

DAFTAR GAMBAR

Gambar	Hal
1. Cara Melakukan Tembakan <i>Instep Drive</i>	10
2. Cara Melakukan Tembakan <i>Full Volley</i>	10
3. Cara Melakukan <i>Half Volley</i>	11
4. Cara Melakukan <i>Side Volley</i>	11
5. Cara Melakukan Tembakan <i>Swerving</i>	12
6. Gerakan Latihan <i>Squat Jump</i>	16
7. Model latihan 1 <i>Shooting After A Dribble</i>	17
8. Model Latihan 2 <i>Shooting After A Dribble</i>	18
9. Model Latihan 3 <i>Shooting After A Dribble</i>	19
10. Tes <i>Shooting</i> Kesasaran	24

THE
Character Building
UNIVERSITY