1：springview依赖

compile 'com.liaoinstan.springview:library:1.2.6'

2：布局，只能嵌套一个子控件

<**com.liaoinstan.springview.widget.SpringView**

**android:id="@+id/sv"**

**android:layout\_width="match\_parent"**

**android:layout\_height="match\_parent"**>

<**ListView**

**android:id="@+id/lv"**

**android:layout\_width="match\_parent"**

**android:layout\_height="match\_parent"**></**ListView**>

</**com.liaoinstan.springview.widget.SpringView**>

3：代码中

**lv** = (ListView) findViewById(R.id.***lv***);

**sv** = (SpringView) findViewById(R.id.***sv***);

**sv**.setType(SpringView.Type.***FOLLOW***);

**sv**.setHeader(**new** DefaultHeader(**this**));

**sv**.setFooter(**new** DefaultFooter(**this**));

**for** (**int** i = 0; i < 50; i++) {

**list**.add(**""**+i);

}

**lv**.setAdapter(**new** ArrayAdapter<String>(**this**,android.R.layout.***simple\_list\_item\_1***,**list**));

//设置监听

**sv**.setListener(**new** SpringView.OnFreshListener() {

@Override

**public void** onRefresh() {

**sv**.postDelayed(**new** Runnable() {

@Override

**public void** run() {

//停止刷新

**sv**.onFinishFreshAndLoad();

}

},2000);

}

@Override

**public void** onLoadmore() {

**sv**.postDelayed(**new** Runnable() {

@Override

**public void** run() {

**sv**.onFinishFreshAndLoad();

}

},2000);

}

});