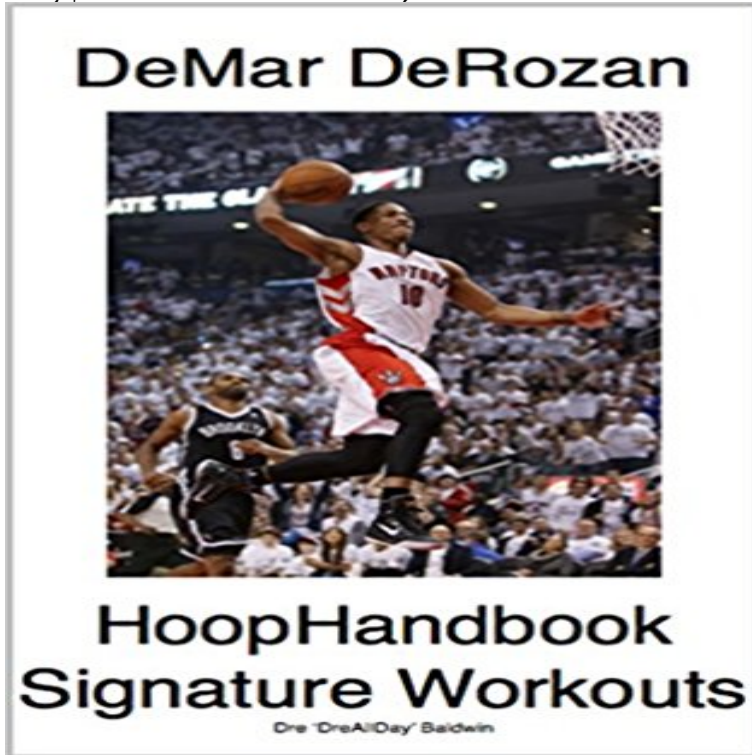


# DeMar DeRozan Signature Workout Program (Hoop Handbook NBA Signature Workouts)



DeMar DeRozan came into the NBA a young and raw athlete who had yet to find his game. Having honed his scoring touch and making his first All-Star game in 2014, DeMar has made his name known to opponents as a guy who must be game-planned for. DeMar is a consistent 20 points per game scorer. DeRozan was a leader on a Toronto Raptors team that finally saw the NBA again for the first time since the Vince Carter era. DeRozan has proved to be able to score in many different ways, improving his ball handling and shooting to be a more well-rounded player who can attack and hurt you in many ways. This Signature Workout program will address some of his many skills, including: Explosive One-Dribble Attack Moves To The Basket Post Scoring Over And Around Defenders One- And Two-Dribble Scoring Moves Crossover Scoring Moves For Isolation And Off The Catch \*Always Remember: When you get into your games, you won't 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 won't 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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