



# **Work130: 130 Separate Basketball Workouts. Everything Is Covered.**

*Dre Baldwin*

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## **Work130: 130 Separate Basketball Workouts. Everything Is Covered.** Dre Baldwin

Work130 is a collection of 130 workouts initially written to be released on a subscription basis. I decided that it would be more beneficial to players to package all of the content together and make the entire library of workouts, tips and mental game advice available all at once. This way you can choose which aspects of your game you want to work on and when.

The Work130 program comes with 130 separate, itemized and selectable workouts you can choose through a table of contents.

Some of the Topics Covered:

- Ball Handling Basics
- Overcoming Nerves During Games
- Crossover Moves
- Going Around And Scoring Over Bigger Opponents
- Finishing Around The Basket
- Full Speed Dribbling
- Defending Bigger Players
- Hesitation Driving Moves
- Using the Glass/Backboard for Scoring
- Spot-Up Shooting
- Increasing Your Dribbling Speed
- Passing Off The Dribble
- Quickness Training
- Finishing With Floaters
- Jump Rope Routines
- Post Pivot Moves
- The Double Crossover
- High Post Moves
- Guard Post Moves

... And more — 130 total workouts.

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