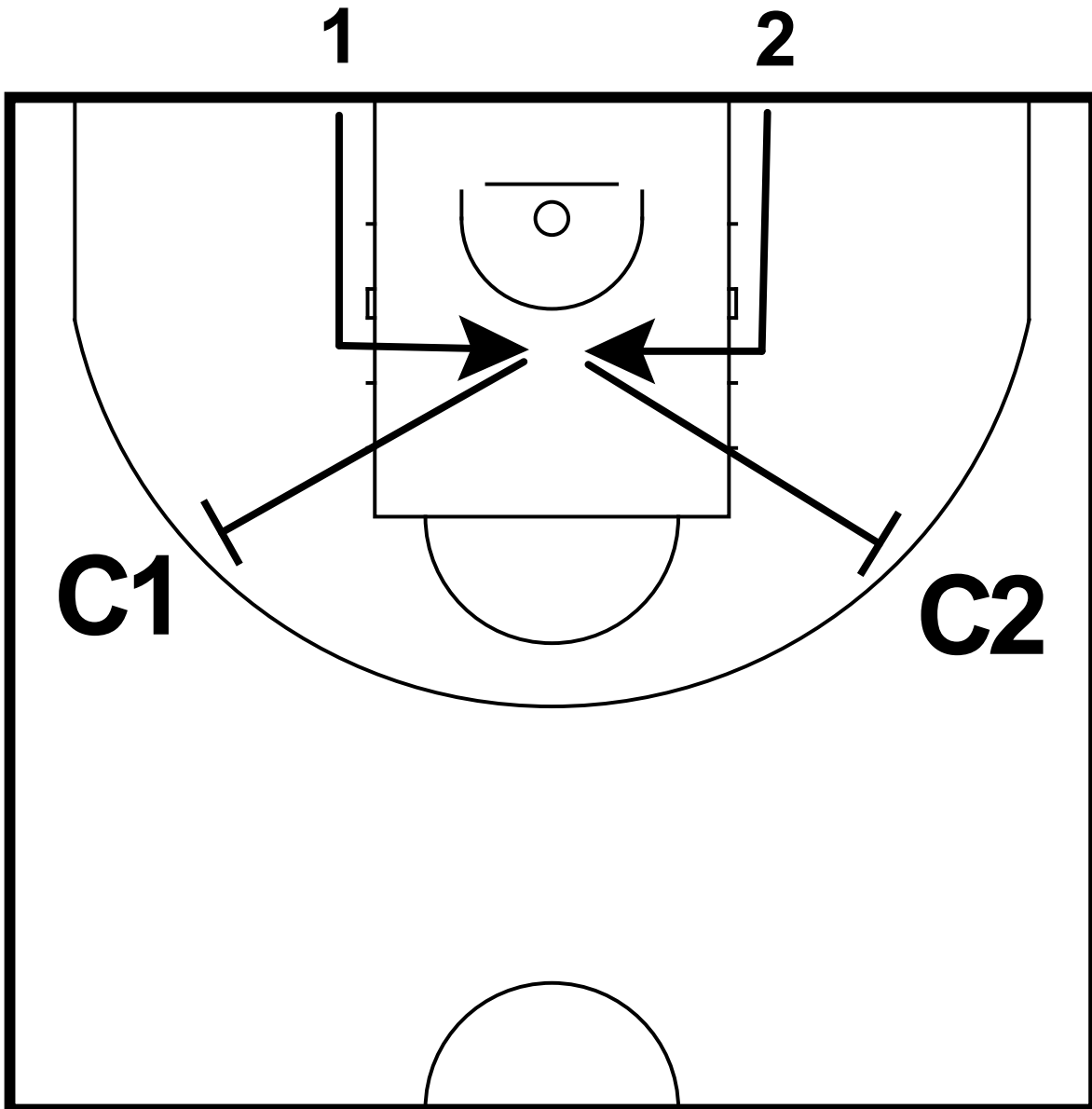


COLEGIUL CENTRAL AL ANTRENORILOR FEDERATIA ROMANA DE BASCHET

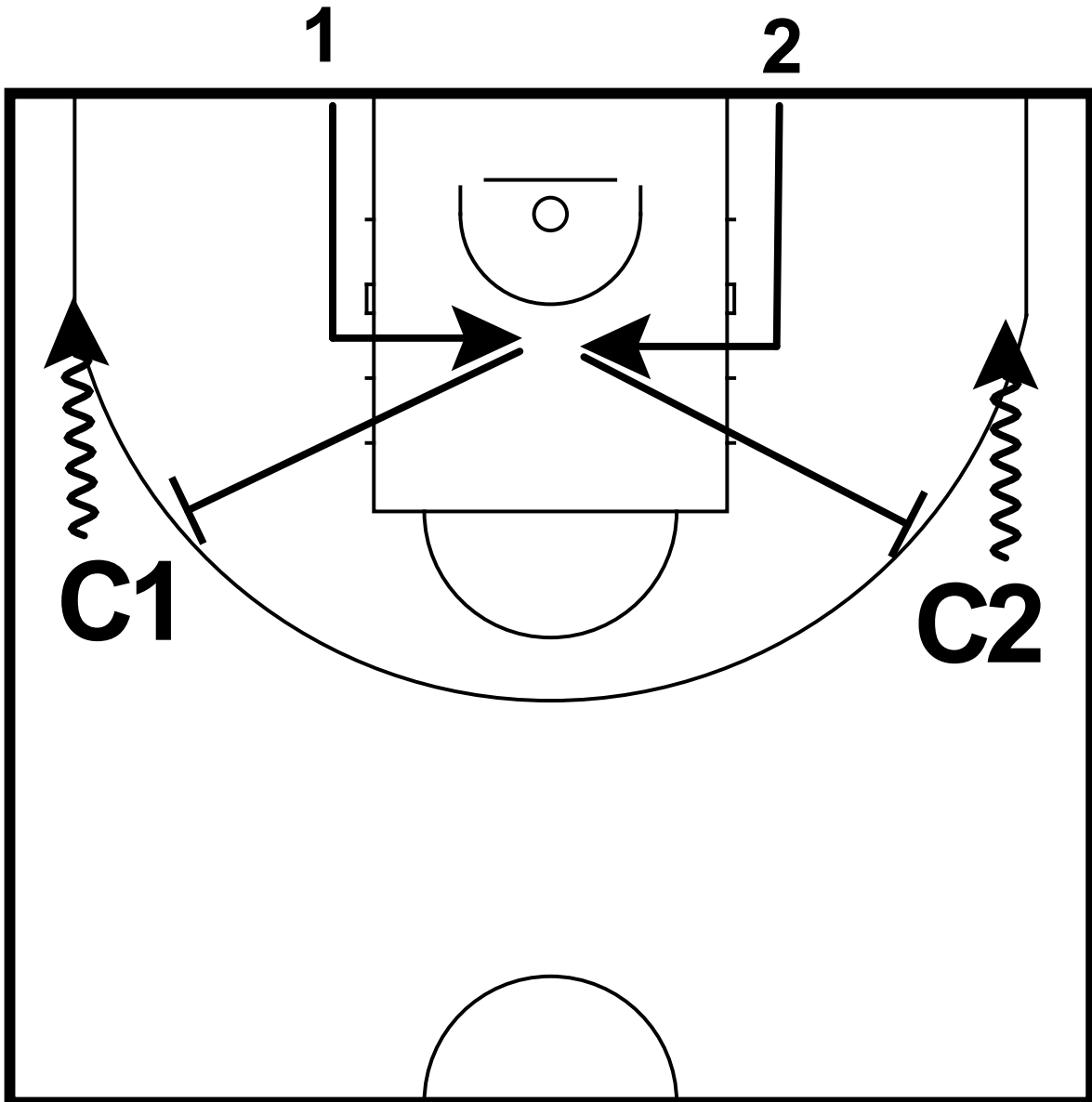
FOOTWORK, CLOSEOUT
WARM UP



1 SI 2 BAT PALMA LA MIJLOC SI APOI CLOSE OUT PE ARIPI.
DE DOUA ORI SI SCHIMBAM PARTEA.

COLEGIUL CENTRAL AL ANTRENORILOR FEDERATIA ROMANA DE BASCHET

FOOTWORK,CLOSEOUT
WARM UP



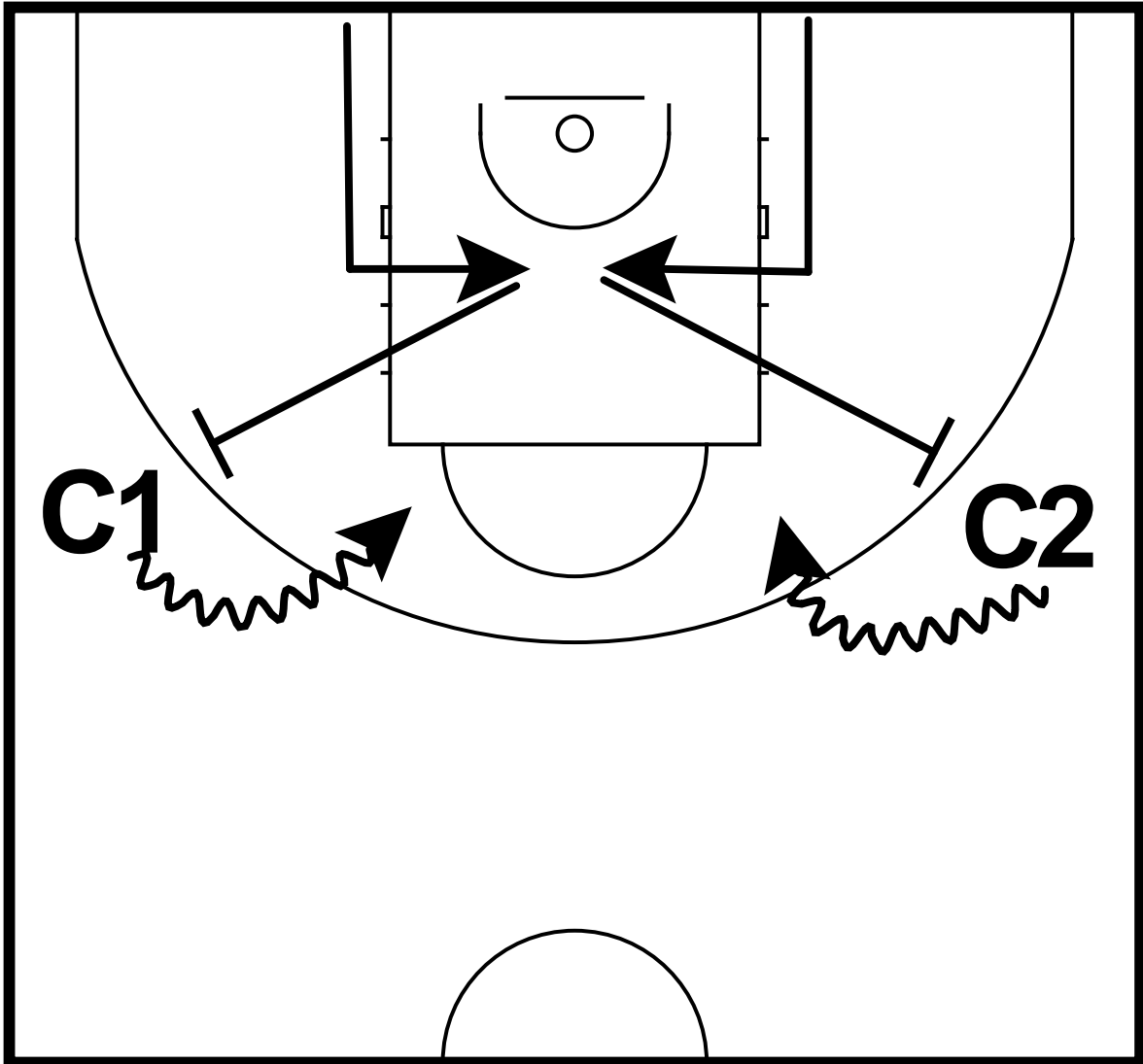
1 SI 2 BAT PALMA LA MIJLOC SI APOI CLOSE OUT PE ARIPI.
ANTRENORII EXECUTA DOUA DRIBLINGURI CATRE BASELINE.

COLEGIUL CENTRAL AL ANTRENORILOR FEDERATIA ROMANA DE BASCHET

FOOTWORK, CLOSEOUT
WARM UP

1

2



1 SI 2 BAT PALMA LA MIJLOC SI APOI CLOSE OUT PE ARIPI.
ANTRENORII EXECUTA DOUA DRIBLINGURI CATRE ELBOWS.