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 passing shooting and on/off ball defense.
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 step speed and overall strength and
 explosiveness. Below is the weekly
 schedule, followed by the specific
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ping all those skills requires a serious training program; otherwise, the next guy will be putting you up on YouTube because he worked harder than you did. I can help. As a strength and conditioning coach since 1978, one who worked with teams like the Charlotte Bobcats (back when they were the Hornets), I know what it takes to succeed.

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