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A group of five diverse individuals, three men and two women, are standing in a gymnasium. They are dressed in athletic attire. The woman in the center is wearing a bright yellow long-sleeved shirt and a dark cap, with her arms crossed. The man to her right is wearing a red t-shirt and a black lanyard with 'BLINDSIDE' written on it. The man on the far right is wearing a black long-sleeved shirt and a black cap. The woman on the far left is wearing a black and green jacket. The man next to her is wearing a black jacket. The background shows a gymnasium with large windows and structural beams.

# DIE APP FÜR TRAINER:INNEN.

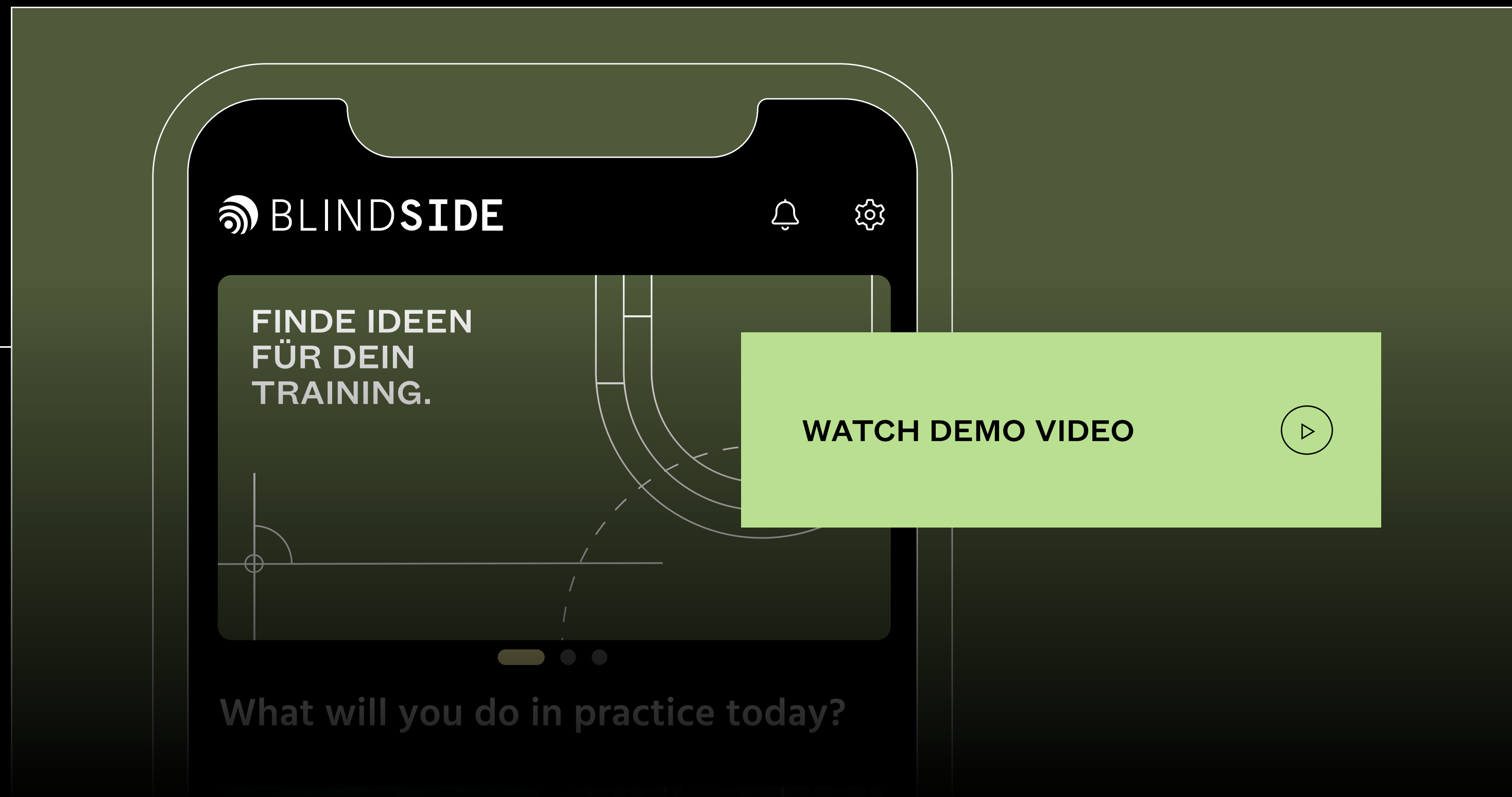
 BLINDSIDE

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# WAS IST BLINDSIDE?

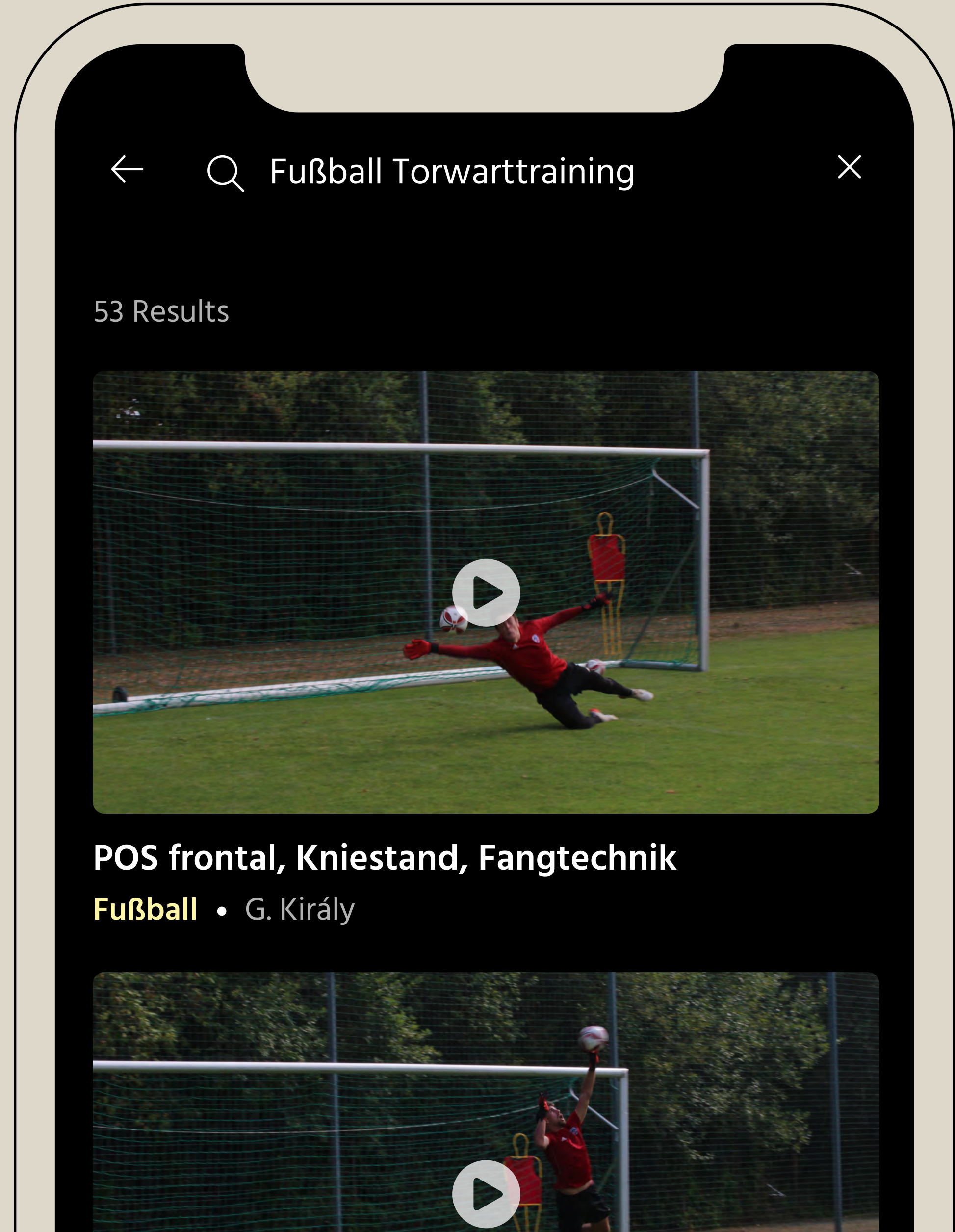
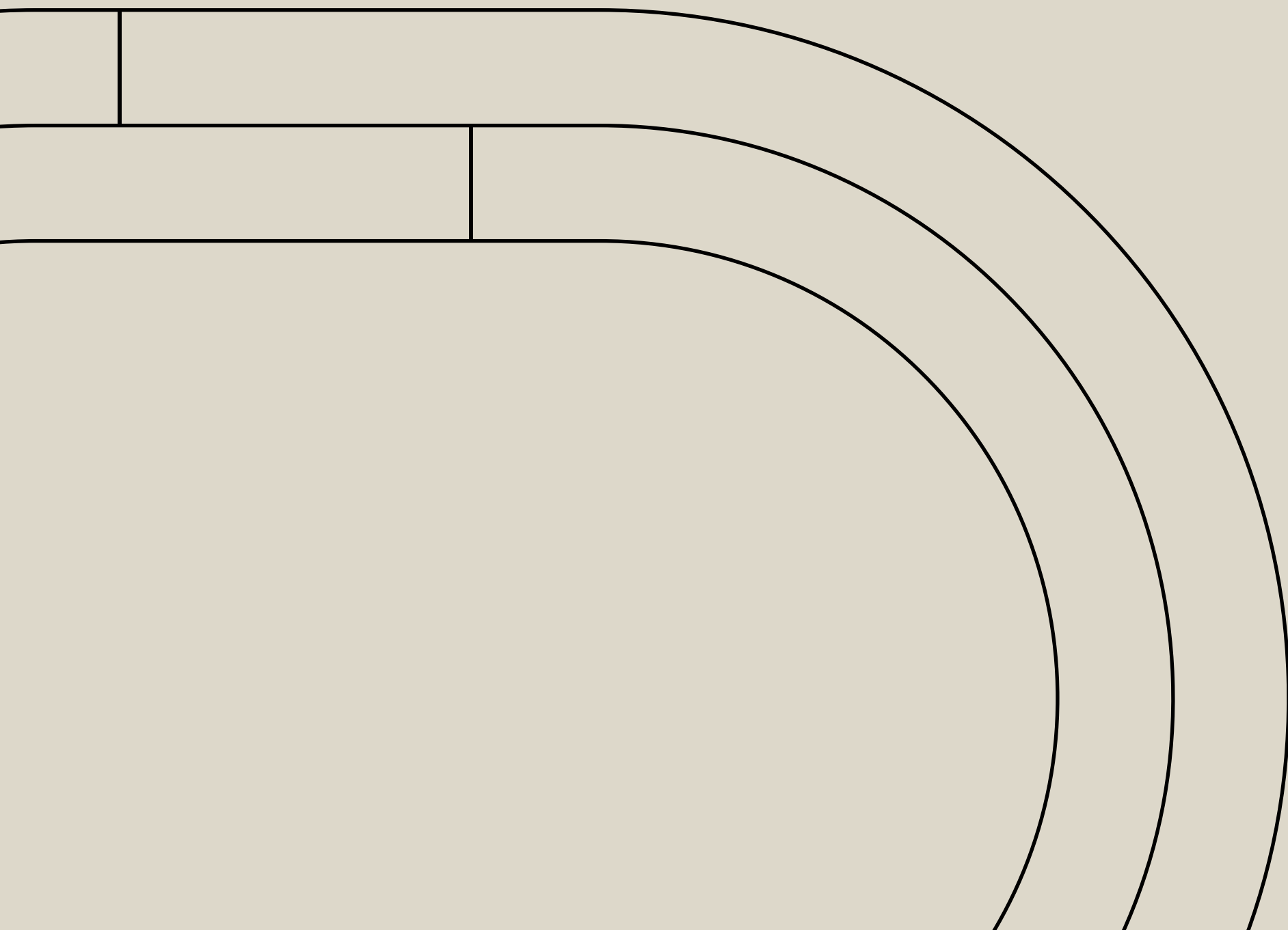


Blindside ist die Social Training Plattform für Coaches und Athleten im Individual- und Teamsport.



# DISCOVER.

## FINDE TAUSENDE ÜBUNGSEIDEN MIT VIDEOS.

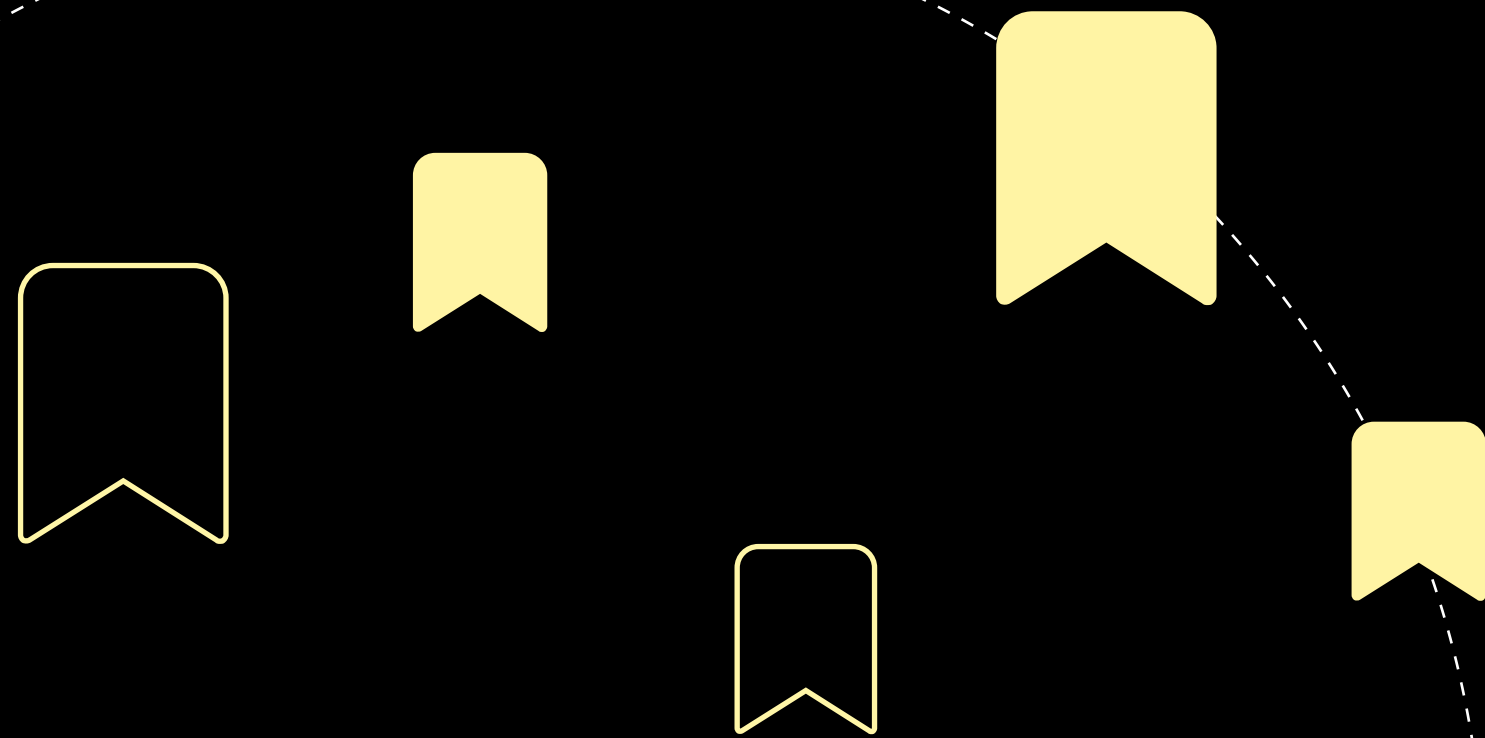






# COLLECT.

**SPEICHERE DEINE  
FAVORITEN IN DEINE  
SAMMLUNG.**



← ×

1/10 Anhänge

ÜBUNG

## Shooting Under Pressure - Midrange Drill

Russell Westbrick

Global • Erstellt 18.07.2022

TAGS

Übung zu Favoriten hinzugefügt

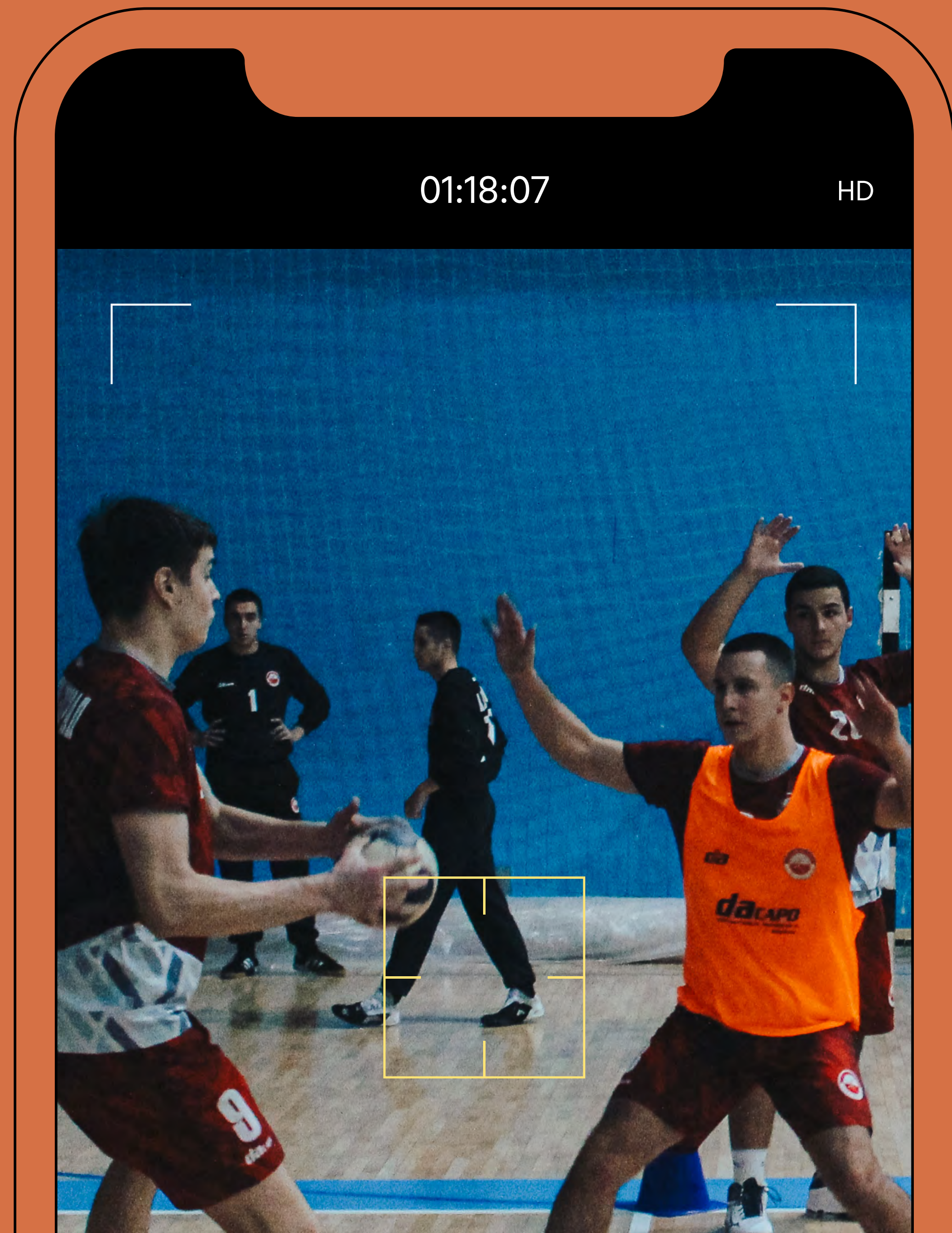
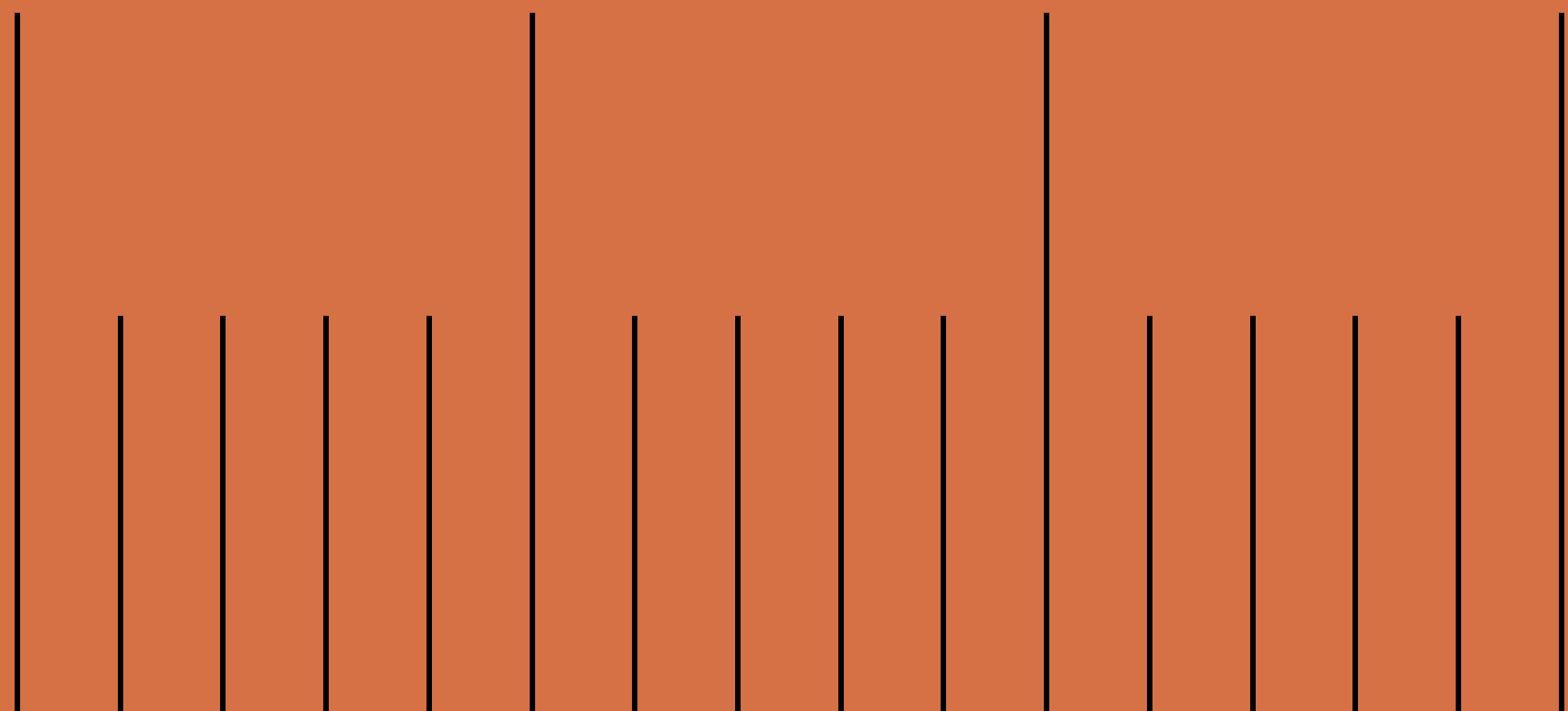
Basketball Wurftechnik Offense





# SHARE.

## ERSTELLE & SPEICHERE TRAININGSINHALTE.

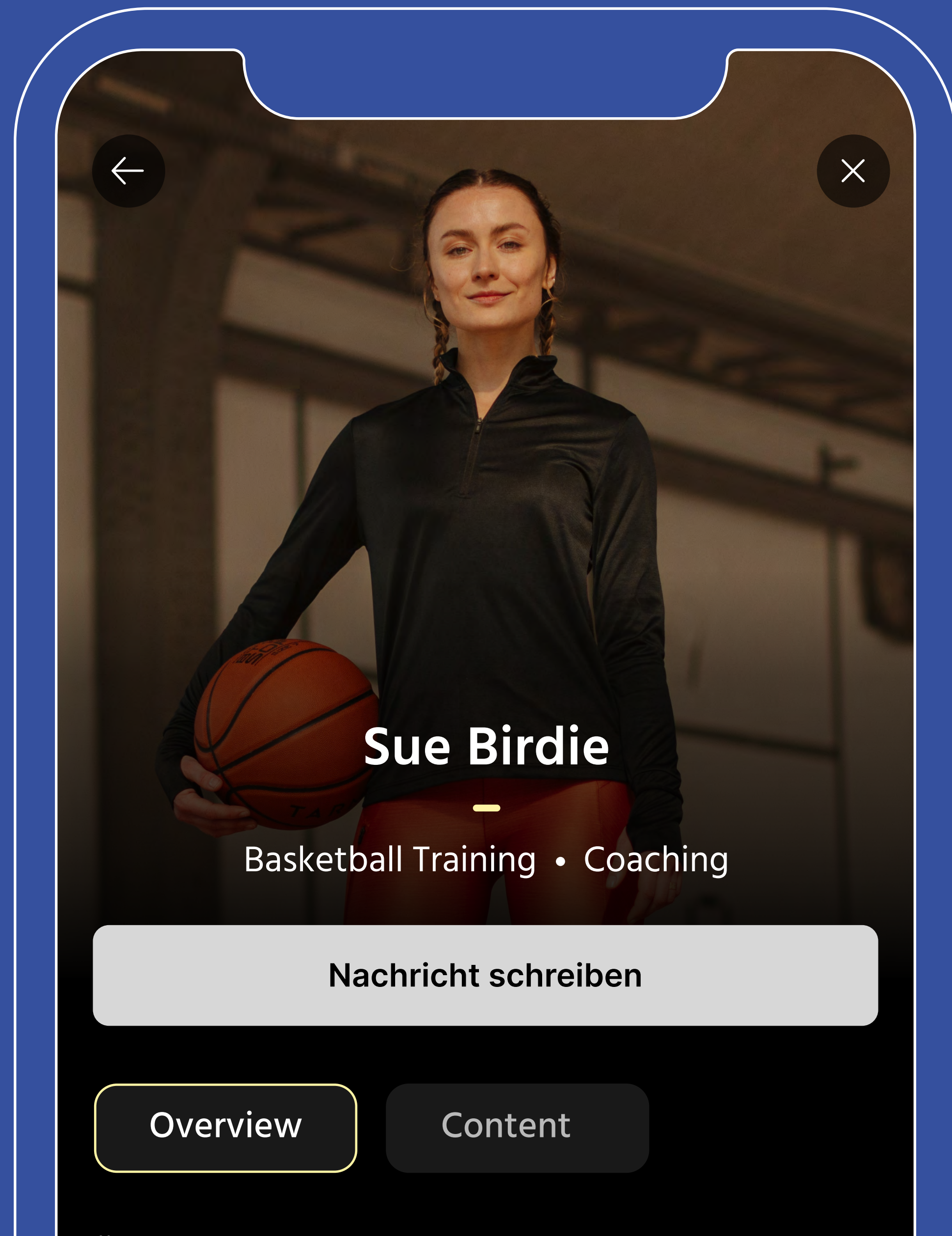
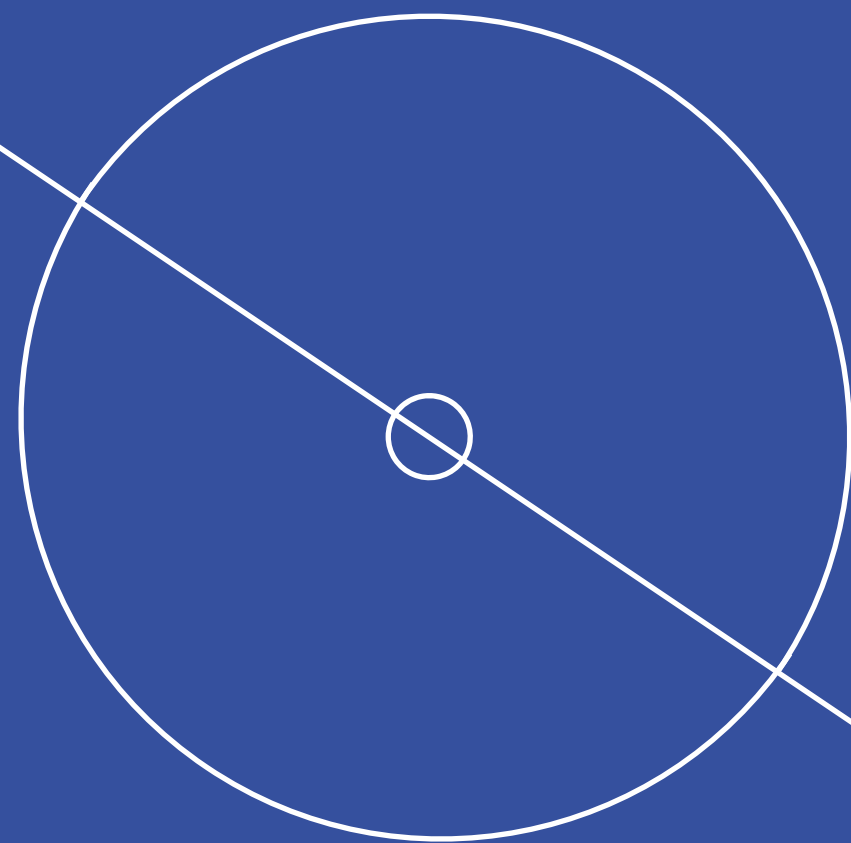






# CONNECT.

ENTDECKE,  
WAS ANDERE  
TRAINER:INNEN TUN.







# YOUR BENEFITS.

- **VEREINFACHTE TRAININGSPLANUNG  
MIT NEUEN ÜBUNGSEIDEN**
- **FÜR ALLE ALTERSKLASSEN UND NIVEAUS**
- **THEMENSPEZIFISCHE COLLECTIONS UND  
DIE LIEBLINGSÜBUNGEN AUF EINEM BLICK**
- **ALLES IN EINER APP**
- **KOSTENFREIER ZUGANG**





# MACH TRAININGS, DIE DEINE SPIELER:INNEN LIEBEN!



[DOWNLOAD NOW!](#)







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