



# **CAN'T BE GUARDED SCORING SYSTEM**

“The World’s Best Basketball Training Program”

Coach Roc

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## I. WHY CAN'T BE GUARDED SCORING SYSTEM?

It is known that the top 1% of high school basketball players are the ones that go on to have a future in basketball. Less than 3% of high school senior boys will go on to play at the college level and only 1% of those in college will be drafted by the NBA. Think about that? Around .03 high school players will never be drafted by the NBA. So out of 10,000 kids playing basketball only 3 will get drafted. Sounds crazy?

Well, one of the main reasons for these outrageous percentages is because it is extremely hard to get to the next level. One of the other reasons, however, is that out of those 10,000 players maybe 10 know how to train the correct way, the way that the pros train.

I was one of those players that had 0 shot of making it to the next level. Now don't get me wrong! I worked extremely hard, but I was doing the traditional hundreds of jump shots a day, stationary ball wraps, and going to tons of summer basketball camps. I was buying all types of gadgets that were supposed to help my game and none of them worked. Let's just say I wasted a lot of time and money only to never see results.

Luckily for me my life changed the summer going into my freshman year in high school. All I wanted to do was make the freshman basketball team. Well, my mom was friends with the father of Kendall Marshall. You may know him. Kendall is the single season assist record holder at the University of North Carolina, McDonald's and NCAA All American, Lottery Draft Pick and now plays in the NBA for the Phoenix Suns. Well yeah back at that time he was the #1 7th grader in the nation. So when his dad extended an invitation for me to train with them, I jumped all over it.

The training we did there was training like I had never seen. It was absolutely nothing like what I had done at camps or had bought from DVD's. We worked out 3 days a week and every time we worked out it was intense quick one hour workouts. We trained all types of areas of our game from finishing at the rim, to floaters, to mid-range pull ups, to three point bombs, to nasty scoring moves.

I still remember after struggling my week or two and Mr. Marshall stopped me and said, "Don't worry, don't get down on yourself. This is how the pros train". From that moment on I knew I was training the correct way and what I was doing before had been wrong all along. I saw quick results, within a few weeks I was already getting more respect at the local parks.

After 3 months of training with them, I knew I had gotten better but had no idea of how much better. When tryouts came around, I was completely unknown at school, but that didn't last. After the first day of tryouts everybody knew who I was. I ended up earning the starting at point guard for the varsity team as a freshman. I had taken the spot from a senior. My freshman year was a huge success but I still wasn't satisfied.

By the summer of my sophomore year Kendall and his dad were traveling nationwide going to AAU tournaments and camps, so I was stuck training on my own. But that was fine because I had all the tools I needed, a basketball, a hoop, and professional basketball training system.

Over the next few years, I went on to average over 20 points a game and numerous awards from All State Honors to tournament MVP's. I even earned a scholarship. I had been one of the top 3% to make it to play college basketball. I dedicate most of my success to Kendall's dad, not for only training me but for giving me the knowledge of how to train correctly even when I was alone.

Over the years I have reformatted, revamped, and totally boosted the training I had been doing to make it better. As the game evolves training must also. The game isn't the same now as it was 10 years ago when I began training, but I have completely updated it for my athletes so they can succeed NOW. I train athletes all over with this amazing basketball training system called the Can't Be Guarded Scoring System. Many division one basketball players, professional basketball players, and high school players that one day will be college and professional players.

In this system you will discover everything needed to do to become the player that you want to be. So enough about my story, let's take your game to the next level.



## II. HOW TO BECOME A GREAT SCORER?

To become a great scorer, one must master the art of scoring at different levels. What do I mean by that? Well, there are always great shooters or always great drivers. But, the ones that are great scorers are ones that can dominate all aspects of the game. Look at Kobe Bryant compared to Steve Novak. Obviously Kobe is a better player. But if we were just talking shooting, you could say Steve Novak is a better shooter. He is a specialist. Well, then why is Kobe a better scorer?

Well, besides that fact that he has a super killer mentality, he has mastered the art of “scoring” not just “shooting”. Kobe can drive and dunk on you, he can pull up in the lane with floaters and jump shots, he can knock down the three ball, and he can create his shot whenever he wants.

Like him or hate him, he is one of the greatest scorers ever to play the game. You don't score 81 points in a game by luck. So to become a great scorer you have to master scoring.

There are 5 levels when it comes to scoring; Finishing at the rim, finishing in the lane, being able to shoot midrange jumpers, being able to knock down three pointers, and being able to create a shot from wherever, whenever you want.

The Can't Be Guarded Scoring System trains you to master each level so you will be a threat no matter where you are on the court. The defense can try to take away one level away from you or even two, but there is no way in hell that they can take all 5 levels from you. Master the 5 levels and you WILL be and ELITE scorer.

### **III. BREAKDOWN**

So, like I said, one must master the levels of scoring to be a great scorer. In this program you will be doing great finishing at the rim drills so you can finish at the rim like Tony Parker, Kyrie Irving, Derek Rose, etc. These guys make a living by not only getting to the basket but by being able to finish, with contact and over the big men.

#### **DRILLS FOR FINISHING AT THE RIM**

One Ball Mikan Drill  
Man Up Finishing  
Two Ball Mikan Drill  
Cover Distance Layup  
Pro Lay Up Series A  
Pro Lay Up Series B

You will also learn drills to master the deadly floater, the floater is one of the toughest shots in basketball, but think about it... All of the great point guards have a great floater. This just goes to show the importance of this shot.

#### **DRILLS FOR FINISHING IN THE LANE**

Chris Paul Stationary Floaters  
Tony Parker Stationary Floaters  
Attack from Top of CP3 Floaters  
Attack from Top Tony Parker Floaters  
Inside Out CP3 Floaters  
Double Cross Tony Parker Floaters

It has been said that the midrange jumper is a lost art in basketball. Guys either go for the dunk or launch threes. This is true, which means defenses don't really care about the mid-range jumper. Mastering this shot will certainly get you 6-8 points per game just from pulling up. Can't Be Guarded Scoring System will have you decimating your opponents from midrange.

#### **DRILLS FOR LOST ART OF THE MIDRANGE**

In Your Sleep Pull Ups  
Westbrook Transition Pull Ups  
College Game Pull Ups  
Patience Pull Ups  
Killer Pull Ups Series A  
Killer Pull Ups Series B

It's no secret that the three point shot is getting ridiculously popular, hell some teams will trade

2's for 3's. There is always a spot on a team for a great three point shooter. This program will have you shooting an amazing percentage from the 3 point line.

### **DRILLS FOR LONG RANGE SNIPER**

Spot Up Threes Progression  
Off the Move Threes  
Pull Up Threes  
5 Minute Drill

Lastly the Can't Be Guarded Scoring System will train you to be a deadly scorer with deadly moves. Imagine being able to get your shot whenever you wanted. That's what separates the good from the great, and that is what separates this system from any other basketball training system. There are moves you will be trained to do that will get you open anytime you want.

### **DRILLS FOR DEADLY SCORING MOVES**

Knee Buckling Pull Ups  
Sweep Freeze Pull Ups  
Iverson Killer Crossover Pull Ups  
Sweep Step Back Jumpers  
Chris Paul Pull Backs  
Sweep Step Back Head Fake Pull Ups

All of these drills will make you a master a scoring at each level. I know this may be confusing as you are saying when do I do the drills, how often, etc well I will answer those questions shortly. Or you could just skip to Part 4: Can't Be Guarded Scoring System Section and see it then. However, the next section is extremely important.



## **IV. PRIMING THE BODY**

A lot of athletes have no idea how important and fragile your body is. Well as I get older I am reminded that on a daily basis. This section of the program will get your body in the best shape for workouts to get not only the best performance during games and workouts, but also prevent injury and soreness.

### **DYNAMIC ACTIVATION**

This is a series of drills that will get your body loose and your blood flowing so you can be as athletic as possible during your workouts. The Can't Be Guarded Scoring System's drills are extremely intense. These drills must be done every time before you work out if you want to get the best out of your workouts.

### **BALL HANDLING BOOSTER**

This is a series of ball handling drills that not only train you to have that ball on a string type of handle but it also will warm your hands and handle for the grueling drills in this program. If you can't dribble you can't be a great scorer, this section solves that problem.

### **PRIMING THE STROKE**

This is a shooting primer that will get you shot feeling good before you even take an actual shot. This primer is extremely important so you can have successful workouts which build confidence leading to successful performance in games.

## V. CAN'T BE GUARDED SCORING SYSTEM

Okay so here is the bread and butter, the game changing Can't Be Guarded Scoring System Program. Keep in mind these workouts are quick, shouldn't take more than an hour. That doesn't mean you aren't getting a good workout. Believe me if you go through these workouts hard, you will have gone through the best workout you have ever done.

This is how the pros train. All of the games and other things they have to do, they don't have time to be in the gym for hours, nor should they. People that spend too much time in the gym just aren't working hard enough because if you train like it's a game there is no way you can go that hard for a long period of time.

The Can't Be Guarded Scoring System is a periodized training system, which means there are different phases. We have beginner, intermediate, and advanced but I wanted to give them much cooler names so I call them the Rookie System, The All-Star System, and The MVP System.

Each phase lasts 4 weeks and trust me it gets super hard as we go on. Now the main problem for athletes when they train is they either don't push themselves, or they start off too hard and don't see results. I advise starting at beginner and progressing through to advanced. This will lead to the best results. No matter how good you are, I can assure you have not seen this training, so even though you could be an elite basketball player, you still are a rookie to these type of workouts.

To be honest, if you aren't in the NBA right now then this system will for sure get you better. The workouts are to be done three times a week, whether you do them Monday, Wednesday, and Friday or Tuesday, Thursday, Saturday, you always want to make sure you have a day of rest in between. Also keep in mind that we do not count our misses. So for every workout that says, for example 10x each side, that means 10 MAKES on each side.

I will now show you each phases' schedule, don't worry though if you don't want to print this entire book and only want to print the programs they are available in the programs section.

## ROOKIE PHASE WEEKS 1-4

Can't Be Guarded	Week 1	Week 2	Week 3	Week 4
At the Rim	Mikan Drill (One Ball) -10x each <ul style="list-style-type: none"> <li>• Regular Finishes</li> <li>• Hook Finishes</li> <li>• Reverse Finishes</li> </ul>	Man Up Finishing <ul style="list-style-type: none"> <li>• Pivot Both ways (5x) each way on each side - 10 layups each side</li> </ul>	Mikan Drill (One Ball) -10x each <ul style="list-style-type: none"> <li>• Regular Finishes</li> <li>• Hook Finishes</li> <li>• Reverse Finishes</li> </ul>	Man Up Finishing <ul style="list-style-type: none"> <li>• Pivot Both ways (5x) each way on each side - 10 layups each side</li> </ul>
In the Lane	Cp3 Stationary Floaters <ul style="list-style-type: none"> <li>• 10x each hand</li> </ul>	Tony Parker Stationary Floaters <ul style="list-style-type: none"> <li>• 10x each hand</li> </ul>	Cp3 Stationary Floaters <ul style="list-style-type: none"> <li>• 10x each hand</li> </ul>	Tony Parker Stationary Floaters <ul style="list-style-type: none"> <li>• 10x each hand</li> </ul>
Mid Range	In Your Sleep Pull Ups 3x each direction for each move <ul style="list-style-type: none"> <li>• Behind Back</li> <li>• Between legs</li> <li>• Two times behind back crossover</li> </ul>	Russell Westbrook Transition Pull Ups <ul style="list-style-type: none"> <li>• 10x Pull ups at the free throw line</li> </ul> <i>(Full speed Stop on a dime)</i>	In Your Sleep Pull Ups 3x each direction for each move <ul style="list-style-type: none"> <li>• Behind Back</li> <li>• Between legs</li> <li>• Two times behind back crossover</li> </ul>	Russell Westbrook Transition Pull Ups <ul style="list-style-type: none"> <li>• 10x Pull ups at the free throw line</li> </ul> <i>(Full speed Stop on a dime)</i>
Three Point	Spot Up Threes <ul style="list-style-type: none"> <li>• 7 spots 3 makes from each spot</li> </ul>	Off of the Move 3's <ul style="list-style-type: none"> <li>• 5x left 5x right, (3 spots- top of key and both wings)</li> </ul>	Spot Up Threes <ul style="list-style-type: none"> <li>• 7 spots 3 makes from each spot</li> </ul>	Off of the Move 3's <ul style="list-style-type: none"> <li>• 5x left 5x right, (3 spots- top of key and both wings)</li> </ul>
Scoring Move	Knee Buckling Pull Ups <ul style="list-style-type: none"> <li>• 5x both hands</li> </ul> <i>(3 spots-top of key and both wings)</i>	Sweep Freeze Pull Ups <ul style="list-style-type: none"> <li>• 5x each direction</li> </ul> <i>(3 spots- Top Of Key and Both Wings)</i>	Knee Buckling Pull Ups <ul style="list-style-type: none"> <li>• 5x both hands</li> </ul> <i>(3 spots-top of key and both wings)</i>	Sweep Freeze Pull Ups <ul style="list-style-type: none"> <li>• 5x each direction</li> </ul> <i>(3 spots- Top Of Key and Both Wings)</i>

\*Only Count Makes

## ALL-STAR PHASE WEEKS 5-8

Can't Be Guarded	Week 5	Week 6	Week 7	Week 8
At the Rim	Mikan Drill (Two Balls) -10x each <ul style="list-style-type: none"> <li>• Regular Finishes</li> <li>• Hook Finishes</li> <li>• Reverse Finishes</li> </ul>	Cover Distance Layups <ul style="list-style-type: none"> <li>• 10x each hand</li> </ul> <i>(as far as you can in one dribble)</i>	Mikan Drill (Two Balls) -10x each <ul style="list-style-type: none"> <li>• Regular Finishes</li> <li>• Hook Finishes</li> <li>• Reverse Finishes</li> </ul>	Cover Distance Layups <ul style="list-style-type: none"> <li>• 10x each hand</li> </ul> <i>(as far as you can in one dribble)</i>
In the Lane	Attack from top- CP3 Floaters <ul style="list-style-type: none"> <li>• 10x each hand</li> </ul>	Attack from top- Tony Parker Floaters <ul style="list-style-type: none"> <li>• 10x each hand</li> </ul>	Attack from top- CP3 Floaters <ul style="list-style-type: none"> <li>• 10x each hand</li> </ul>	Attack from top- Tony Parker Floaters <ul style="list-style-type: none"> <li>• 10x each hand</li> </ul>
Mid Range	College Game Pull Ups <ul style="list-style-type: none"> <li>• 5x each side top of key</li> <li>• 5x from right wing</li> <li>• 5x from other wing</li> </ul>	Patience Pull Ups <ul style="list-style-type: none"> <li>• 5x each Direction</li> <li>• Crossover</li> <li>• Between Legs</li> <li>• Behind Back</li> </ul>	College Game Pull Ups <ul style="list-style-type: none"> <li>• 5x each side top of key</li> <li>• 5x from right wing</li> <li>• 5x from other wing</li> </ul>	Patience Pull Ups <ul style="list-style-type: none"> <li>• 5x each Direction</li> <li>• Crossover</li> <li>• Between Legs</li> <li>• Behind Back</li> </ul>
Three Point	Spot Up Threes <ul style="list-style-type: none"> <li>• 7x5</li> </ul>	Pull Up Threes <ul style="list-style-type: none"> <li>• 10x each hand top of key</li> </ul> <i>(Start from half court)</i>	Spot Up Threes <ul style="list-style-type: none"> <li>• 7x5</li> </ul>	Pull Up Threes <ul style="list-style-type: none"> <li>• 10x each hand top of key</li> </ul> <i>(Start from half court)</i>
Scoring Move	Iverson Killer Cross Pullups <ul style="list-style-type: none"> <li>• 5x each direction</li> </ul> <i>(3 spots Top Of key, Both wing)</i>	Sweep Step Back <ul style="list-style-type: none"> <li>• 5x each direction</li> </ul> <i>(3 spots Top Of key, Both wing)</i>	Iverson Killer Cross Pullups <ul style="list-style-type: none"> <li>• 5x each direction</li> </ul> <i>(3 spots Top Of key, Both wing)</i>	Sweep Step Back <ul style="list-style-type: none"> <li>• 5x each direction</li> </ul> <i>(3 spots Top Of key, Both wing)</i>

\*Only Count Makes

## MVP PHASE 9-12

Can't Be Guarded	Week 9	Week 10	Week 11	Week 12
At the Rim	Pro Lay Up Series A <ul style="list-style-type: none"> <li>Hesitation Layup, Crossover Layup ,Reverse Layup, Nash Layup, EuroStep Layup</li> </ul> <i>(5x each on both sides)</i>	Pro Lay Up Series B <ul style="list-style-type: none"> <li>Layups, Reverse Layups</li> </ul> <i>(5x each hand, each direction from top of the key, 5x left wing, 5x right wing)</i>	Pro Lay Up Series A <ul style="list-style-type: none"> <li>Hesitation Layup, Crossover Layup ,Reverse Layup, Nash Layup, EuroStep Layup</li> </ul> <i>(5x each on both sides)</i>	Pro Lay Up Series B <ul style="list-style-type: none"> <li>Layups, Reverse Layups</li> </ul> <i>(5x each hand, each direction from top of the key, 5x left wing, 5x right wing)</i>
In the Lane	Inside Out CP3 Floaters <ul style="list-style-type: none"> <li>10x each hand</li> </ul>	Double Cross Tony Parker Floaters <ul style="list-style-type: none"> <li>10x Each Hand</li> </ul>	Inside Out CP3 Floaters <ul style="list-style-type: none"> <li>10x each hand</li> </ul>	Double Cross Tony Parker Floaters <ul style="list-style-type: none"> <li>10x Each Hand</li> </ul>
Mid Range	Killer Pull Ups Series A <ul style="list-style-type: none"> <li>Double Cross Pull Up</li> <li>DOuble cross behind back</li> </ul> <i>(10x each alternate directions)</i>	Killer Pull Ups Series B <ul style="list-style-type: none"> <li>Double Cross Step Back</li> <li>DOuble Cross Step Back Head Fake then Pull Up</li> </ul> <i>(10x each alternate directions)</i>	Killer Pull Ups Series A <ul style="list-style-type: none"> <li>Double Cross Pull Up</li> <li>DOuble cross behind back</li> </ul> <i>(10x each alternate directions)</i>	Killer Pull Ups Series B <ul style="list-style-type: none"> <li>Double Cross Step Back</li> <li>DOuble Cross Step Back Head Fake then Pull Up</li> </ul> <i>(10x each alternate directions)</i>
Three Point	Spot Up Threes 7x7	5 Minute Drill 7 Spots <i>(2x in a row and move to next spot)</i>	Spot Up Threes 7x7	5 Minute Drill 7 Spots <i>(2x in a row and move to next spot)</i>
Scoring Move	Chris Paul Pull Backs <ul style="list-style-type: none"> <li>5x each direction</li> </ul> <i>(3 spots Top Of key, Both wing)</i>	Sweep Step Back Head Fake Pull ups <ul style="list-style-type: none"> <li>5x each direction</li> </ul> <i>(3 spots Top Of key, Both wing)</i>	Chris Paul Pull Backs <ul style="list-style-type: none"> <li>5x each direction</li> </ul> <i>(3 spots Top Of key, Both wing)</i>	Sweep Step Back Head Fake Pull ups <ul style="list-style-type: none"> <li>5x each direction</li> </ul> <i>(3 spots Top Of key, Both wing)</i>

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## **VI. INTEGRATION**

You can integrate the Can't Be Guarded Scoring System with Become a Freak V2 or any other vertical jump or strength training you have pretty easily. Do the Can't Be Guarded Scoring System before the weightlifting section.

REST, REST, REST... On days that any program says rest, then rest. Rest is the key to success; it's what makes you see all the gains. So don't take it for granted and get some rest. Train hard but Train smart.



## VII. FINAL WORDS

Now some would say good luck, but I don't believe in luck. We make our own luck. I do believe in the Can't Be Guarded Scoring System as it has taken me and many other athletes like you to heights they never even imagined. Push yourself, train hard, train smart, and let everyone say you got lucky! But on the inside you will know it wasn't luck at all, it was the hours of intense work you put in while nobody was watching.

Coach Roc

*Rocky Ullah*

Ps. I left you some great bonuses in the Can't Be Guarded Scoring System just to show my appreciation to you.