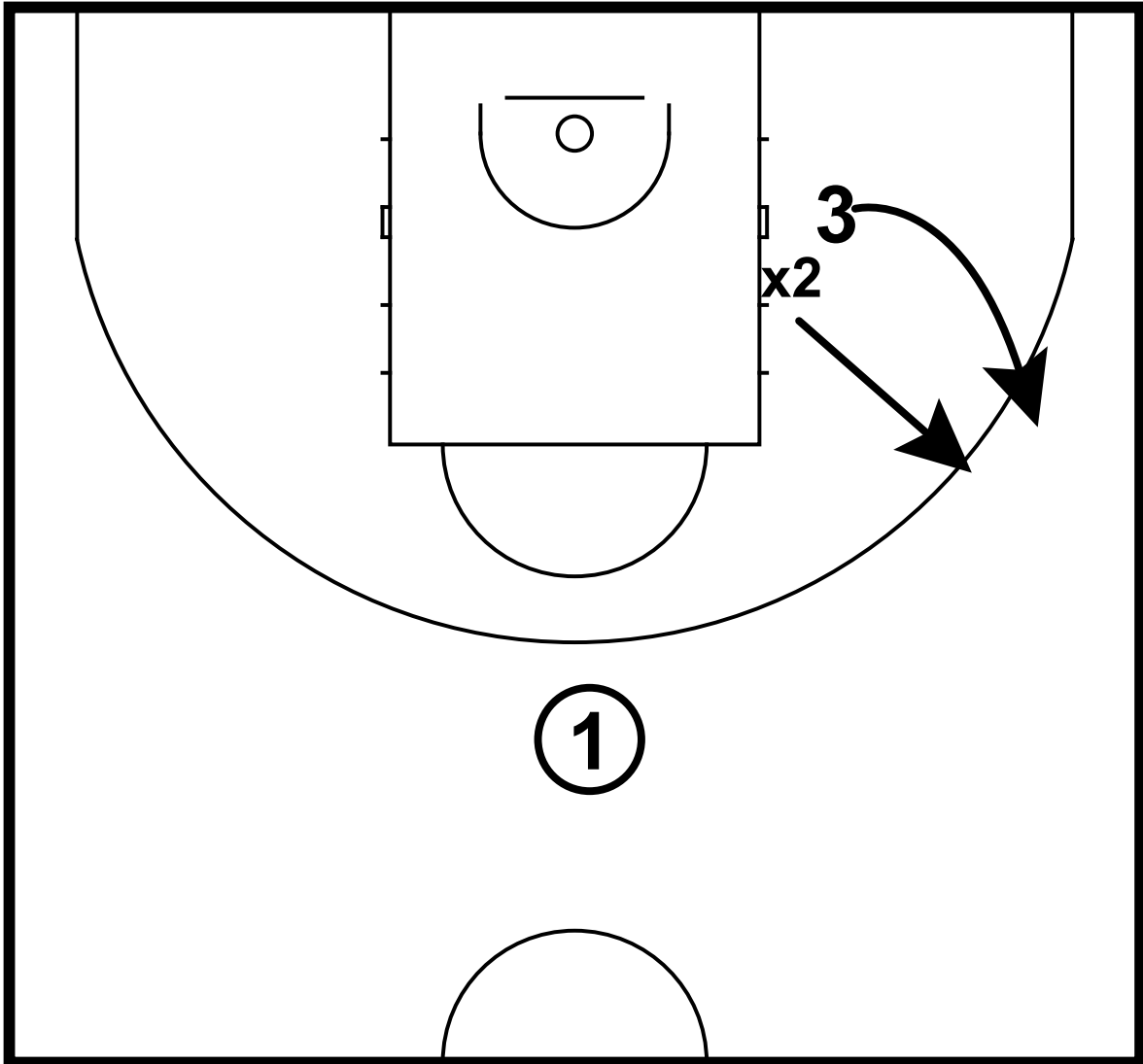


COLEGIUL CENTRAL AL ANTRENORILOR FEDERATIA ROMANA DE BASCHET

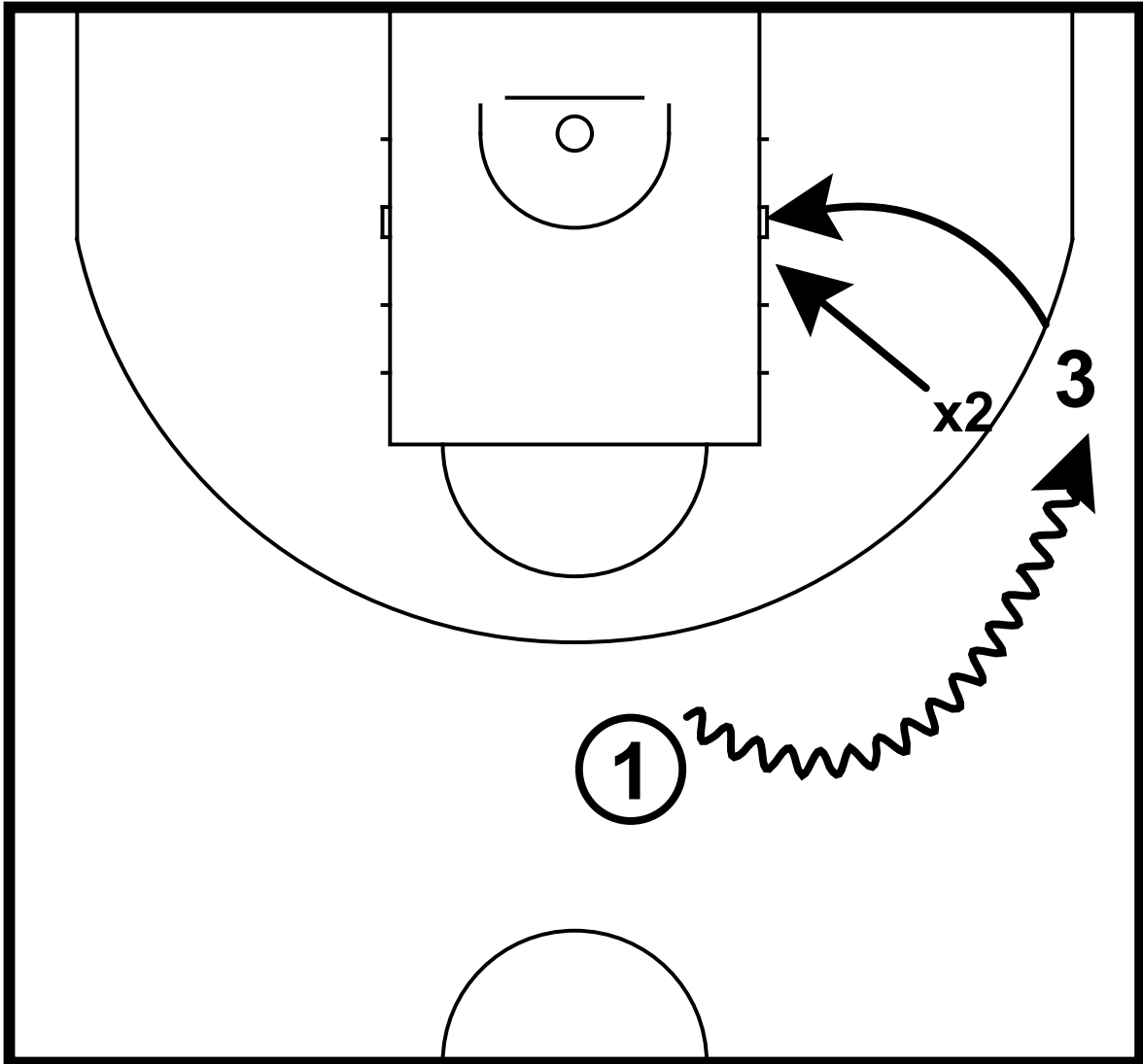
7 POINTS CONTESTING DEFENSE



PUNCTUL 1:REFUZA PASA PE ARIPA

COLEGIUL CENTRAL AL ANTRENORILOR FEDERATIA ROMANA DE BASCHET

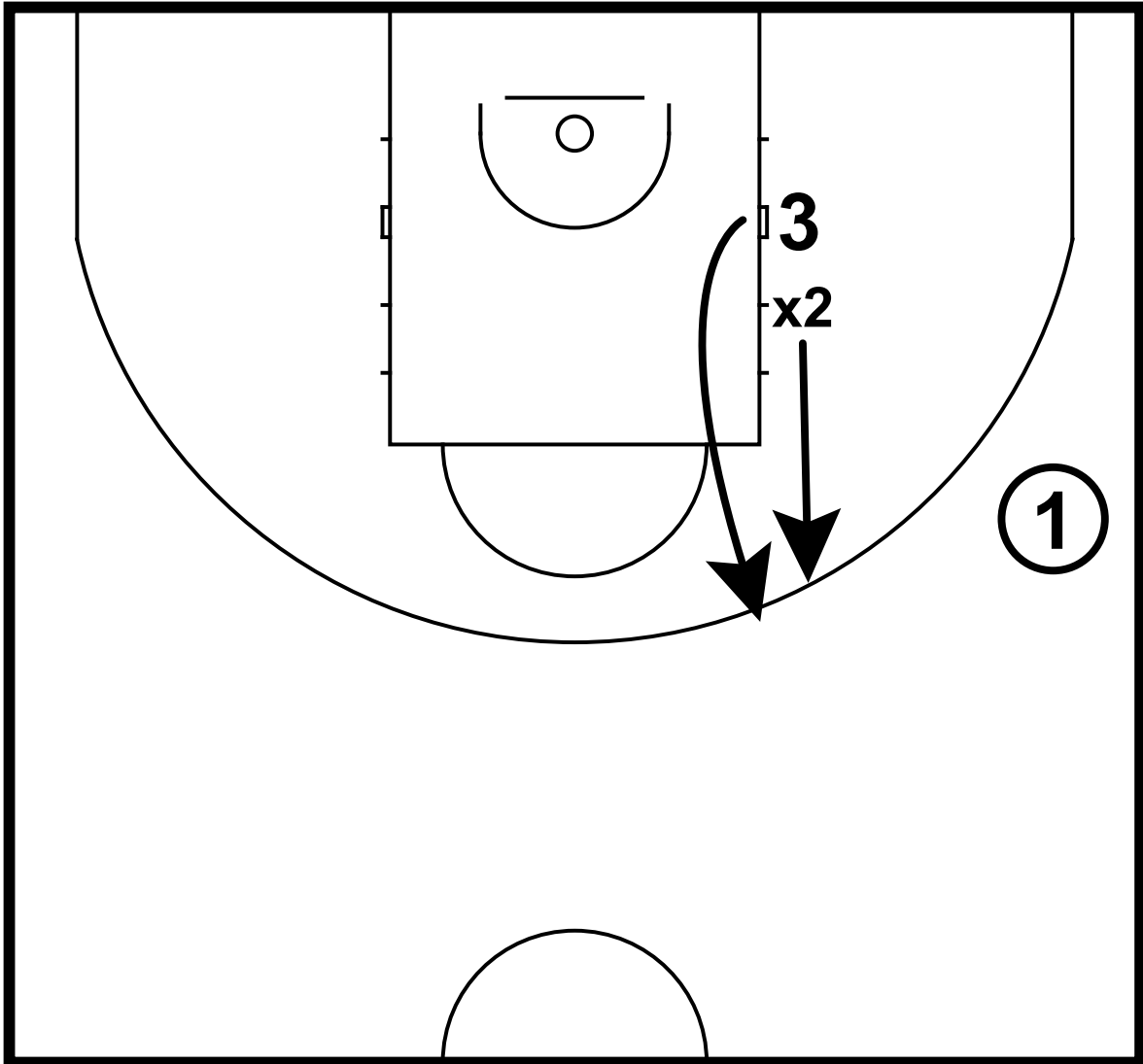
7 POINTS CONTESTING DEFENSE



PUNCTUL 2:REFUZA PASA LA JUCATORUL POST

COLEGIUL CENTRAL AL ANTRENORILOR FEDERATIA ROMANA DE BASCHET

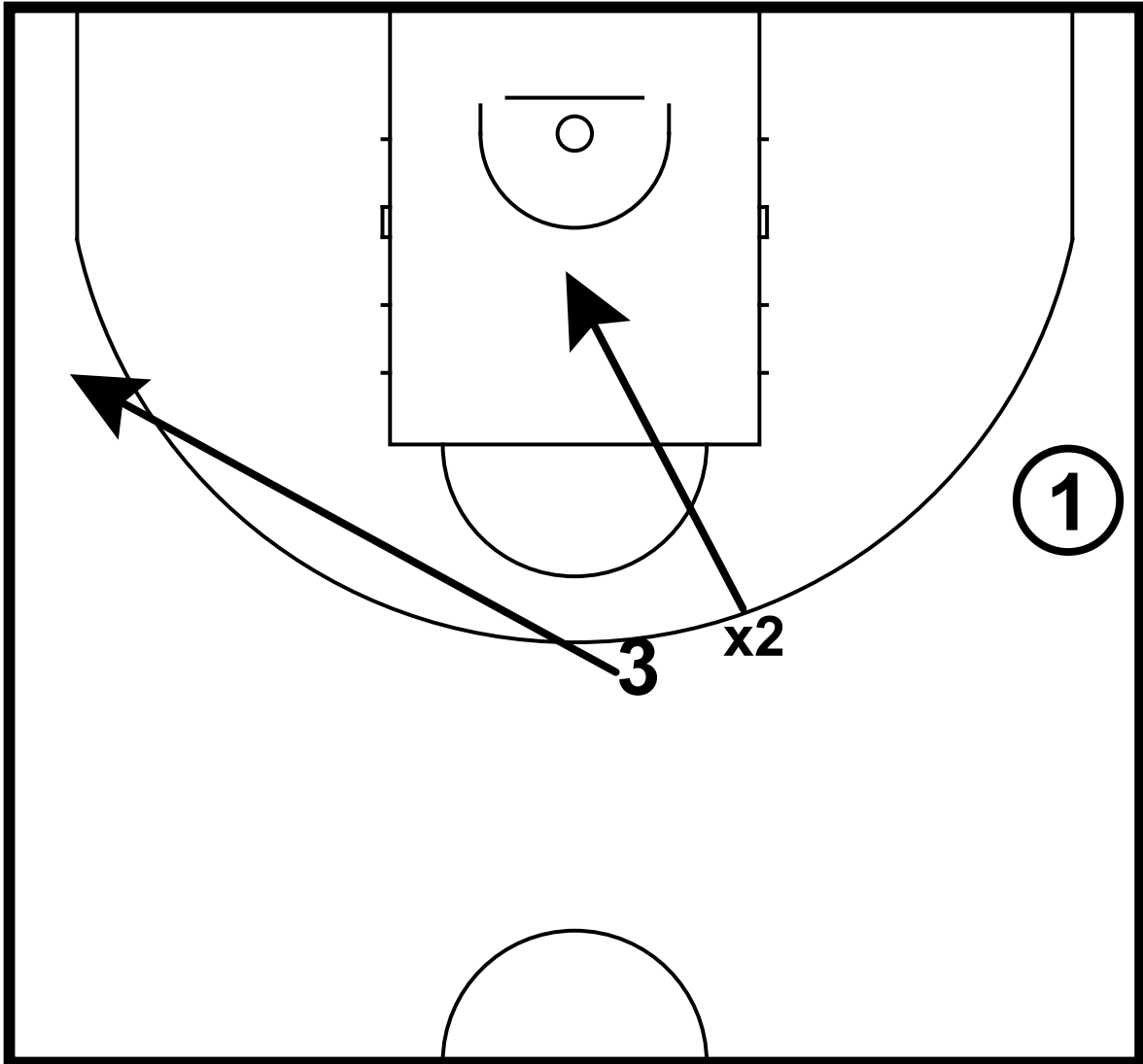
7 POINTS CONTESTING DEFENSE



PUNCTUL 3:REFUZA PASUL DUPA ZIPPER CUT

COLEGIUL CENTRAL AL ANTRENORILOR FEDERATIA ROMANA DE BASCHET

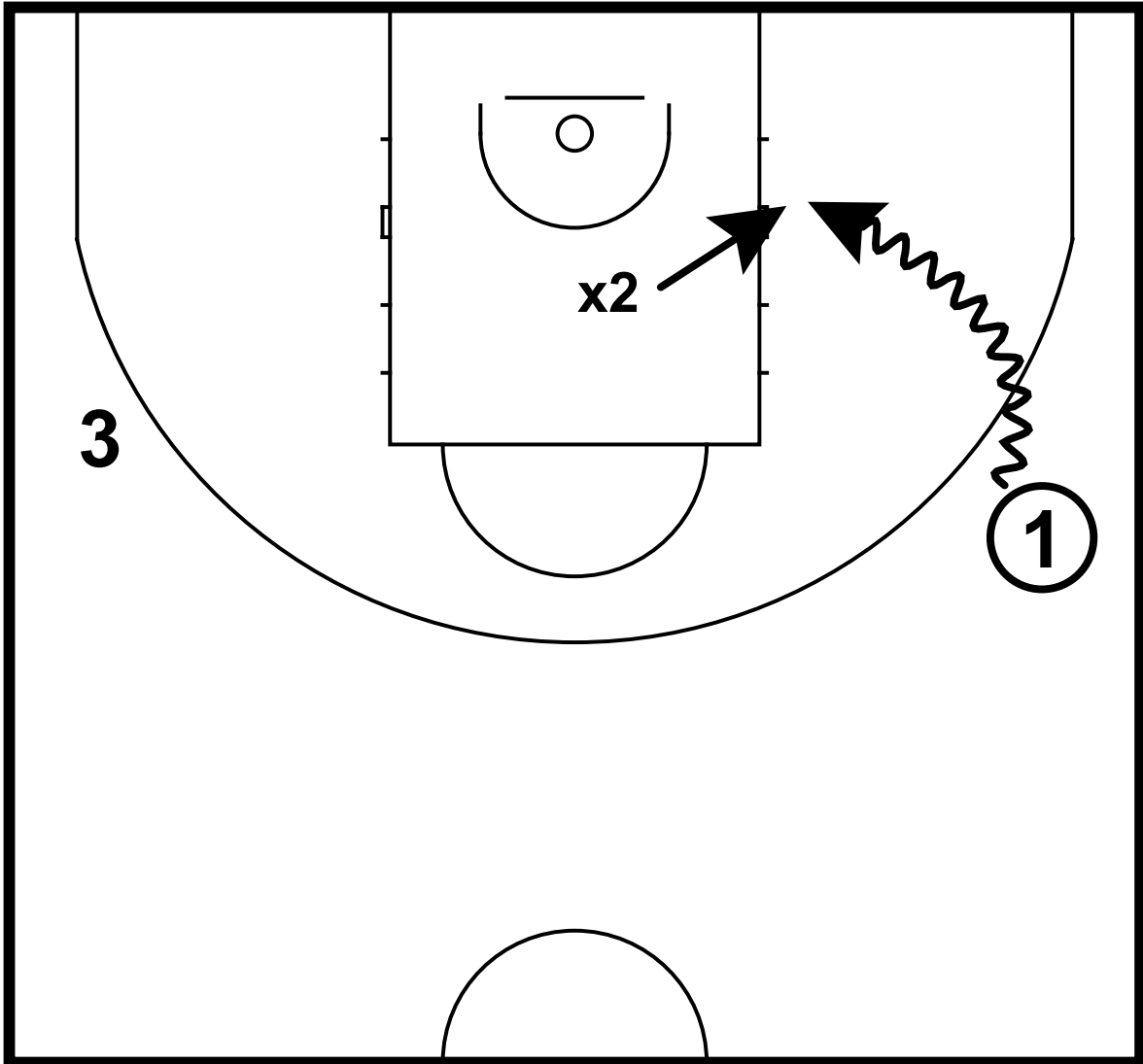
7 POINTS CONTESTING DEFENSE



PUNCTUL 4:HELPSIDE ,CAND ATACANTUL TAIE PE ARIPA OPUSA

COLEGIUL CENTRAL AL ANTRENORILOR FEDERATIA ROMANA DE BASCHET

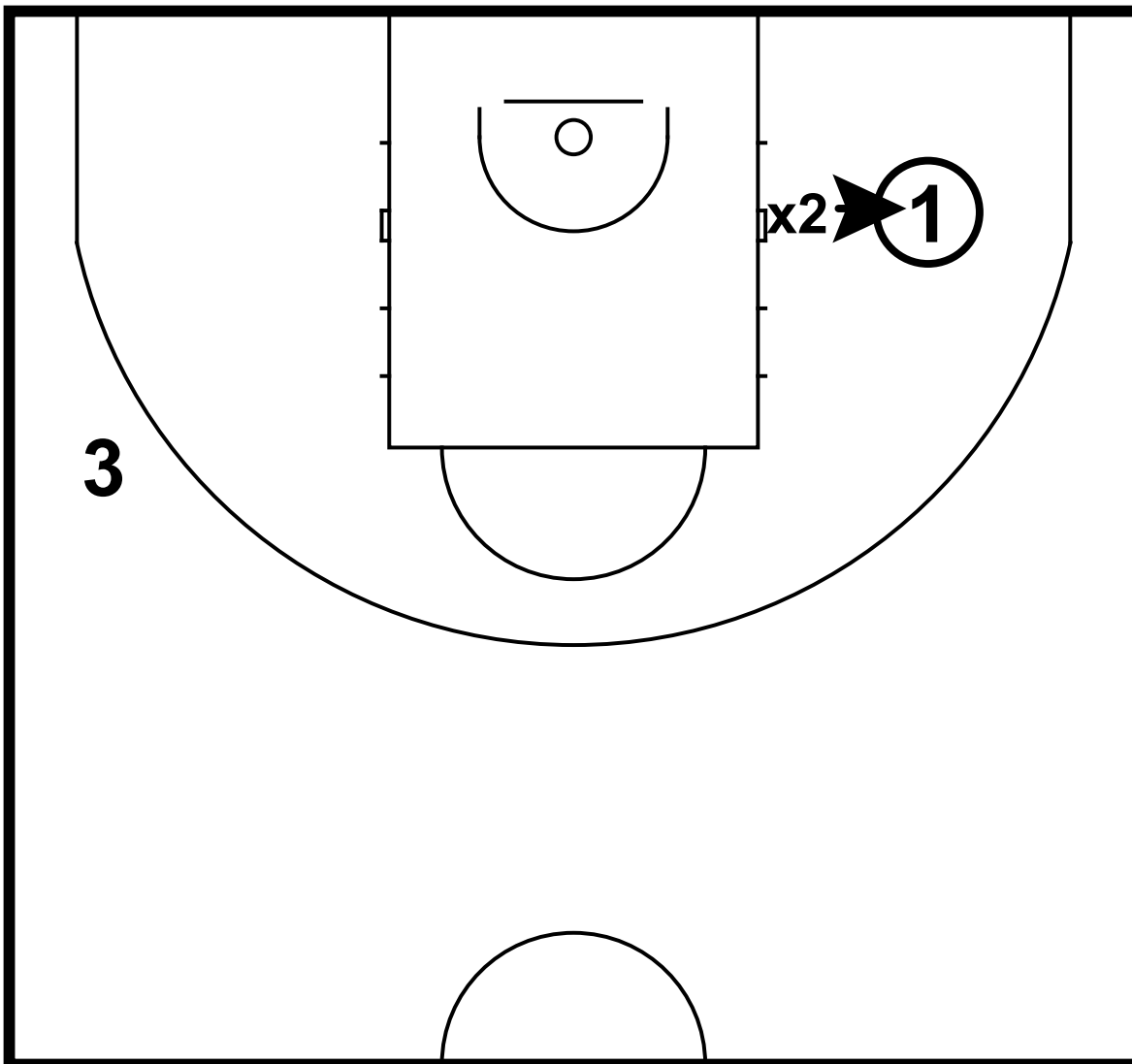
7 POINTS CONTESTING DEFENSE



PUNCTUL 5: INCHIDEREA PATRUNDERII CAND ARIPA PENETREAZA

COLEGIUL CENTRAL AL ANTRENORILOR FEDERATIA ROMANA DE BASCHET

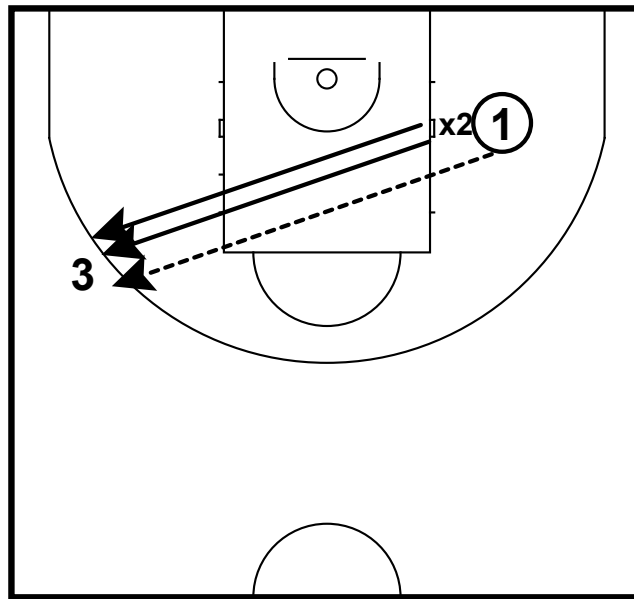
7 POINTS CONTESTING DEFENSE



PUNCTUL6: ATACANTUL IMPINGE MINGEA IN PIEPTUL APARATORULUI SI ACESTA IMITA FAULT OFENSIV

COLEGIUL CENTRAL AL ANTRENORILOR FEDERATIA ROMANA DE BASCHET

7 POINTS CONTESTING DEFENSE



PUNCTUL 7: ATACANTUL SKIP PASS PE ARIPA SI APARATORUL CLOSES OUT.

Pos	Description
	UN EXCELENT EXERITIU PENTRU A VA PUNE JUCATORII INTR-O BUNA POZITIE DEFENSIVA ,IN DIFERITE PUNCTE ALE TERENULUI DE JOC.
	CORECTATI IN PERMANENTA POZITIA APARATORULUI(CORP,PICIOARE,BRATE).
	DACA VEI PIERDE ECHILIBRUL PENTRU O SINGURA SECUNDA VEI FII BATUT.