

duke basketball strength and conditioning program pdf

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The Duke University men's basketball program is renowned not only for its storied history of success on the court but also for its meticulous approach to player development off the court. Central to this development is the strength and conditioning program, which is designed to optimize athletic performance, reduce injury risk, and prepare players for the physical demands of college basketball. While the specific details of Duke's program are proprietary and not publicly available in full, insights into its structure and principles can be gleaned from various sources, interviews, and typical practices among elite college programs. This article provides an in-depth exploration of what a comprehensive Duke basketball strength and conditioning program might entail, the principles behind it, and how such programs are typically structured, often available or summarized in downloadable PDFs or guides used by coaches and trainers.

Understanding the Foundations of a College Basketball Strength and Conditioning Program

Goals of the Program

A successful basketball strength and conditioning program aims to:

- Enhance athletic performance through increased strength, speed, agility, and endurance
- Prevent injuries by improving flexibility, stability, and muscular balance
- Accelerate recovery and reduce fatigue
- Develop mental toughness and discipline
- Ensure readiness for the physical and mental rigors of the season

Key Components

A well-rounded program incorporates several critical elements:

- Strength Training
- Speed and Agility Drills
- Endurance Conditioning

- Mobility and Flexibility Work
- Injury Prevention Strategies
- Recovery Protocols

Typical Structure of Duke Basketball's Strength and Conditioning Program

Periodization and Phases

Duke's program likely follows a periodized approach, dividing the year into phases to optimize performance peaks and recovery:

1. **Off-Season (Post-season and Summer):** Focus on building foundational strength, hypertrophy, and addressing individual weaknesses.
2. **Pre-Season:** Increase intensity, develop sport-specific power, and improve conditioning for upcoming competitions.
3. **In-Season:** Maintain strength and conditioning while managing fatigue and preventing injuries.
4. **Post-Season:** Active recovery and addressing lingering issues or imbalances.

Sample Weekly Breakdown

While specific weekly routines vary based on timing and individual needs, a typical week might include:

- **Strength Days:** Focus on compound lifts like squats, deadlifts, bench presses, and Olympic lifts.
- **Speed/Agility Days:** Ladder drills, cone drills, short sprints, and reaction work.
- **Conditioning Days:** Interval runs, shuttle drills, or circuit training to improve cardiovascular capacity.
- **Mobility and Recovery:** Yoga, stretching routines, and foam rolling.

Core Elements of the Duke Basketball Strength and Conditioning Program

Strength Training

Duke emphasizes functional strength that translates to on-court performance:

- Olympic lifts (e.g., clean and jerk, snatch) for power development
- Compound movements (squats, deadlifts, bench presses)
- Accessory exercises targeting core, shoulders, and grip strength
- Progressive overload principle to continually challenge muscles

Speed and Agility Development

Speed and agility are crucial for basketball. Drills include:

- Ladder drills for footwork
- Cone drills for change of direction
- Sprint intervals for explosive acceleration
- Reaction drills to improve responsiveness

Endurance and Conditioning

Maintaining high energy levels throughout the game:

- Interval training simulating game scenarios
- High-Intensity Interval Training (HIIT)
- Shuttle runs and continuous circuit work

Mobility, Flexibility, and Injury Prevention

Preventing injuries and ensuring optimal movement:

- Dynamic stretching pre-workout
- Static stretching post-workout
- Foam rolling and myofascial release
- Stability and balance exercises

Recovery and Nutrition

Supporting training with proper recovery:

- Sleep optimization
- Hydration strategies
- Nutrition plans tailored to training phases
- Active recovery sessions

How the Program is Documented and Shared (PDFs and Resources)

Importance of a PDF or Printed Program

Many college programs, including Duke's, use PDFs to outline:

- Weekly and monthly training schedules
- Exercise descriptions and techniques
- Progress tracking sheets
- Goals and performance benchmarks

Typical Contents of a Duke Basketball PDF Program

A comprehensive strength and conditioning PDF might include:

- Introduction and philosophy of the program
- Detailed workout plans with sets, reps, and rest periods
- Exercise demonstration images or diagrams
- Progress tracking tables
- Injury prevention tips
- Nutrition and recovery guidelines
- Testing protocols (e.g., vertical leap, 40-yard dash, strength tests)

Access and Implementation

While the full Duke basketball strength and conditioning program PDF is proprietary and not publicly available, coaches and trainers often create their own versions inspired by top programs:

1. Designing tailored workouts based on player needs
2. Using online resources, research, and expert consultation
3. Implementing regular assessments to adjust the program
4. Ensuring compliance and motivation among athletes

Benefits of a Structured Program Like Duke's

Enhanced Athletic Performance

A well-structured program leads to:

- Greater strength and power
- Faster sprinting and quicker directional changes
- Improved stamina and game endurance

Injury Reduction

Proper conditioning reduces the likelihood of:

- Athletic overuse injuries
- Muscle strains and ligament tears
- Postural imbalances

Player Development and Confidence

Structured programs foster discipline, goal setting, and confidence, crucial for young athletes' growth.

Conclusion: The Role of PDFs in Basketball Strength and Conditioning Programs

While the specific "Duke basketball strength and conditioning program pdf" remains a confidential resource, understanding its typical content and structure offers valuable insights into how elite programs operate. PDFs serve as essential tools for coaches and trainers, providing a clear, organized, and accessible way to deliver training plans, track progress, and communicate expectations. These documents ensure consistency, accountability, and a scientific approach to athlete development. For aspiring athletes, coaches, or trainers seeking to emulate programs like Duke's, developing detailed PDFs tailored to individual or team needs can significantly enhance training effectiveness. Ultimately, the integration of structured documentation, evidence-based exercises, and periodized training forms the backbone of any successful basketball strength and conditioning program at the collegiate level and beyond.

Frequently Asked Questions

What are the key components of the Duke Basketball Strength and Conditioning Program PDF?

The program emphasizes strength training, agility drills, plyometrics, conditioning, injury prevention, and sport-specific exercises tailored for basketball players.

How can I access the Duke Basketball Strength and Conditioning Program PDF?

The PDF is typically available through official Duke Athletics resources, sports science publications, or by requesting it directly from the Duke basketball coaching staff or sports performance department.

What age group is the Duke Basketball Strength and Conditioning Program PDF designed for?

The program is primarily designed for college-level athletes, but it can be adapted for high school or elite youth players seeking advanced training protocols.

Does the Duke Basketball PDF include injury prevention strategies?

Yes, the program incorporates injury prevention exercises such as proper warm-ups, flexibility routines, and strength balancing to reduce the risk of common basketball injuries.

Are there specific nutrition guidelines included in

the Duke Basketball Strength and Conditioning PDF?

While the main focus is on physical training, some versions of the program may include basic nutrition recommendations to support recovery and performance, but detailed nutrition plans are usually separate.

How often should players follow the Duke Basketball Strength and Conditioning program?

Typically, the program recommends training 4 to 6 days a week, balancing strength, conditioning, and rest days to optimize performance and recovery.

Can the Duke Basketball Strength and Conditioning PDF be customized for individual athlete needs?

Yes, coaches and trainers often modify the program based on an athlete's specific strengths, weaknesses, and injury history to maximize effectiveness.

What role does the Duke basketball coaching staff play in the strength and conditioning program?

The coaching staff collaborates with sports scientists and trainers to design, monitor, and adjust the program, ensuring it aligns with team goals and individual athlete development.

Is the Duke Basketball Strength and Conditioning PDF suitable for offseason training?

Absolutely, the program is designed to build strength and endurance during the offseason, helping players improve performance before the competitive season begins.

Additional Resources

Duke Basketball Strength and Conditioning Program PDF: An In-Depth Review of Its Structure, Effectiveness, and Key Features

The Duke Basketball Strength and Conditioning Program PDF has garnered significant attention among athletes, coaches, and sports enthusiasts eager to understand the foundational and advanced elements that contribute to the Blue Devils' success on the court. This comprehensive document serves as a blueprint for developing elite-level basketball players, emphasizing physical preparedness, injury prevention, and athletic longevity. In this review, we will explore the program's structure, core components, strengths, potential limitations, and how it compares to other collegiate programs, providing a detailed perspective on what makes it a benchmark in basketball conditioning.

Overview of the Duke Basketball Strength and Conditioning Program PDF

The Duke Basketball Strength and Conditioning Program PDF is a meticulously crafted document that outlines the training philosophy, specific exercises, periodization strategies, and recovery protocols used by the Duke University men's basketball team. Its purpose is to guide athletes through a structured process of physical development aligned with the demands of elite college basketball. The program integrates scientific principles of sports physiology with practical, sport-specific training methods to maximize athletic potential.

The PDF typically includes sections on:

- Program philosophy and goals
- Periodization and training cycles
- Strength training routines
- Conditioning and endurance work
- Flexibility and mobility protocols
- Injury prevention strategies
- Nutrition and recovery guidelines

This holistic approach ensures that athletes not only improve strength and endurance but also enhance agility, speed, and resilience.

Core Components and Structure of the Program

1. Periodization and Training Cycles

The program is divided into various phases that align with the academic calendar and competitive season:

- Off-season: Focuses on building fundamental strength, hypertrophy, and addressing weaknesses.
- Pre-season: Emphasizes sport-specific conditioning, agility, and explosive power.
- In-season: Maintains strength gains while emphasizing recovery, injury prevention, and maintaining peak performance.
- Post-season: Active recovery and injury rehab.

Features:

- Progressive overload principles are applied to avoid plateaus.
- Specific microcycles and mesocycles tailor training intensity and volume.
- Rest and recovery periods are integrated to prevent overtraining.

Pros:

- Ensures continuous development without burnout.
- Adaptability to individual athlete needs.
- Clear timeline for progression.

Cons:

- Requires disciplined adherence, which may be difficult for some athletes.
- May need adjustments for injury or unforeseen circumstances.

2. Strength Training Protocols

The program emphasizes functional strength with exercises targeting major muscle groups, core stability, and sport-specific movements.

Key exercises include:

- Squats and Olympic lifts for lower body power.
- Bench presses and pull-ups for upper body strength.
- Core exercises such as planks, Russian twists, and medicine ball throws.

Features:

- Emphasis on proper technique and gradual progression.
- Incorporation of unilateral exercises to correct imbalances.
- Use of resistance bands, dumbbells, and weight machines.

Pros:

- Enhances overall muscular strength and power.
- Reduces injury risk through balanced development.
- Transfers well to on-court performance.

Cons:

- Requires access to proper equipment and coaching.
- Overemphasis on heavy lifting without proper technique can lead to injury.

3. Conditioning and Endurance Training

Basketball demands high-intensity efforts with rapid recovery, making conditioning essential.

Components include:

- Interval running and shuttle drills.
- Suicides and sprint drills.
- Plyometric exercises for explosive speed.

Features:

- High-Intensity Interval Training (HIIT) to simulate game situations.
- Emphasis on VO2 max improvement.
- Use of technology such as heart rate monitors for precise pacing.

Pros:

- Improves stamina and recovery capacity.
- Enhances on-court agility and quickness.
- Prepares athletes for the physical demands of games.

Cons:

- Can be taxing if not properly periodized.
- Risk of overtraining if volume is excessive.

4. Flexibility, Mobility, and Injury Prevention

Prehab protocols are integrated into the program to reduce injury incidence.

Strategies include:

- Dynamic warm-ups and cool-down routines.
- Foam rolling and stretching exercises.
- Specific mobility drills for hips, shoulders, and ankles.

Features:

- Personalized routines based on individual needs.
- Emphasis on neuromuscular control and balance.

Pros:

- Decreases injury risk.
- Enhances movement efficiency.
- Promotes quicker recovery.

Cons:

- May be overlooked if athletes neglect proper warm-up/cool-down.
- Requires discipline and time investment.

Unique Features and Innovations in the Duke Program

- Data-Driven Training: Use of advanced metrics like force plates, motion analysis, and heart rate variability to tailor programs.
- Sport-Specific Emphasis: Exercises mimic on-court movements such as cutting, jumping, and lateral shuffles.
- Holistic Approach: Integration of mental conditioning and nutrition alongside physical training.
- Customization: Programs tailored for individual athlete profiles, addressing strengths and weaknesses.

Strengths of the Duke Basketball Strength and Conditioning Program PDF

- Comprehensiveness: Covers all facets of athletic development, from strength

and endurance to mobility and recovery.

- Science-Based: Incorporates current sports science research to optimize results.
- Structured and Periodized: Clear phases ensure continuous progression while minimizing injury risks.
- Professional Guidance: Developed by experienced strength coaches and sports scientists.
- Focus on Injury Prevention: Proactive strategies reduce downtime and prolong athletic careers.
- Transferability: Principles can be adapted for athletes at different levels or sports.

Limitations and Areas for Improvement

- Accessibility: The PDF may not be freely available to the public, limiting broader application.
- Individual Variability: While comprehensive, the program might require significant adjustments for athletes with specific needs or injuries.
- Resource Intensive: Effective implementation depends on access to facilities, equipment, and qualified personnel.
- Potential Overemphasis on Weightlifting: Without proper coaching, there's a risk of injury or neglecting other aspects like skill work.
- Seasonal Rigidity: May need frequent updates to account for evolving game demands or athlete feedback.

Comparison with Other Collegiate Programs

Many top-tier college basketball programs develop their own strength and conditioning protocols, but Duke's approach stands out for:

- Its detailed, science-backed framework.
- Emphasis on athlete longevity and injury prevention.
- Integration of technological tools for monitoring progress.
- Holistic athlete development beyond physical training.

While programs at Kentucky, Kansas, or UNC may share similar philosophies, Duke's program often leads in publishing accessible frameworks and incorporating innovative training methodologies.

Conclusion: Is the Duke Basketball Strength and Conditioning Program PDF Worth Studying?

Absolutely. For coaches, athletes, and sports scientists aiming to understand elite-level basketball conditioning, the Duke program PDF provides a comprehensive template rooted in scientific principles and practical

application. Its detailed structure, emphasis on injury prevention, and focus on athlete development make it a valuable resource. However, successful implementation requires resources, discipline, and customization to individual needs.

For aspiring programs or athletes seeking to elevate their physical preparation, studying Duke's approach offers insights into best practices and innovative strategies that can be adapted across various levels of competition. As the landscape of sports science continues to evolve, maintaining flexibility and a focus on holistic athlete health will ensure that such programs remain effective and relevant.

In Summary:

- The Duke Basketball Strength and Conditioning Program PDF exemplifies a comprehensive, science-based approach to athlete development.
- Its structured phases, focus on injury prevention, and sport-specific conditioning are key strengths.
- While resource-dependent, its principles are adaptable and serve as a benchmark in collegiate sports.
- Embracing its holistic methodology can help athletes achieve peak performance while maintaining health and longevity on the court.

Final Thoughts

Whether you're a coach looking for a proven model or an athlete aspiring to emulate elite conditioning standards, the Duke program PDF offers an invaluable blueprint. By understanding its core components and adapting them thoughtfully, you can elevate your training and performance to new heights.

Duke Basketball Strength And Conditioning Program Pdf

duke basketball strength and conditioning program pdf: Don't Get Duped Larry M. Forness, 2013-10-07 In the health and fitness industry truth is a scarce commodity, charges Dr. Larry M. Forness. American consumers, exposed to a daily barrage of hype and misinformation about all the products and services that claim to make them healthier and more attractive, annually spend forty billion dollars needlessly on a cornucopia of vitamins, minerals, herbal supplements, ergogenic aids, fitness equipment, and alternative healthcare treatments. In this survival manual, Forness's goal is to teach consumers the critical tools to make them more knowledgeable about these questionable items. The topics covered include the real meaning of "scientifically proven," methods for quantitatively analyzing such claims as more energy and improved strength, alternative healthcare treatments vs. hard science, fad diets, aging remedies, abuse of the labels certified and licensed, plus an extremely useful glossary explaining commonly used marketing terms. To reinforce his message, Forness has originated the Bozo du Jour Award, bestowed on various individuals, groups, or companies that have created or participated in misleading advertising, or have done something that could harm consumers. Before you begin yet another weight loss or fitness program or buy the next healthcare product, you owe it to yourself to read what Dr. Forness has to say.

duke basketball strength and conditioning program pdf: UCLA Marina Dundjerski, 2011 UCLA: The First Century is an extensively illustrated hardcover book which follows a chronological

historical narrative with in-depth sections on campus traditions and the history of Bruin athletics. Since the UCLA History Project was launched in 2004, UCLA have been chronicling a full account of their alma mater, from humble beginnings to their current standing as one of the world's most prestigious public research universities. The research and editorial team for this publication delved into the untold number of historical documents and photographs preserved in UCLA's archives and beyond, interviewed numerous members of the UCLA community, and searched for materials and anecdotes that were on the verge of becoming permanently lost or forgotten. '100 years of UCLA on your coffee table.' Los Angeles Times I wanted to create an authentic, historical account of our university. Every day I am inspired by the story of UCLA and I see its history as a collective, living legacy that we all share. Marina Dundjerski '94, Author "The book is indeed beautiful. Thank you so much for all the work that went into it.' Rhea Turtletaub, Vice Chancellor, UCLA External Affairs

duke basketball strength and conditioning program pdf: Who's who in America , 2003

duke basketball strength and conditioning program pdf: *101 Strength and Conditioning Exercises and Drills for Basketball* Thomas Emma, 2006 101 Strength and Conditioning Exercises and Drills for Basketball provides players and coaches with a broad variety of basketball-specific training options that will allow them to compete effectively and injury-free in today's physical and fast-paced game. Covers flexibility and warm-up exercises, conditioning drills, balance and core drills and exercises, strength training exercises, speed drills, agility/quickness drills, and explosiveness drills. Each drill or exercise is thoroughly explained with objectives, equipment requirements, instructions, and helpful coaching points. Contains over 115 diagrams and illustrations.

duke basketball strength and conditioning program pdf: Duke Basketball Series Mike Kryzewski, 1999 Duke University men's basketball program has been the model for success in Coach Mike Krzyzewski's years at the helm. Under his direction, the Blue Devils have won more than 1,000 games and 5 NCAA Championships and earned a berth in 12 Final Fours. With the Duke Basketball Video Series you can harness Coach K's strategies for team defense, the transition game, and successful practice to make your team better than ever. The Duke Basketball Video Series offers special insight into the key components that made all of those Duke wins, championships, and awards possible. You will be transported courtside to see and hear what takes place during Duke practice sessions. Each action-filled program includes Coach K and the Duke team explaining, demonstrating, and correcting through* coaching points,* individual skill instruction,* tactical team preparations, and* practice drills. Action footage shows how lessons learned on the practice floor are transferred to games. You will find the content captivating and applicable to your own improvement or to that of your players. Duke is known for its tough team defense, and six Blue Devils have been chosen Defensive Player of the Year during Coach K's tenure. Team Defense shows how you can transform five individual players into a single, basket-denying unit. This program is a complete clinic on the techniques required for fulfilling individual position responsibilities and the tactical adjustments required for stopping offensive attacks of all kinds.

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or to that of your players. Championship Practices provides a unique behind-the-scenes look at how Coach K and his staff plan and conduct their practice sessions to produce powerhouse teams. From overall season objectives to specific player teaching points, this video shows how you can transfer the blueprint for success to players. Each element of practice is broken down into modules of instruction as Coach K teaches, corrects, reinforces, and attends to all aspects of the game in his classroom on the court.

duke basketball strength and conditioning program pdf: Complete Conditioning for Basketball National Basketball Strength & Conditioning Association (NBSCA), Bill Foran, 2025-02-03 In this age of “positionless basketball,” players are expected to have a diverse set of abilities that allow them to perform capably in multiple roles on the court. This diverse skill set must be supported by multidimensional athleticism. Complete Conditioning for Basketball explains how to achieve just that. Members of the National Basketball Strength & Conditioning Association (NBSCA), the foremost basketball training experts in the world, present this comprehensive, science-based training manual to maximize the physical performance potential of today’s players. With their combined 350 seasons of working with athletes at the college and professional levels, the 14 authors add insights, activities, and plans that optimize results for each player. An entire chapter is devoted to player assessment, with test protocols and accompanying normative scores provided to identify physical deficiencies and establish baseline scores to use for gauging future improvement. These are followed by proven training exercises and drills to improve mobility and flexibility, upper- and lower-body strength, core strength, power and explosiveness, and speed and agility. On-court conditioning activities ensure that the gains made in the training room transfer to game time, preparing players to navigate the court swiftly, explode with power to the basket, and reach rebounds quicker than the opposition. Also included are guidelines and recommendations for nutrition, sleep, and rest to stay fresh and primed for every physical and mental challenge. In the event of an injury, there is invaluable guidance for safely and responsibly returning to training and competition. Plus, you’ll find a complete training program consisting of 16-week off-season strength and conditioning plans—for either three or four days per week—as well as programming guidance for the preseason, in-season, and postseason to make progressive improvements throughout the year. Let the winners of 10 NBA Strength & Conditioning Coach of the Year awards be your guides to getting players into the best basketball shape possible. Complete Conditioning for Basketball will not only elevate player’s fitness and athleticism but also take their performance to the highest level.

duke basketball strength and conditioning program pdf: Strength Training for Basketball NSCA -National Strength & Conditioning Association, Javair Gillett, William Burgos-Fontanez Jr., 2019-12-11 Why is strength training important for the basketball athlete? In a dynamic game that changes by the instant, athletes need to be conditioned to sustain the highly stressful workloads experienced during practice or a game. For the basketball athlete, that means strength cannot be defined only as a measure of how much weight the person can lift; rather, it is an ability that should be judged by whether it can successfully be applied on the court. Developed with the expertise of the National Strength and Conditioning Association (NSCA), Strength Training for Basketball shows you how to design resistance training programs that will develop your athletes’ strength on the court—helping them to jump higher, accelerate faster, and abruptly change direction. The book will help you understand the specific physical demands of each position—point guard, shooting guard, small forward, power forward, and center. You will also find the following: 20 testing protocols for measuring and assessing athletes’ strength, reactive strength, power, speed, agility, endurance, and anaerobic capacity 18 total body exercises with 2 variations 19 lower body exercises with 3 variations 17 upper body exercises 11 anatomical core exercises with 5 variations 16 sample programs for off-season, preseason, in-season, and postseason resistance training Each resistance training exercise consists of a series of photos and a detailed list of primary muscles trained, beginning position and movement phases, breathing guidelines, modifications and variations, and coaching tips to guide you in selecting the right exercises for a program. You’ll also learn how to structure those programs based on the goals and length of each season and for each

position. Backed by the NSCA and the knowledge and experience of successful high school, college, and professional basketball strength and conditioning professionals, *Strength Training for Basketball* is the authoritative resource for creating basketball-specific resistance training programs to help your athletes optimize their strength and successfully transfer that strength to the basketball court. Earn continuing education credits/units! A continuing education course and exam that uses this book is also available. It may be purchased separately or as part of a package that includes all the course materials and exam.

duke basketball strength and conditioning program pdf: *Duke Basketball* Human Kinetics, 1999-05-01 Duke University's men's basketball program has been the model for success in Coach Mike Krzyzewski's years at the helm. Under his direction the Blue Devils have won over 400 games, two NCAA championships, and earned a berth in seven Final Fours. Now you can harness Coach K's strategies for team defense, the transition game, and successful practicing to make your team better than ever. The Duke Basketball Video Series offers special insight into the key components that made all of those Duke wins, championships, and awards possible. You will be transported right to Cameron Indoor Stadium, to see and hear what takes place during Duke practice sessions. Each action-filled tape includes Coach K and the Duke team explaining, demonstrating, and correcting through - coaching points, - individual skill instruction, - tactical team preparations, and - practice drills. Action footage shows how lessons learned on the practice floor are transferred successfully to games. You will find the content aptivating and directly applicable to your own improvement or to that of your players. Duke is known for its tough team defense, and four Blue Devils have been chosen Defensive Player of the Year during Coach K's tenure. Team Defense shows how you can transform five individual players into a single, basket-denying unit. From the trademark floor slap to the half-court trap, this tape is a complete clinic on the techniques required to fulfill individual position responsibilities and the tactical adjustments required to stop offensive attacks of all kinds. Duke's emphasis on beating their opponent in switching from defense to offense and from offense to defense has now become a hallmark of their success. Very rarely do they give up an easy fastbreak basket, while they score many breakaway buckets themselves. Transition Game shows that this advantage is developed on the practice court by design, drilling, and desire, and it describes how you can achieve this advantage for yourself or your team. Championship Practices provides a unique behind-the-scenes look at how Coach K and his staff plan and conduct their practice sessions to produce powerhouse teams. From overall season objectives to specific player teaching points, this video shows how you can transfer the blueprint for success to players. Each element of practice is broken down into modules of instruction as Coach K teaches, corrects, reinforces, and attends to all aspects of the game in his classroom on the court. Also available in DVD format.

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