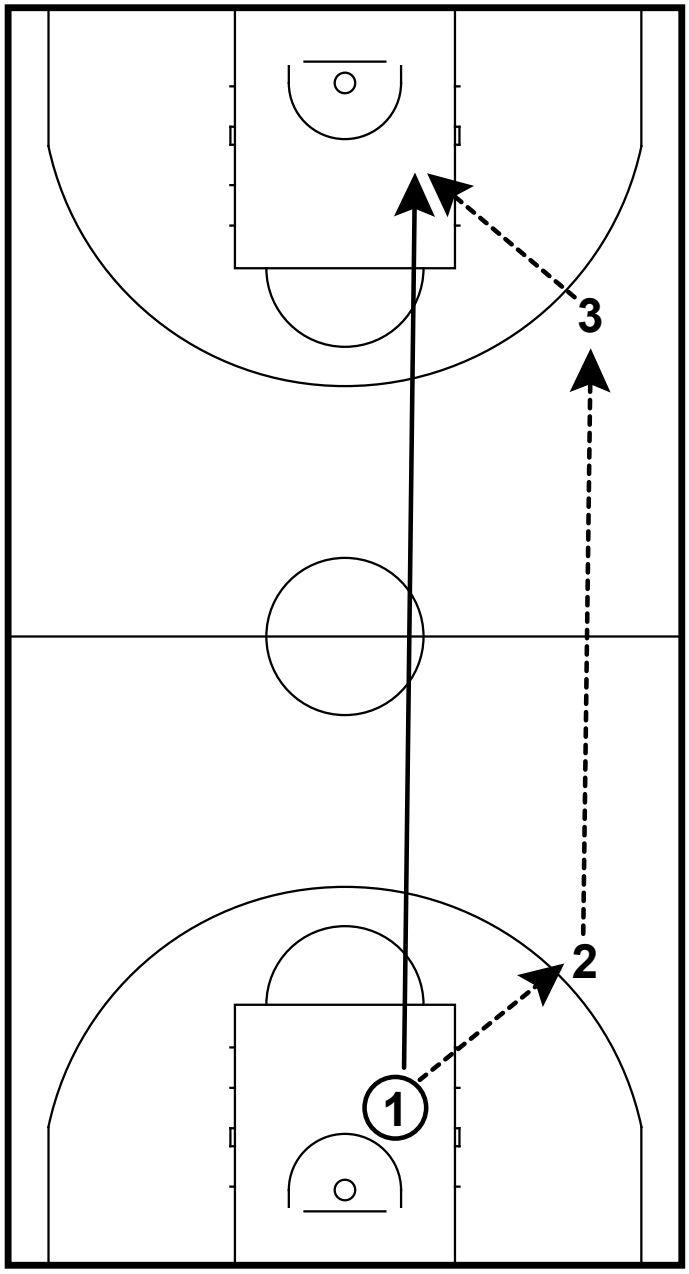
COLEGIUL CENTRAL AL ANTRENORILOR
FEDERATIA ROMANA DE BASCHET

EXERCITII
CONDITIONING



1 ARUNCA MINGEA IN PANOU,RECUPEREAZA,OUTLET PASS LA 2,CARE PASEAZA LA 3.
1 SPRINTEAZA SI PRIMESTE PAS PENTRU LAY UP.
LA FEL IN CEALALTA DIRECTIE.

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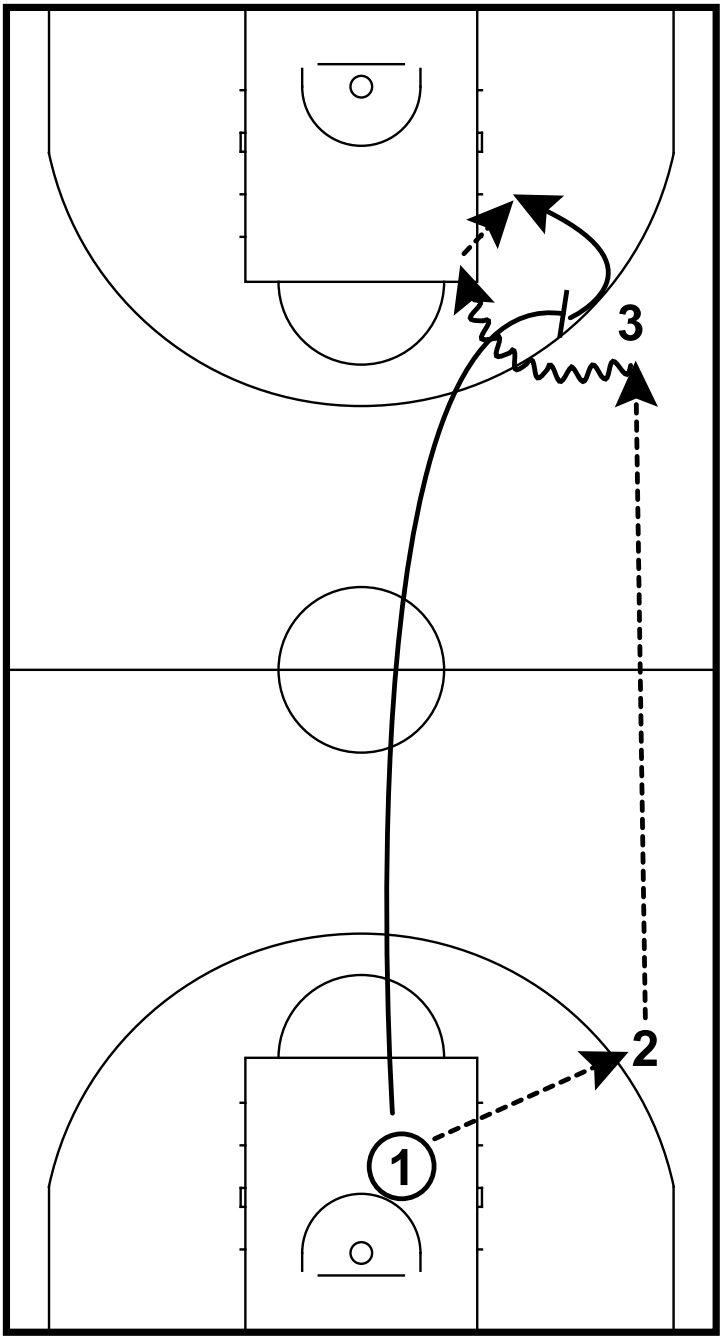

LA FEL,DAR ACUM 1 SPRINTEAZA SI EXECUTA PICK&ROLL(POP).

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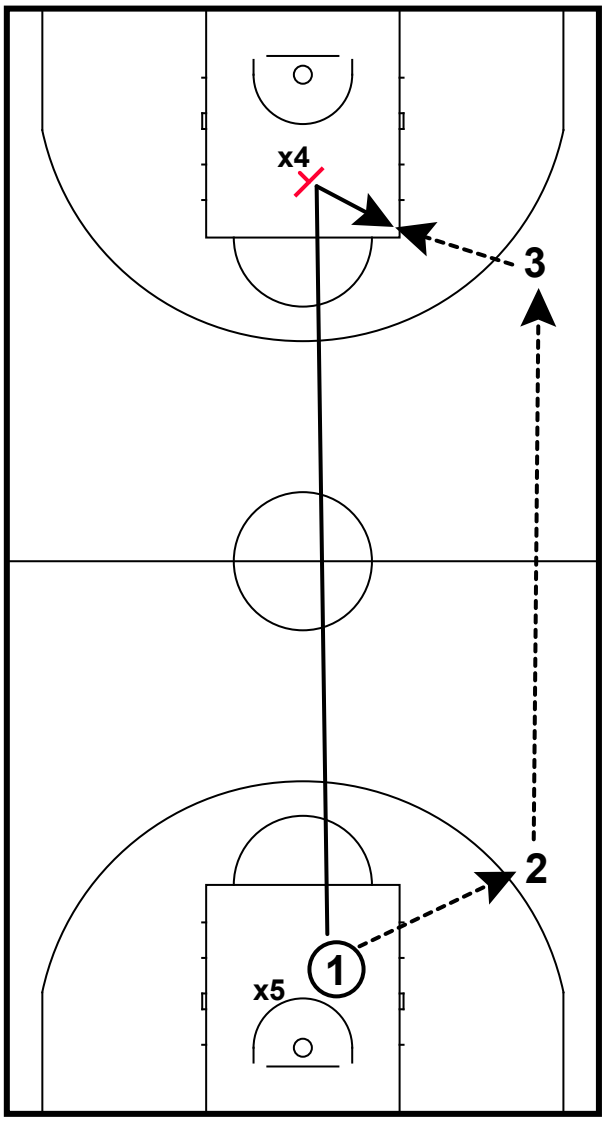

1SPRINTEAZA IN SPATIUL DE TREI SECUNDE ,UNDE ACUM ESTE CONTESTAT DE UN APARATOR CU PAD.
VARIANTA : 1 LA 1

CELE TREI VARIANTE SE POT COMPUNE :
CATE 4-6 ARUNCARI LA FIECARE SECVENTA,DUPA CARE ROTIM SI EXECUTA URMATORUL JUCATOR.
SE POATE LUCRA PE AMBELE PARTI ALE TERENULUI IN ACELASI TIMP.