

Golden Kings' First Practice is a Slam Dunk

Contributed by Start-Thinking
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July 23rd marked the first practice of the Ryukyu Golden Kings. Coach Hernando Planells, the newest coach with the Japan Basketball League, focused the new team on conditioning exercises. Support for the team was evident with the large turnout of media and spectators.

Coach Planells noted the hard work the team put in during the practice which are scheduled regularly until the regular season starts.

Planells joined the Japan Basketball League in July, 2007 from Los Angeles where he coached SlamBall and choreographed movies such as Coach Carter, The Longest Yard, and the recently released Rebound, starring Martin Lawrence.