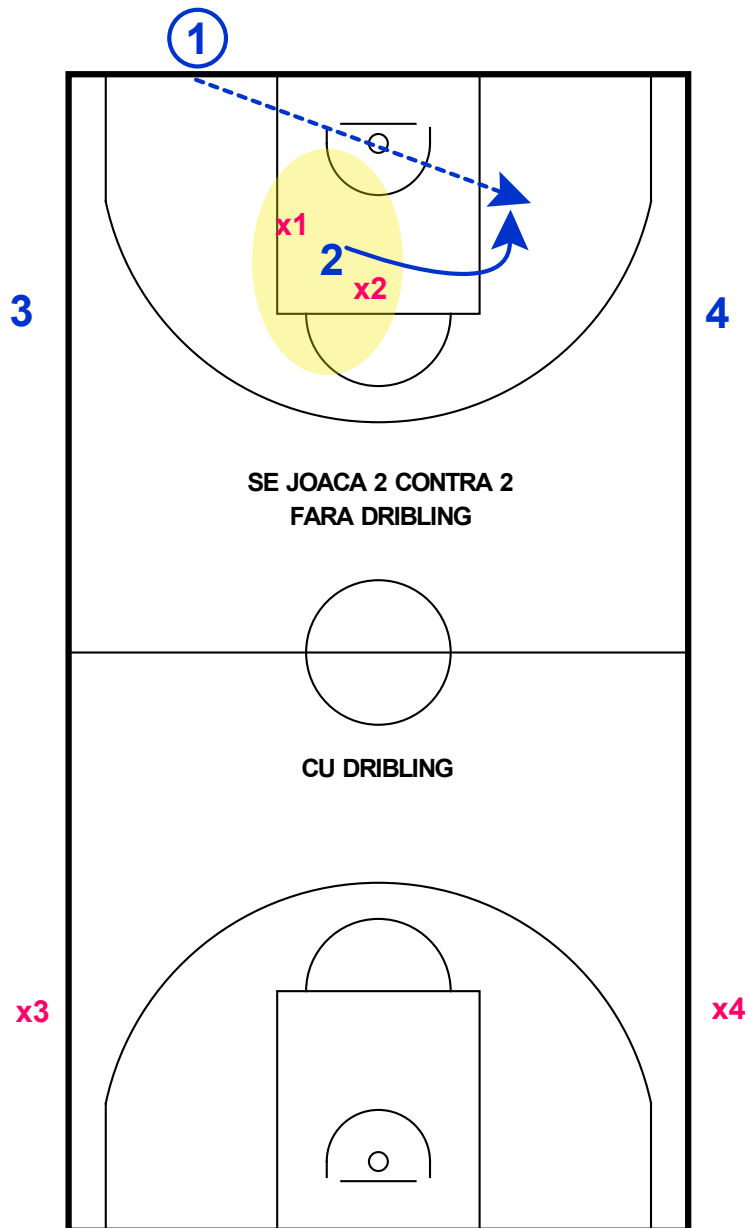


# COLEGIUL CENTRAL AL ANTRENORILOR FEDERATIA ROMANA DE BASCHET

## EXERCITII

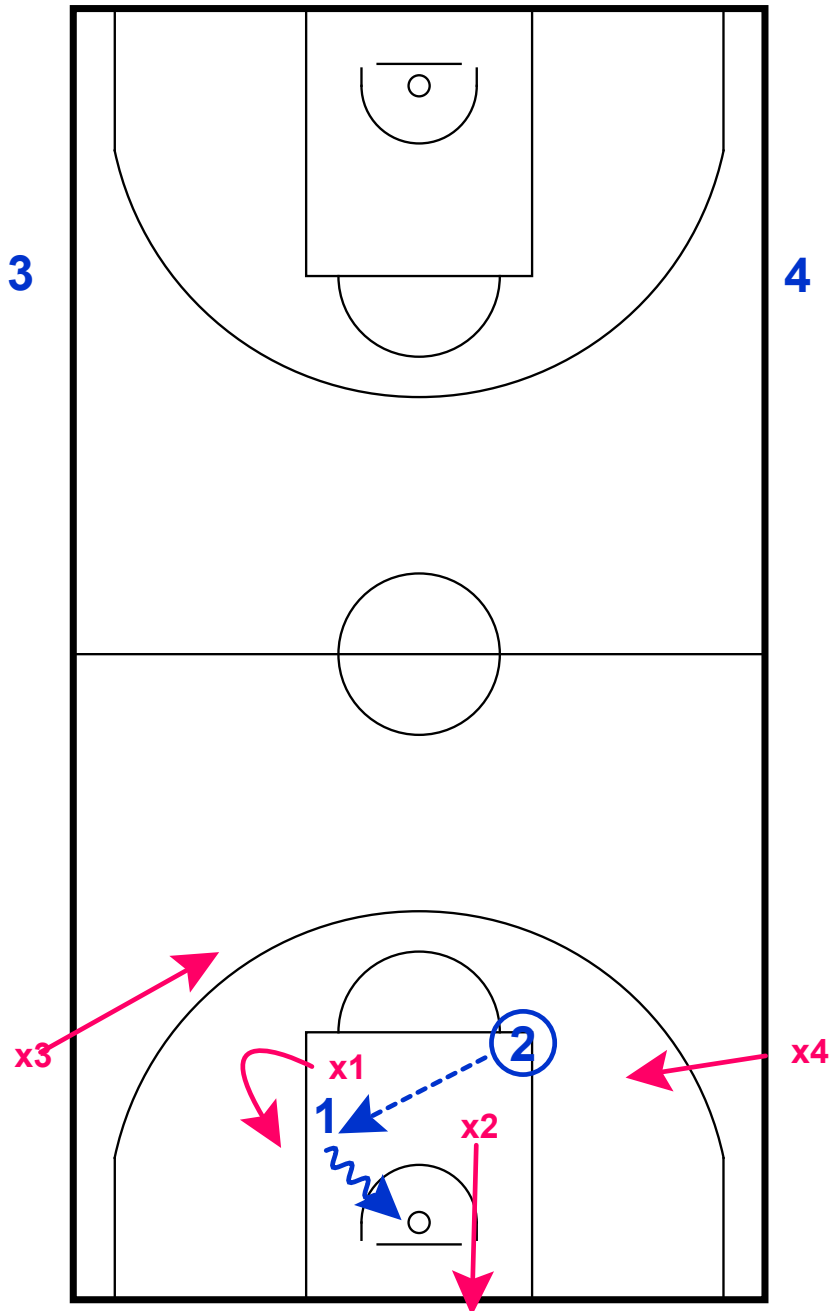
2-2-4-2-4-4



INCEPEM EXERCITIUL CU SITUATIA DE DOI LA DOI.  
 ATACANTII 3 SI 4 SUNT IN AFARA TERENULUI DE JOC ,DE O PARTE SI CEALALTA ,IN  
 PRELUNGIREA LINIEI IMAGINARE DE ARUNCARI LIBERE.  
 APARATORII X3 SI X4 IN CEALALTA JUMATATE DE TEREN.  
 ATACANTII NU POT DRIBLA DECAT IN TERENUL DE ATAC.  
 NU AVEM VOIE SA FOLOSIM PAS LUNG LA REPUNERE.

# COLEGIUL CENTRAL AL ANTRENORILOR FEDERATIA ROMANA DE BASCHET

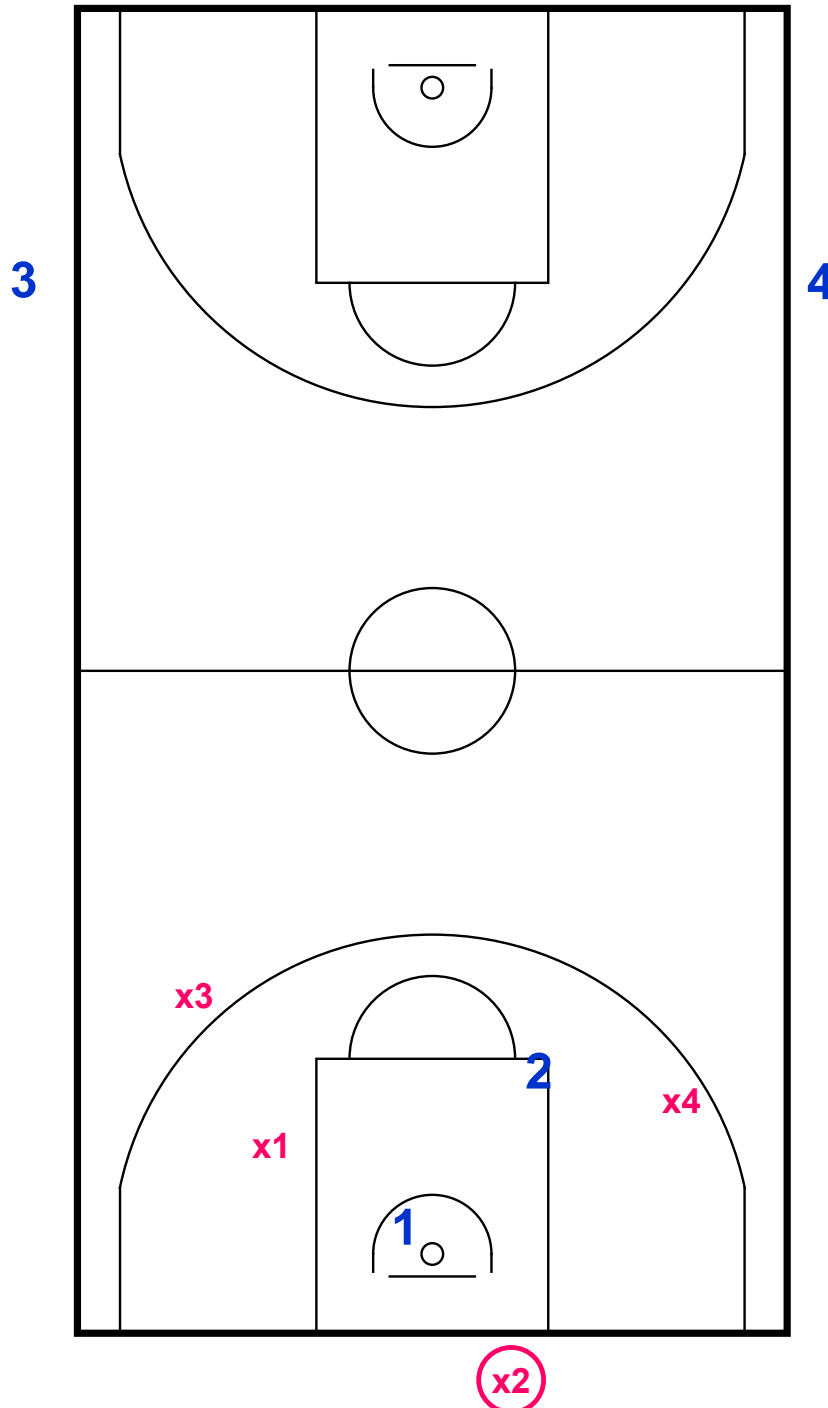
## EXERCITII 2-2-4-2-4-4



DUPA COS MARCAT ,SAU DUPA RECUPERARE, INTERCEPTIE X1,X2,X3 SI X4 DEVIN ATACANTI SI SE JOACA 4 CONTRA 2(FARA DRIBLING,CU DRIBLING)

# COLEGIUL CENTRAL AL ANTRENORILOR FEDERATIA ROMANA DE BASCHET

## EXERCITII 2-2-4-2-4-4

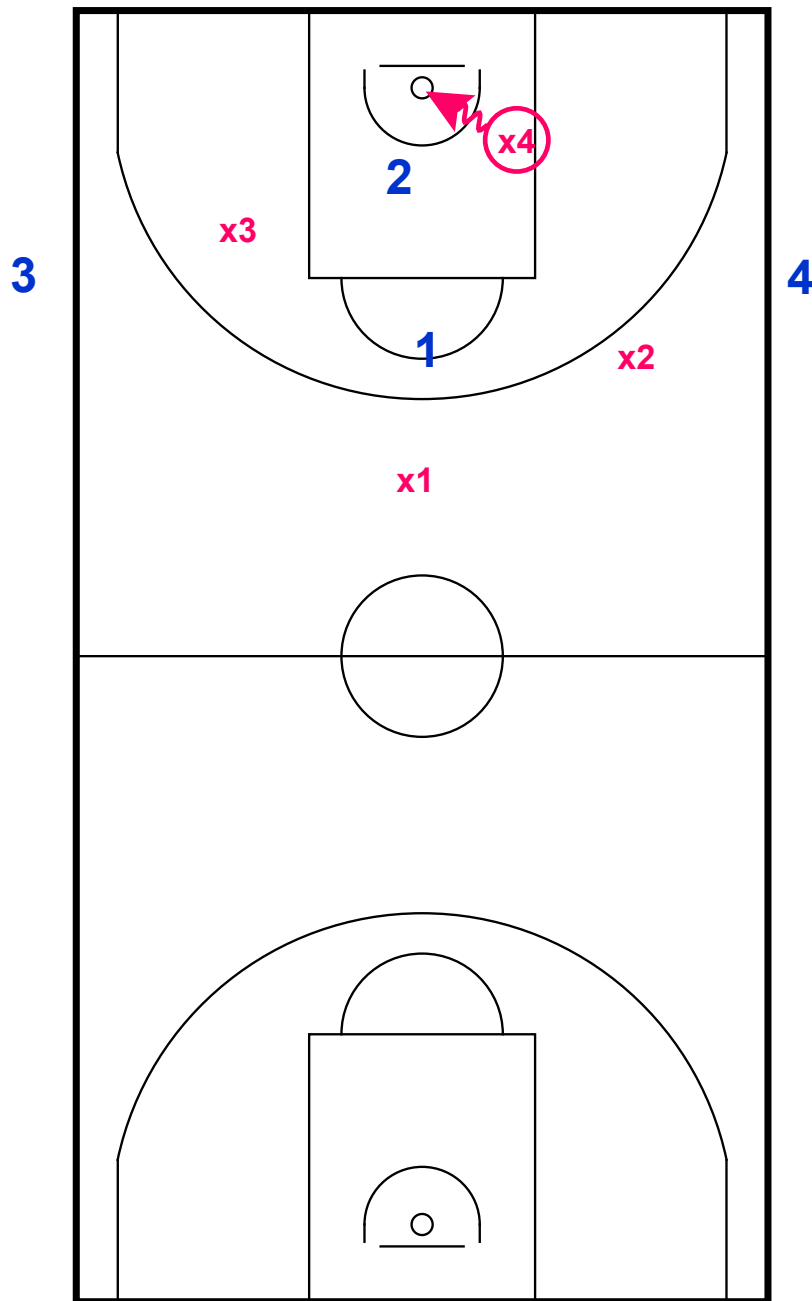


4 CONTRA 2

# COLEGIUL CENTRAL AL ANTRENORILOR FEDERATIA ROMANA DE BASCHET

## EXERCITII

2-2-4-2-4-4



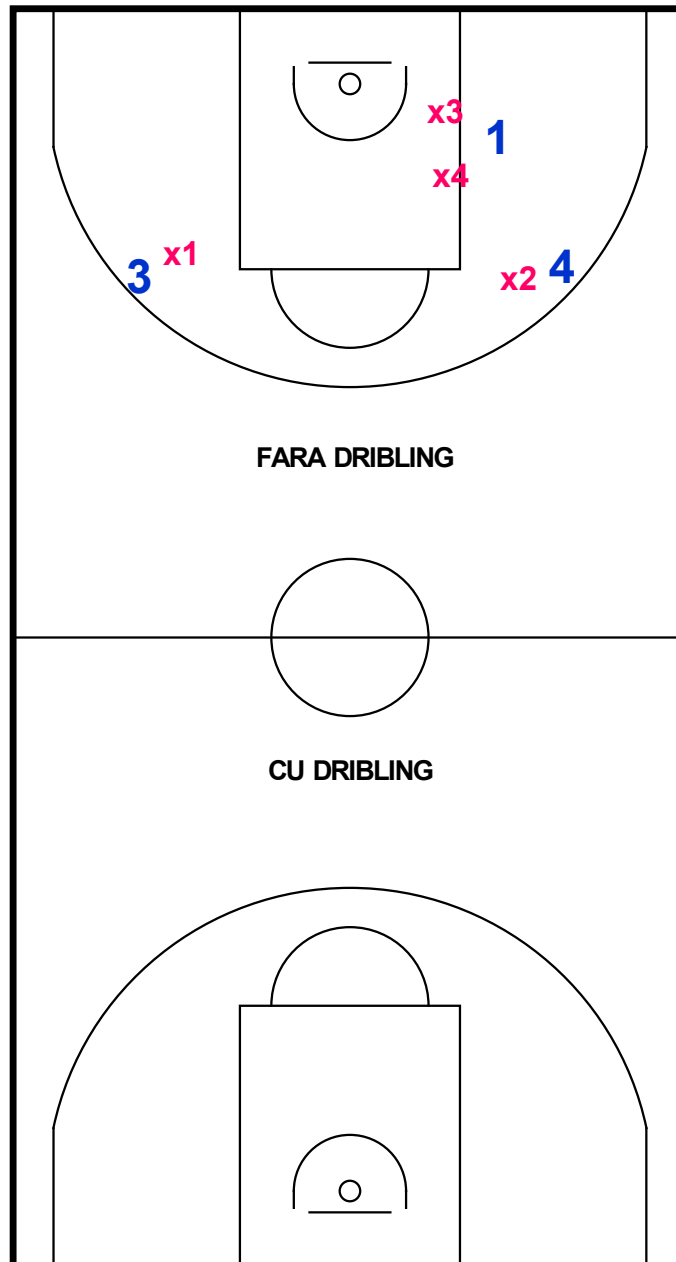
DUPA COS MARCAT SAU RECUPERARE,INTERCEPTIE SE JOACA 4 CONTRA 4 CU 1,2, 3SI 4 ATACANTI ,X1,X2,X3,SI X4 APARATORI(CU DRIBLING ,FARA DRIBLING).

# COLEGIUL CENTRAL AL ANTRENORILOR FEDERATIA ROMANA DE BASCHET

## EXERCITII

2-2-4-2-4-4

②

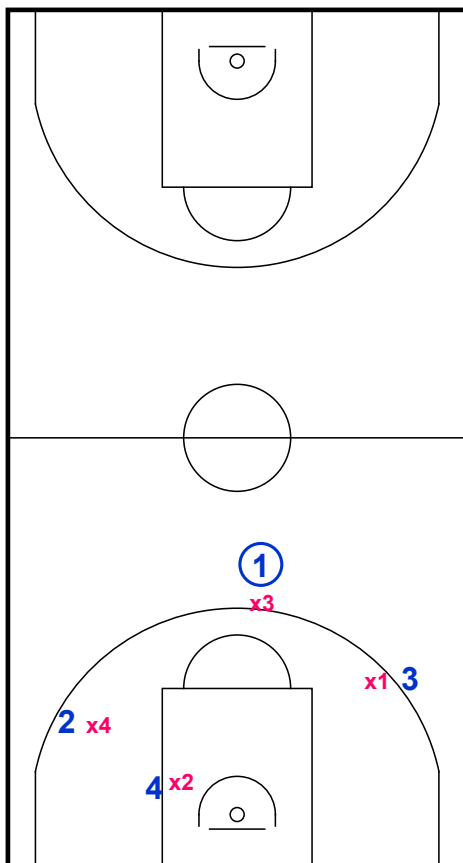


**FOARTE IMPORTANT:**  
FORTATI APARATORII SA COMUNICE IN PERMANENTA INTRE EI, SA FIE FOARTE AGRESIVI FARA SA FAULTEZE.

# COLEGIUL CENTRAL AL ANTRENORILOR FEDERATIA ROMANA DE BASCHET

## EXERCITII

2-2-4-2-4-4



Pos	Description
1.	2 CONTRA 2 PE TOT TERENUL ,FARA DRIBLING IN TERENUL DE APARARE ,CU DRIBLING IN ATAC
2.	ATACANTII DEVIN APARATORI SI APARATORII ATACANTI .SE JOACA 4 CONTRA 2
3.	URMATOAREA ETAPA ESTE 4 CONTRA 4