

URSPRING BASKETBALL AKADEMIE | RALPH JUNGE

# BASKETBALL BIG MAN SKILLS & DRILLS

DOMINANZ AM BRETT

## INHALTSVERZEICHNIS

KAPITEL	NAME	TIMECODE (STD:MIN:SEK)
1	Warm-Up: Center	00:00:00
2	Off the lane	00:08:21
3	Defense lesen	00:26:05
4	Big Man Shots	00:37:54
5	Dunking Drill	00:43:20
6	1on1 Drill	00:44:56