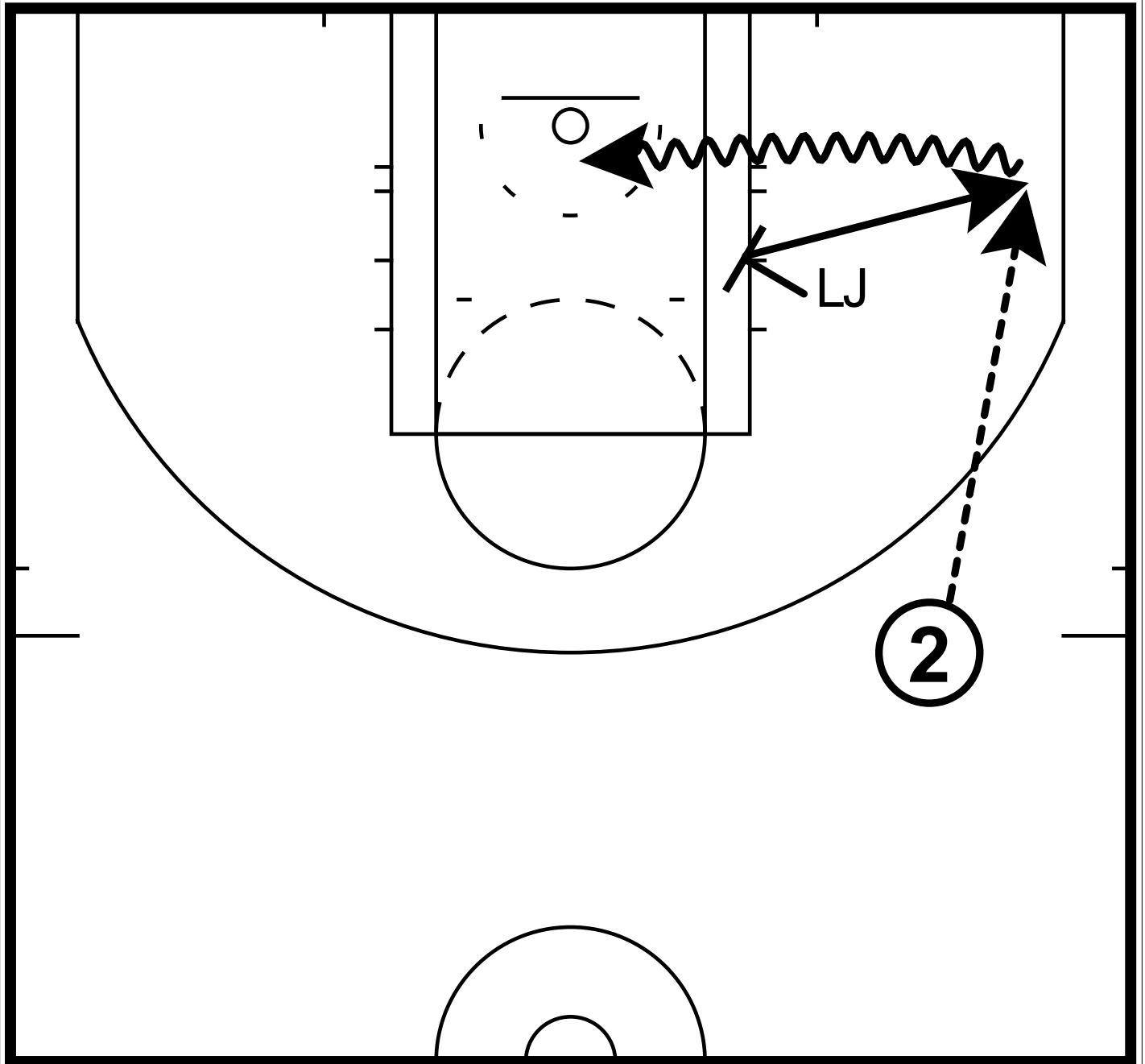
# Lebron James Scoring Workout



# Lebron Scoring Workout

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### Down Screen And Pop Skill Development



Lebron sets the down screen and then pops towards the 3 point line.

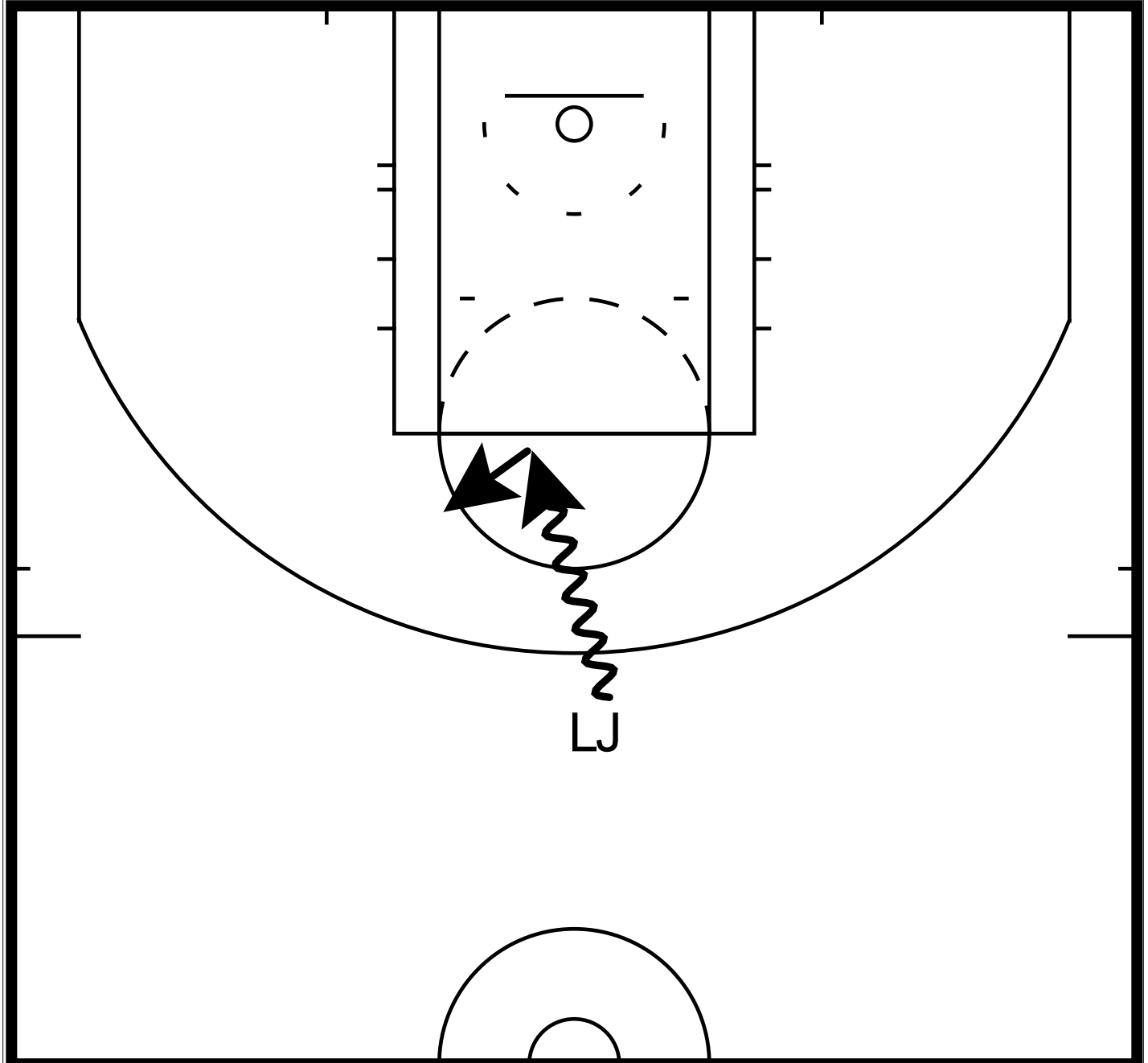
Moves that can be made out of the catch:

- catch and shoot
- shot fake and finish at the rim
- jab to one dribble jump shot

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One Dribble Step Back From Triple Threat  
Skill Development

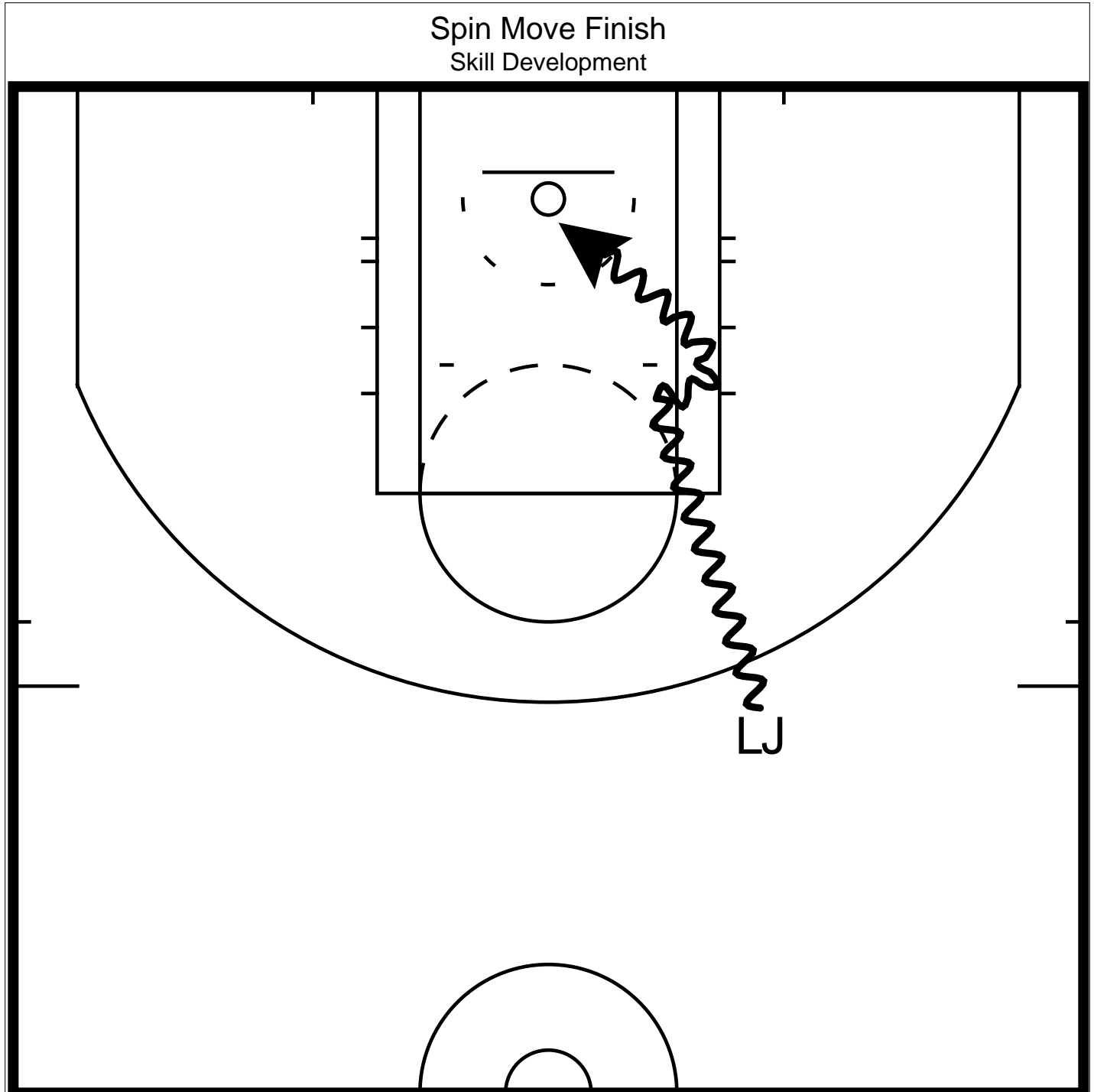


Lebron gets the ball at the top of the key. He attacks out of triple threat and makes a one dribble step back.

Use different fakes out of triple threat to give misdirection before attacking.

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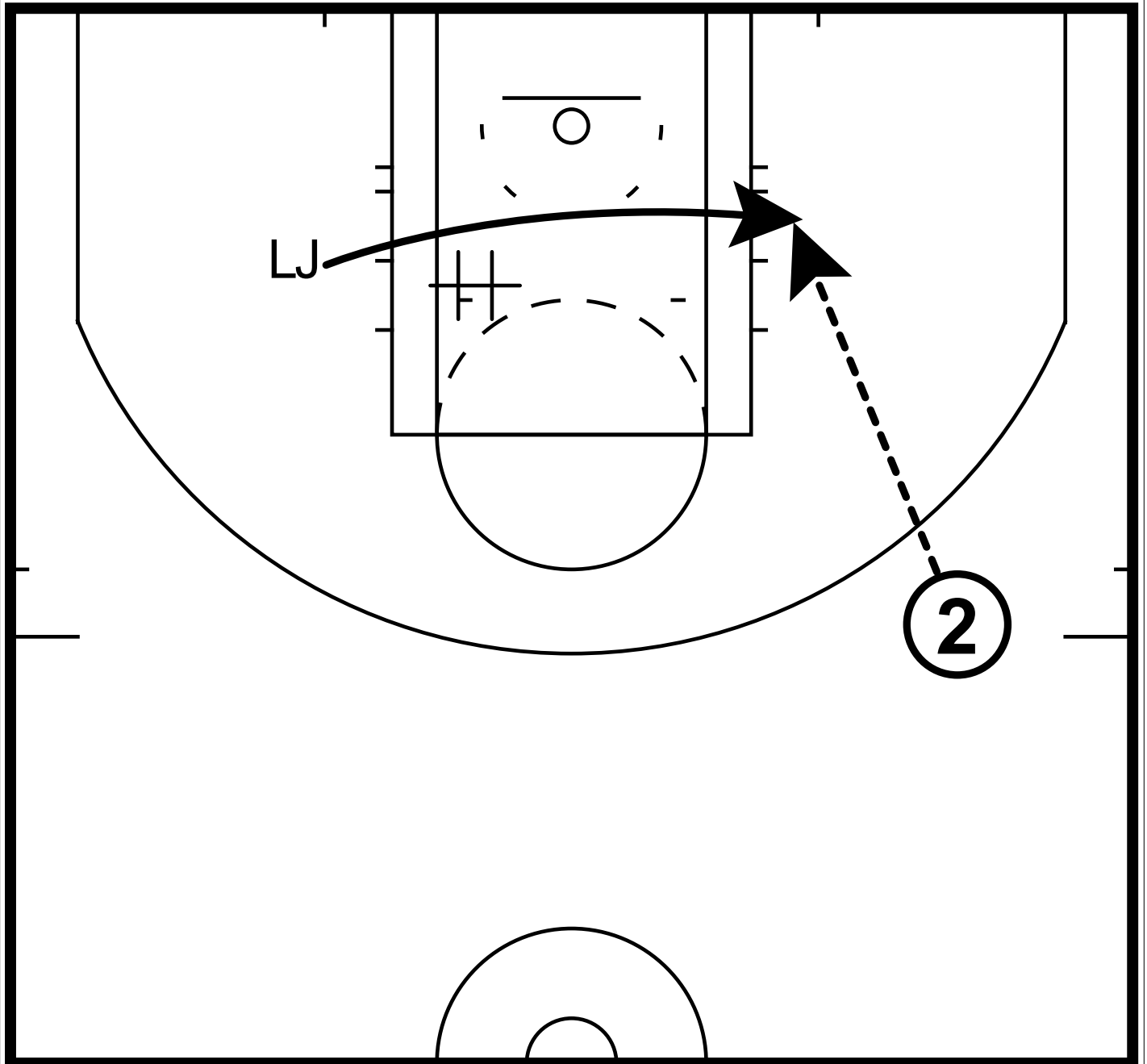


Lebron attacks the middle with his left hand. He hits a spin move and picks the ball for a lay up after being cut off by the help defense.

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### Post Up From Cross Screen Skill Development



Lebron will take a cross screen (#) to post up on the strong side. Once getting the ball, Lebron squares up to the basket and attacks the rim with a reverse lay up. .

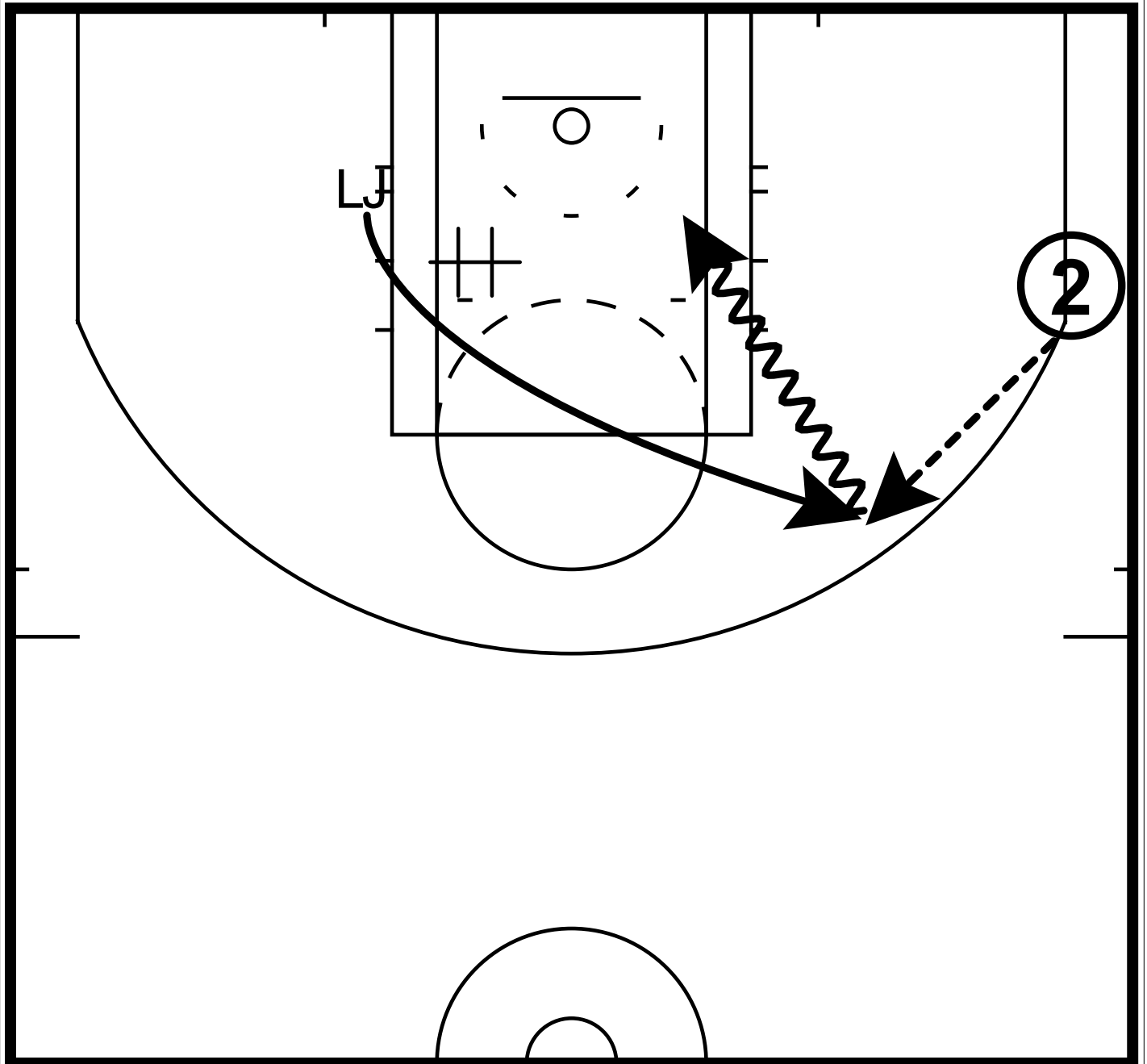
**Other Moves:**

- square up and shoot
- square up, jab, and attack the middle

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### Down Screen Scoring Skill Development



Lebron takes a down screen on the weak side and cuts towards the ball. On the catch he attacks off the dribble.

Moves to use:

- Rip and go layup
- catch and shoot