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HoopHandbook is the best series of basketball training programs in existence, created by the originator of online basketball training. After starting late at age 14 and barely making his high school varsity, Dre walked on in college played 9 year of professional basketball. HoopHandbook is the same training Dre used on himself, now available for you.

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Dre Baldwin presents HoopHandbook, home of the best basketball skill training programs in the universe. Over 14,000 users since 2010; 42 million views of Dre's YouTube content. Are you a serious player, ready to Work On Your Game? You're in the right place.

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Home by Dre Baldwin, creator of Work On Your Game: Applying The Pro Athlete Mindset to Business, Sports, and Life. Dre is a 9-year professional basketball player, an author of 25 books who had done 4 TED Talks.

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Dre Baldwin is a 9-year professional basketball player, author and entrepreneur teaching the Mental Game tools that Dre had to develop in his basketball career and in pioneering new genres of athlete personal branding online dating back to 2005. On a daily basis, Dre explains how these tools apply to business, sports and life.

**Work On Your Game with Dre Baldwin on Apple Podcasts**

Many core training regimes isolate and target muscles of the back and abdomi-nals in order to challenge stability and/or strength. Common training positions include lying prone or supine on a flat surface or on a training tool such as a stability ball. Standing activities requiring static balance are also common and are performed on a stable or unstable surface.