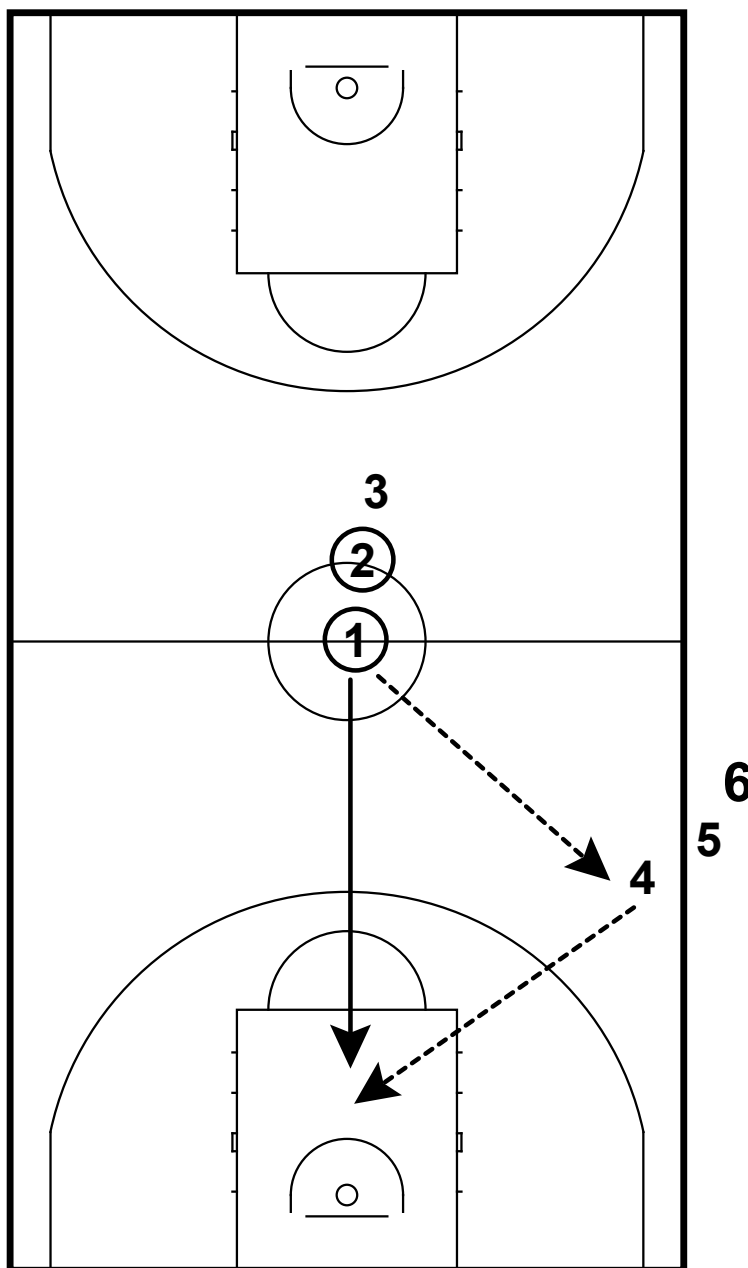


COLEGIUL CENTRAL AL ANTRENORILOR FEDERATIA ROMANA DE BASCHET

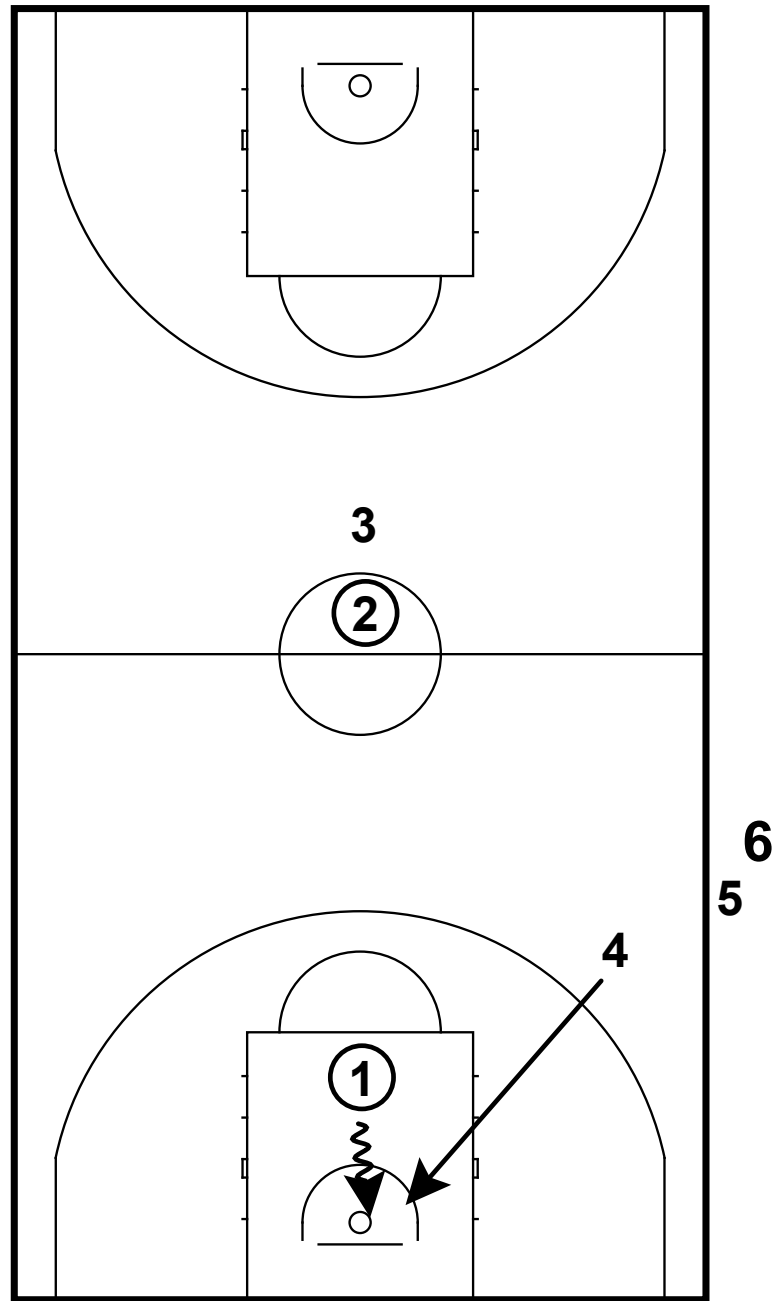
PASS,LAY UP,REBOUND
WARM UP



PUTEM FOLOSI 6 SAU MAI MULTI JUCATORI.JUMATATE DINTRE EI PE LINIA DE MIJLOC A TERENULUI ,CEALALTA JUMATATE PE LINIA LATERALA.1 PASEAZA LA 4 CARE PASEAZA DIN NOU LA 1.

COLEGIUL CENTRAL AL ANTRENORILOR FEDERATIA ROMANA DE BASCHET

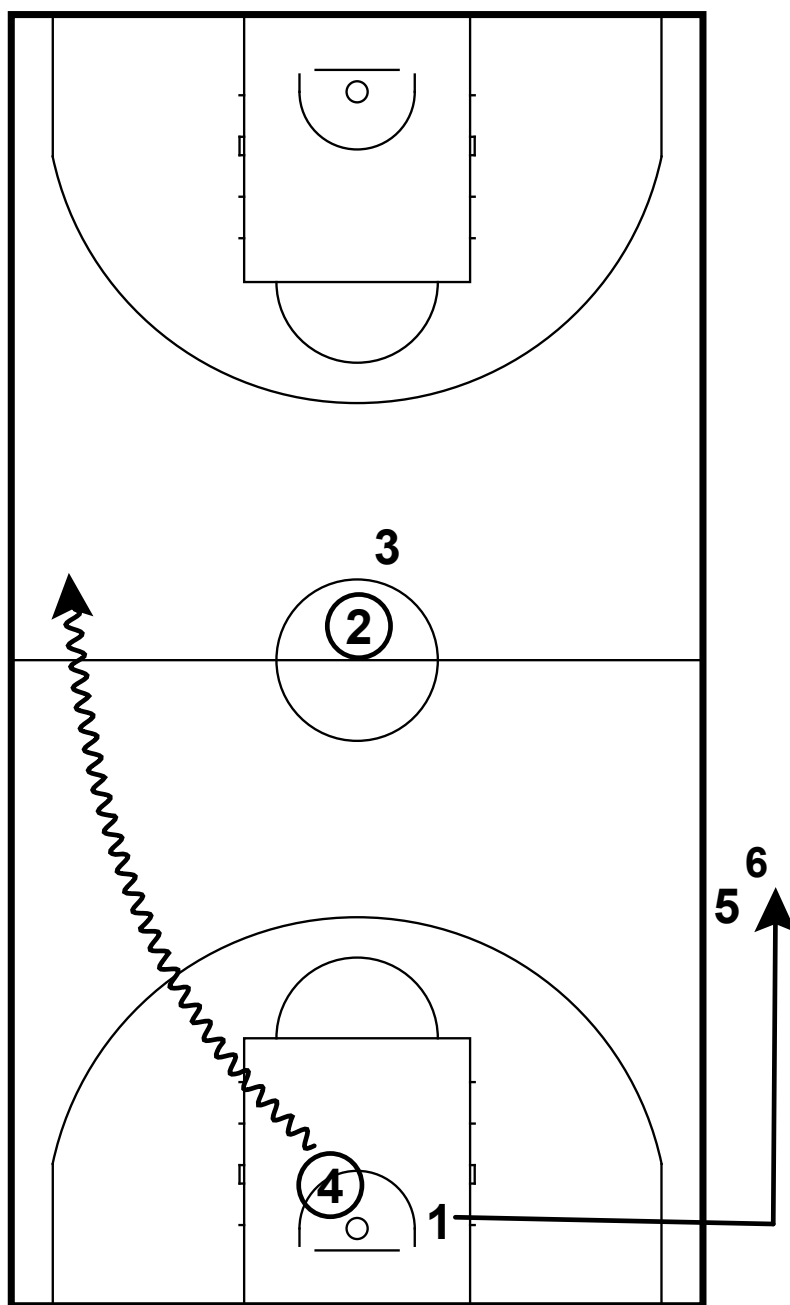
PASS,LAY UP,REBOUND
WARM UP



1 LAY-UP,DIRECT SPRE COS.
4 O BUNA RECUPERARE

COLEGIUL CENTRAL AL ANTRENORILOR FEDERATIA ROMANA DE BASCHET

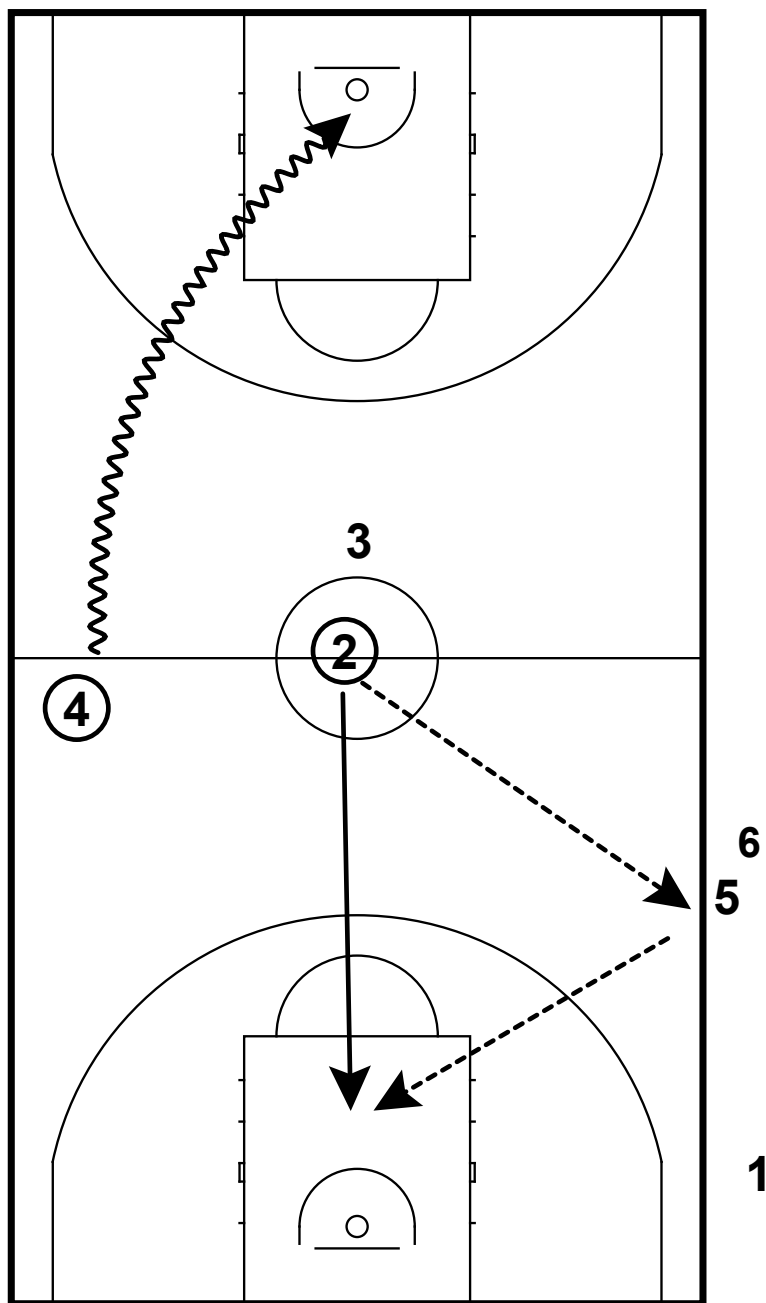
PASS,LAY UP,REBOUND
WARM UP



4 INCEPE DRIBLINGUL (IN CAZUL ACESTA CU MANA STANGA) CATRE CELALALT COS.
1 CATRE COLOANA DE PE LINIA LATERALA A TERENULUI.

COLEGIUL CENTRAL AL ANTRENORILOR FEDERATIA ROMANA DE BASCHET

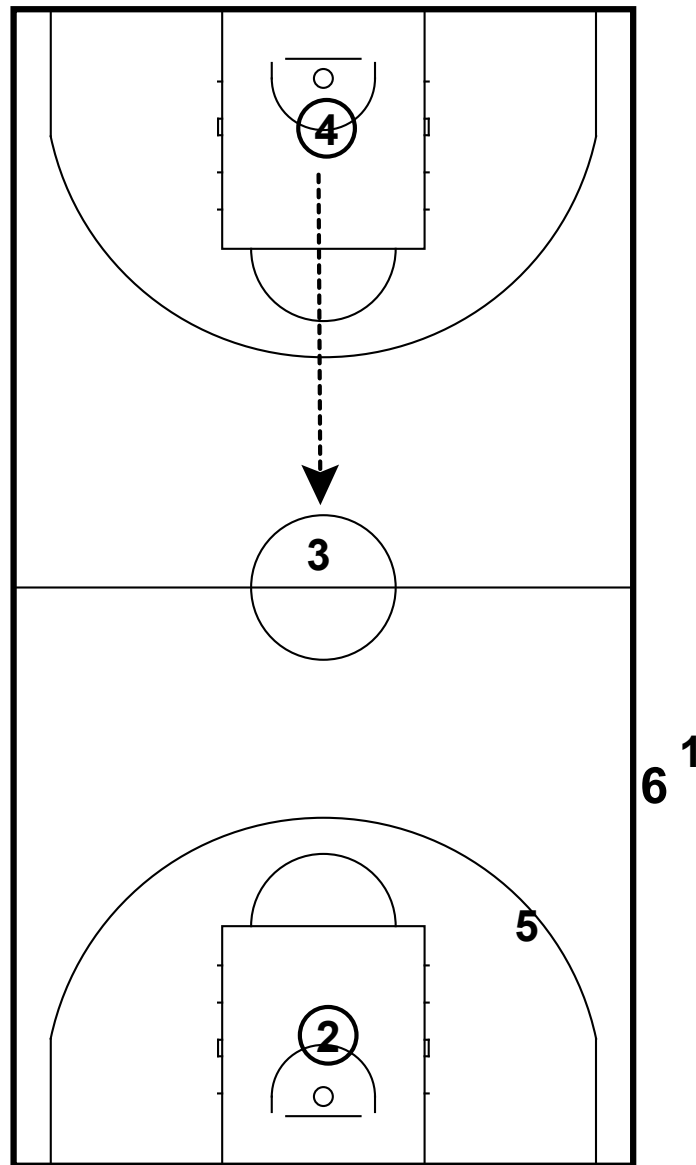
PASS,LAY UP,REBOUND
WARM UP



4 EXECUTA LAY-UP CU MANA STANGA SI RECUPEREAZA.
2 SI 5 INCEP EXERCITIUL.

COLEGIUL CENTRAL AL ANTRENORILOR FEDERATIA ROMANA DE BASCHET

PASS,LAY UP,REBOUND
WARM UP



DUPA RECUPERARE 4 PASEAZA LA 3 CARE INCEPE EXERCITIUL.

VARIANTE:

FOLOSITI DIFERITE TIPURI DE PASE.
FOLOSITI CONURI PENTRU DRIBLING.

COLEGIUL CENTRAL AL ANTRENORILOR FEDERATIA ROMANA DE BASCHET

PASS,LAY UP,REBOUND
WARM UP

