


1. Ball-Handling
  - 5 Minuten Ball-Handling (USA, nutzt Kyrie Irving)  
<https://www.usab.com/basketball/media/videos/2015/10/5minute-mvp-ball-handling-workout.aspx>
  - 10 Übungen  
<https://www.youtube.com/watch?v=gclFtOJYm7s>
  
2. Moves
  - Center Moves  
<https://www.youtube.com/watch?v=UKPZZB0EofA>  
[https://www.youtube.com/watch?v=vbqA\\_xavA8M](https://www.youtube.com/watch?v=vbqA_xavA8M)
  - Dream Shake  
<https://www.youtube.com/watch?v=fj6eHt-V-7c>
  - Stephen Curry Move  
<https://www.youtube.com/watch?v=jDRX5-jh9po>
  - DRose Crossover  
<https://www.youtube.com/watch?v=M9c5UQZsmvA>
  - Korb attackieren  
<https://www.youtube.com/watch?v=Cf6kPj7c0fw>
  
3. Fitness
  - Beweglichkeit / Fitness  
<https://www.youtube.com/watch?v=JfsSetcm1v0&t=0s>
  - Sprinttraining  
<https://www.youtube.com/watch?v=Js5cKWaeeM0&t=0s>
  - Athletik  
<https://www.youtube.com/watch?v=4zkAq1jz67U>
  - Kondition mit Ball  
<https://www.youtube.com/watch?v=R0k0tGD9ekY>
  - Kondition ohne Ball  
<https://www.youtube.com/watch?v=t69bDGJgFes>
  
4. Zur Motivation  
 <https://www.youtube.com/watch?v=lpkCNYUC97k>