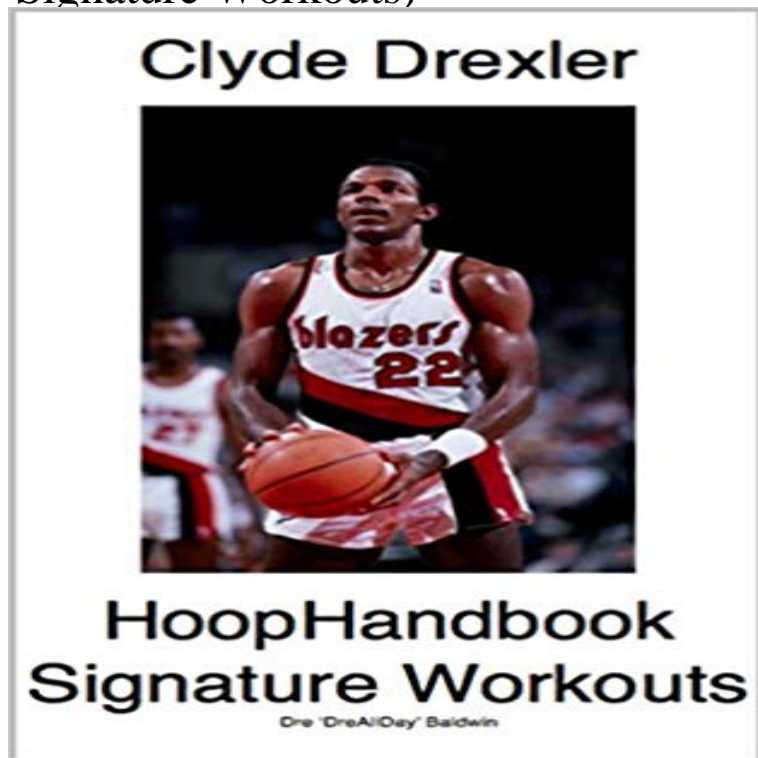


# Clyde Drexler Signature Workout Program (Hoop Handbook NBA Signature Workouts)



Save for Michael Jordan, Clyde The Glide Drexler was the best shooting guard in the NBA for a stretch of the years, leading the Portland Trailblazers to the NBA Finals twice, and was one of the most consistent players ever, averaging over 15 point per game for 15 straight seasons. In Clydes final NBA season, at the age of 35, he was still playing 35 minutes per game and averaging 18 points, 5 rebounds, 5 assists, and 2 steals. Clyde burst on the scene as a member of the University of Houstons famed Phi Salmma Jamma, a group of athletic high flyers that included future Houston Rockets teammate Hakeem Olajuwon, with whom Clyde won an NBA title in 1995. Clyde was also a 10-time All-Star and was a member of the 1992 USA Dream Team for the Barcelona Olympics. This Signature Workout Program will add some of Clydes best skills to your game, including: Explosive One- And Two-Dribble Moves To The Basket One-Dribble Pullup Jumpshots Using Your Quickness Jab Step Attacking Moves For Drives And Outside Shots Full Court Coast-To Coast Basket-Attacking Moves \*Always Remember: When you get into your games, you wont need to have memorized anything from this program. The workouts are designed for you to absorb them into your muscle memory -- all of this Hoop Handbook becomes part of your games makeup through repetition. You will be using this stuff in ways you wont ever need to plan again. This requires two things from you. 1) That you commit to putting in the work -- as much as you need, which you need to decide -- to make your skills automatic, in that you end up doing moves without premeditation. 2) That, when game time comes, you stop thinking so much. The physical work has been done. Get into your Mental Zone -- whatever that is and however you need to get into it -- and let instinct take over.

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