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ONE SCHOOL 100 BASKETBALL COMBAT SKILLS WILL BE OF(CHINESE EDITION)



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book in simple text. easy to introduce some of the basic skills of basketball. combined with detailed and accurate motion graphic . description of each technique method. action points and action. The book is divided into 11 chapters. which specifically includes training in basic basketball skills. control and dominate the ball skills. Breakthrough skills. shooting skills. personal defensive skills.

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