

DAFTAR GAMBAR

Gambar 2. 1 Pelaksanaan BEEF	20
Gambar 2. 2 <i>Lay up Shoot</i>	20
Gambar 2. 3 <i>One Hand Set Shoot</i>	21
Gambar 2. 4 <i>Free Throw</i>	22
Gambar 2. 5 <i>Hook Shoot</i>	22
Gambar 2. 6 <i>Jump Shoot</i>	23
Gambar 2. 7 Penambahan Beban Latihan Secara Bertahap	27
Gambar 2. 8 Pelaksanaan <i>Chair Shoot</i>	32
Gambar 3. 1 Melaksanakan <i>Shooting Free Throw</i>	42

