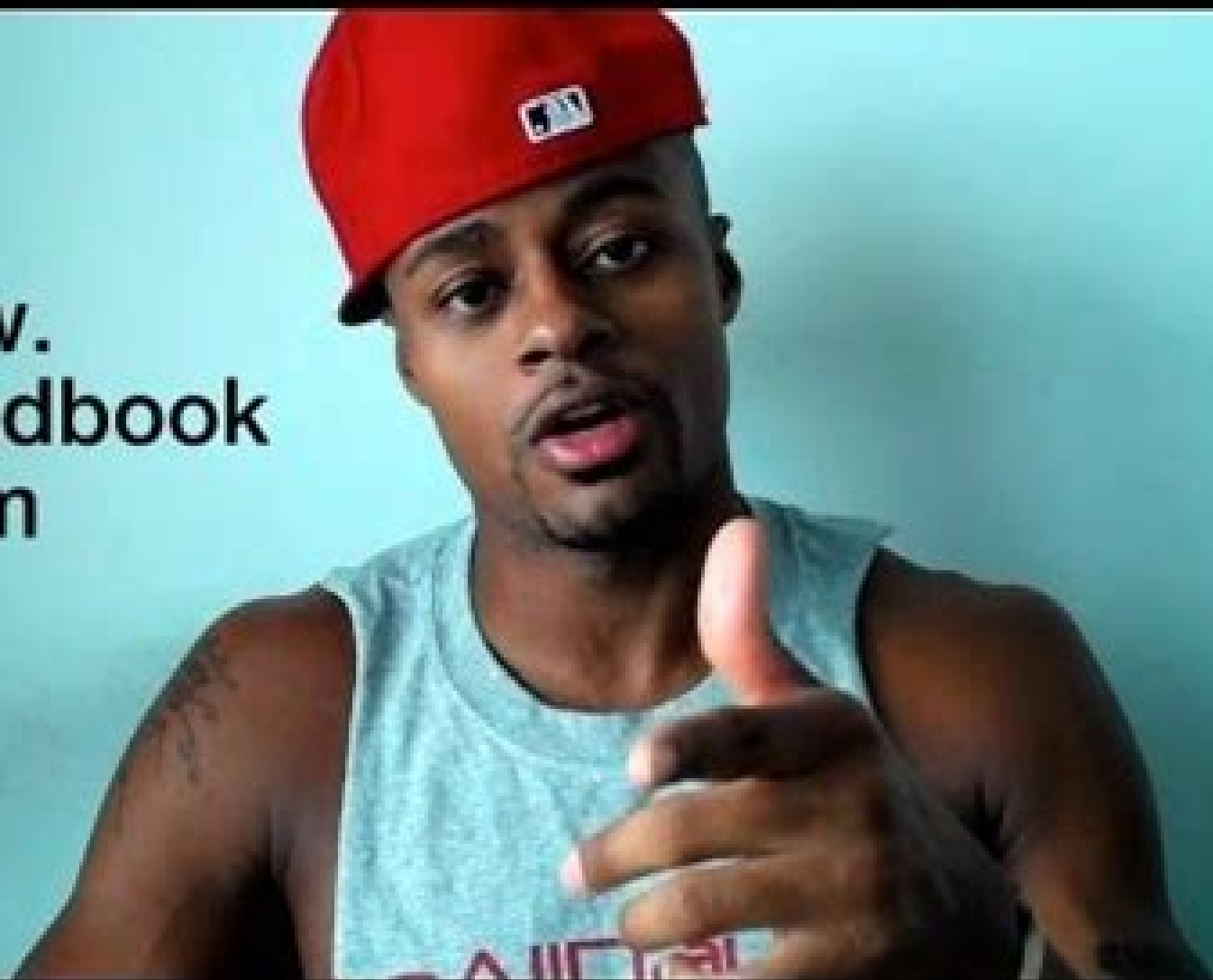


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Position of Power Dre Baldwin, Maria Sollon, 2017-04-26 Being trained by Maria was NEVER easy But it was well worth it I don't remember ever doing a traditional bench press barbell squat or Romanian deadlift with Maria Not that they're not useful but you don't necessarily need a trainer with you to do those I do remember working my hips glutes that's your butt and feet in ways I would never have conceived of on my own I remember being told about the critical importance of post workout stretching and painful moments with the rolling stick think of a foam roller only much more firm and controlled by another person who unlike you cannot feel your pain when working the knots out of your tight muscles I remember wondering when some of these mostly untimed sessions would be over I also remember the results I remember having Maria stretch me before a rec league game where I'd be matched up against a couple of then current NBA players and feeling as if I'd unwrapped a brand new pair of legs despite having played two games the night before I remember playing a week of pickup games at the University of Miami during the NBA lockout in 2011 and feeling so accomplished to see myself hanging physically with players from the top league in the world And these were not fringe players These were players who have All Star selections Max contracts Olympic gold medals MVP Rookie of The Year awards and scoring titles to their names I was running and jumping with them and didn't feel one bit out of place I remember players asking me how they could get to a similar physical shape as me I remember wondering how to translate what Maria was doing with me to any serious hungry player What you're reading about is the answer The Ultimate Athlete was designed and written by Maria Sollon with one mandate from me Create a strength training program specifically for basketball players to build their bodies for the rigors of the game Such a program should have both in season and off season regimens and must be adjustable to both the time of year for the player and as the player's abilities change Different from Ultimate Athlete no equipment whatsoever this program is for a player who does have access to a gym and gym equipment Maria being the professional that she is made it happen

Ultimate Athlete Dre Baldwin, Maria Sollon, 2017-03-11 Being trained by Maria was NEVER easy But it was well worth it I don't remember ever doing a traditional bench press barbell squat or Romanian deadlift with Maria Not that they're not useful but you don't necessarily need a trainer with you to do those I do remember working my hips glutes that's your butt and feet in ways I would never have conceived of on my own I remember being told about the critical importance of post workout stretching and painful moments with the rolling stick think of a foam roller only much more firm and controlled by another person who unlike you cannot feel your pain when working the knots out of your tight muscles I remember wondering when some of these mostly untimed sessions would be over I also remember the results I remember having Maria stretch me before a rec league game where I'd be matched up against a couple of then current NBA players and feeling as if I'd unwrapped a brand new pair of legs despite having played two games the night before I remember playing a week of pickup games at the University of Miami during the NBA lockout in 2011 and feeling so accomplished to see myself hanging

physically with players from the top league in the world And these were not fringe players These were players who have All Star selections Max contracts Olympic gold medals MVP Rookie of The Year awards and scoring titles to their names I was running and jumping with them and didn't feel one bit out of place I remember players asking me how they could get to a similar physical shape as me I remember wondering how to translate what Maria was doing with me to any serious hungry player What you're reading about is the answer The Ultimate Athlete was designed and written by Maria Sollon with one mandate from me Make an off court training program specifically for basketball players that focuses on every area of athletic ability necessary for basketball The program must be useable by someone who has no gym access nor equipment The program should be adjustable for both in season and off season use and adjustable by level of the user's ability Maria being the professional that she is made it happen *Hoophandbook* Dre Baldwin, 2017-10-04 Conditioning and mentality together make up 90% of the game of basketball Yet very few players spend any serious time on either unless forced to do so This is also why 99% of basketball players will never be professional at the game At the early season practices of practically every team I ever played on the coach would always announce what was the 1 way anyone could guarantee themselves a spot on the team Defense Warming up is your way of getting the body prepared to go all out Just as you would warm up a rubber band pulled out of the freezer before trying to stretch it too far tight cold muscles are more prone to pulls strains and tears all of which you don't want If you know anything about basketball and I'll assume you do since you have this Handbook you know that no player can score all the points all the time Maybe you don't even want to score the most on your teams For every one player shooting there are four other players doing something else The more facts of the game in which you can establish yourself as a contributor the more ways you can impact a game the longer you will be a valuable sought after basketball player Hoophandbook Dre Baldwin, 2017-10-04 You have the ball and see a lane to get to the basket With a dribble or two you cradle the ball and tense your muscles to attack the rim Exploding with maximum force you elevate and throw it down with such force your defenders lean back out of the way and try avoiding being your next highlight reel victims You land to hear gasps and get looks of awe from the spectators who will never forget your face after what you just did There are many facets to the game of basketball But we all know being able to play and finish above the rim will make you stand out from all the others in a way that no other skill can And an athletic basketball player can make him or herself stand out faster and better than a player with any other skill People like to see the show an athletic player can put on at any moment You're the one they will line up to watch So let's get you playing above the rim You'll only come down when and if you want to **Hoophandbook** Dre Baldwin, 2017-10-04 Despite what you see in highlight reels and viral video clips the majority of the points scored in a basketball game come from simple fundamental moves that don't draw excitement from the casual observer Most of your points will come after taking two or fewer dribbles often times no dribbles at all When you do put the ball on the floor it will be with a purpose Get a better angle for your shot or pass All the fancy playground stuff you

see usually never makes it to the real games This HoopHandbook program will ensure your game is primed and ready for dominating offensively in the most efficient way possible with sharp crisp fundamentals We dive into three specific areas Triple Threat Jumpstop and Two Dribble moves that you should expect to see often in your live games You will have precise footwork understanding of angles and a bevy of new scoring tools at your disposal You ready for that Let s get to it

HoopHandbook: Post Play Dre Baldwin,2017-09-28 Is playing in the post a lost art Not for the complete basketball player Michael Jordan Kobe Bryant Dwyane Wade Klay Thompson Chris Paul and Russell Westbrook are but a few examples of All Star perimeter players who will go into the point for points If you are or plan to be a complete player the post is an area of opportunity not something to be avoided HoopHandbook ensures that there is no offensive situation in which you cannot be a factor This program handles the Post part of your game Here you will learn Footwork Scoring Moves Back To Basket Facing Up and Finishing Everything you need to be a threat and a producer as a post up player or a complete player who has post up skills All of this is taught by Dre Baldwin the 9 year professional basketball player who created the genre of online workout videos You cannot learn from a better teacher than DreAllDay

Hoophandbook Crossover Scoring Moves Dre Baldwin,2017-03-17 The Crossover made basket combination Aside from dunking and maybe not even that there isn t a better feeling in the game of basketball Shake a defender off with a slick cross move then finish the move off by scoring The sidelines players and fans alike buzz with who is that guy girl with that nasty crossover Or they simply smile and nod having seen you do that before Either way you ve done the ultimate good in basketball Created space from your defender shot the ball and the ball went in the basket This is Creating Your Own Shot in its essence There are other ways to create your own shot yes but they can only strive to match the feeling of the Crossover Scoring Move Nothing surpasses it not even dunking Any coach however will tell you that a move is worthless if it doesn t result in a made basket or at least a foul not just the shot itself Moves alone are not worth points So a nice crossover move isn t enough you have to finish the job This Crossover Scoring Moves Handbook teaches you how to get the job do the work and finish the job with points on the scoreboard

Hoophandbook Undersized Player Scoring & Creating Dre Baldwin,2017-03-17 Your size is not an excuse in this game Once you lace up a pair of sneakers and step between those four lines you are a player a player who can play or a player who cannot play Does Size Matter in Basketball Yes But Heart matters more And skill can be bought with work You must be able to finish and create space against bigger opponents who aim to block your path You must eliminate any flaws that would make you a liability And make your strengths so strong that any unchangeable flaws don t matter You must be an expert ball handler getting to any spot on the floor with your dribble and creating separation from any defender You must be an accurate outside shooter who cannot be left open You must develop myriad methods for finishing around the basket unafraid of contact and towering rim protectors The Undersized Player HoopHandbook will help you develop all of the above ensure that you WILL stand out and won t get lost in the basketball shuffle You re an undersized player by nature Make the choice to not

be under hearted or under skilled **HoopHandbook** Dre Baldwin,2017-10-03 Shooting spreads the floor keeps the defense honest and opens driving lanes for everyone Outside of that arc a basket is worth an extra point Shooting skills last longer and are more dependable than raw athleticism Many great players reinvent themselves as great shooters when they can no longer jump over opponents An accurate shooter is like a magnet for the defense forcing the opponents to commit resources to staying close to them These reasons alone are enough to understand why every basketball team ALWAYS has an open roster spot for a reliable shooter And you re set to become one of those players The Scoring Moves for Shooters HoopHandbook covers everything shooting from catch and shoot basics to combo dribbling moves for creating your own shot in isolation or off a pass Open the program and get ready to add outside scoring to your basketball skill toolbox Then decide which team you re going to play for because you ll have a lot of options HoopHandbook #1- Ball Handling ,

HoopHandbook: Simple to Advanced Ball Handling Dre Baldwin,2017-02-28 30 seconds left in a BIG game Your team is up by one point The ball is passed to you You need to dribble the ball up court vs a defender draped all over you get it across half court and dribble out the clock all while not turning the ball over and avoiding any violations offensive foul back court 5 second etc Given your current ball handling skills can you see yourself doing this If you hesitated even a little bit on the answer this Hoop Handbook is for YOU I ve been asked what I would do if I were working with someone who was being trained in basketball for the first time Whether it s the 50 year old lawyer who just wants to compete in his weekly half court games or 6 year old kids whose father wants them to try out every sport I ve trained both and everything in between the answer is always the same 1 Layups 2 Ball Handling Aside from making a layup which is the most basic way to score points in basketball which is the very object of the game handling the ball is the most important skill In basketball the only way to advance the ball from Point A to Point B is by either passing the ball or dribbling it Passing is covered in another of our Programs The program you hold in your hands covers the dribbling part in all aspects

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