

# Pro Power Multi Gym Assembly Manual

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this is an awesome book the book offers more than just x s and o s it has great drills as well as insight into how to build a practice a program and a mindset at this price i would recommend purchasing it even if you do not plan on running ddm review at championship productions kentucky wildcats former coach john calipari called it princeton offense on steroids and nearly got crucified for it but it took his teams to the final four time and again it was labelled as a street ball offense but as people have gotten to know the offense vance walberg worked on for 15 years it has become clear that this is a great invention that won t go away the offense is renowned for developing players and players love to play in it in 195 pages this book details the fundamentals all the drills like blood drills and the daily 45 the reads and x s and o s how to enter into it off the break or from a half court set 90 pages of drills including vance walberg s and john calipari s drills plays entries and quick hitters playing against sagging switching defenses coach olesen has coached basketball since 1995 in three different european countries and on american camps he s a professional basketball coach coaching both children and adults more information and ebook version available on coachdribbledrive com

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