


TRENER

ČASOPIS UDRUŽENJA KOŠARKAŠKIH TRENERA



Najvažnija
interpretacija
informacije

The Most
Important
Information
Interpretation



**Javier
Imbroda**



**Dušan
Ivković**

U susret
beogradskom
seminaru
**The Coming Up
Belgrade Clinic**

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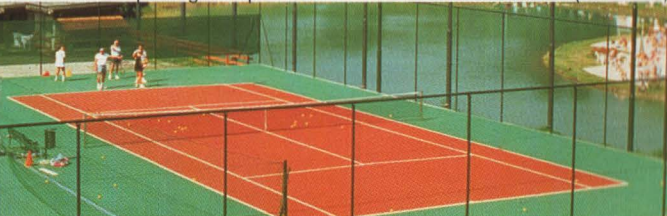
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Milan Opačić, izvršni direktor Beogradskog košarkaškog seminara

Milan Opačić, Executive Director of the Basketball Clinic Belgrade 2003

Za novo doba

For the new era

Udruženje košarkaških trenera Srbije i Crne Gore dalo je sve od sebe kako bi predstojeća Basketball Clinic Belgrade u potpunosti uspeła. Pripreme za ovaj događaj trajale su punih devet meseci. To praktično znači da su one počele neposredno pošto je juna prošle godine održan inauguralni beogradski međunarodni trenerski košarkaški seminar i sama ta činjenica dovoljno govori o ozbiljnosti sa kojom se prišlo organizaciji posla. Iza izvršnog direktora Basketball Clinic Belgrade Milana Opačića u tom periodu ostali su kilometri letova na dva kontinenta, mnoštvo ostvarenih kontakata i trud koji bi trebalo da bude materijalizovan kroz sadržajna predavanja renomiranih trenera i stručnjaka, ali takođe i veliku posećenost - barem na nivou prethodne klinike kada je zvanično zabeleženo 926 domaćih i oko 80 trenera iz inostranstva.

- U poslu kao organizacije Basketball Clinic Belgrade 2003 učestvovao je čitav tim ljudi. Članovi Upravnog odbora Udruženja košarkaških trenera Srbije i Crne Gore prezentovali su kliniku gde god je procenjeno da ćemo naići na dobar odziv, dok je iz kancelarije Udruženja koju vodi sekretar Mirko Ocokoljić poslato bukvalno na hiljade e-mail poruka. Poput ledenog brega čijih devet

Association of the Basketball Coaches of Serbia and Montenegro did its best in order to make the forthcoming Basketball Clinic Belgrade successful. Preparations for this event have lasted for nine months. This practically means that they began immediately after the inaugural Belgrade international basketball coaching seminar was held in June last year and the very fact shows of the seriousness of the organization of the job. Behind executive

director of the Basketball Clinic Belgrade Milan Opačić stayed kilometers of flight between the two continents, many contacts and effort that was supposed to be materialized through the contentful lectures of the renowned coaches and experts, but also a great number of visitors- at least at the level of the previous clinic when officially were reported 926 domestic and around 80 foreign coaches.

- A team of people took part in the job around the organization of the Basketball Clinic Belgrade 2003. The members of the Managing Board of the Association of basketball coaches of Serbia and Montenegro presented the clinic wherever it was assessed that we would encounter a good response, while from the office of the Association that is led by secretary Mirko Ocokoljic literally thousands of e-mails were



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desetina leži pod vodom, mi smo takođe delovali neprijetno, ali smo uvereni da će rezultati tog rada biti vidljivi svim trenerima i gostima našeg seminaru - podvlači crtu ispod učinjenog Milan Opačić.

Promotivna turneja počela je zimom u Los Anđelesu, nastavljena je na Final Four turniru Goodyear lige u Ljubljani, na šampionatu srpskocrnogorske dijaspore u Hamburgu, zatim u Atini, pa na Final Fouru Evrolige u Barseloni, a okončana je sredinom maja u Moskvi. Ta promocija bila je verovatno i najupečatljivija od svih. Legendarni stručnjak Aleksandar Gomeljski, sada predsednik CSKA, tom prilikom je izjavio: „Od 24 kluba u Evroligi, ove sezone 13 ih je imalo trenere sa prostora bivše Jugoslavije. Dvojica su odvela svoje timove na Final Four, a jedan je tamo trijumfovao. Pa, zašto onda ne bismo pokušali da učimo od njih? Smatram da su jugoslovenski trenerski metodi ispred američkih, bez obzira na to što najbolji košarkaši na planeti igraju u NBA ligi“.

I dok je na prethodnom seminaru celokupna predavačka postava u Beograd stigla upravo iz NBA lige, ovog puta su stvari postavljene nešto drugačije. Deo svog košarkaškog znanja posetiocima će teorijski i praktično preneti Greg Popović, trener San Antonio Spursa i nosilac šampionskog prstena, Havijer Imbroda, doskorašnji trener Reala i selektor nacionalnog tima Španije i Duško Ivanović iz Tau Keramike, dok će profesori Vladimir Koprivica i Dragan Koković dati specifičnu težinu seminaru predavanjima iz oblasti koje u današnje vreme postaju sve komplementarnije košarkaškom sportu.

- Mislim da će Basketball Clinic Belgrade 2003 sa svojim multidisciplinarnim pristupom biti mnogo sadržajnije od prethodne. Tri trenera i dva profesora izaći će pred slušaocima sa jako aktuelnim temama kao što je Ivanovićeve

„Priprema ekipe za plej-of seriju“ ili Imbrodina „Agresivna odbrana u prednjem polju“, što nisu od kraja istražene teme. Mislim da je fenomenalno što ćemo od Grega Popovića moći da čujemo šta se najbolje i najaktuelnije dešava u NBA ligi koja za nas postaje sve interesantnija i zato što joj se Evropa nezadrživo približava. Očekujemo da seminar rezultira poboljšanjem kontakata sa trenerima iz celog sveta, sa mnogo kvalitetnog pisanog i video materijala, a onda i konačnom realizacijom projekta vezanog za stažiranje u SAD probranih trenera iz Srbije i Crne Gore - naglašava Opačić.

Poseban ponos organizatori Basketball Clinic Belgrade 2003 izvlače iz činjenice što su posle trenera Dalas Maveriksa Dona Nelsona uspeali da u naš glavni grad dovedu Grega Popovića koji je u aprilu proglašen za Trenera godine u NBA ligi. On je svoje Spurse doveo do najboljeg skora u regularnom delu sezone, a onda i do velikog finala plej-ofa koje je u trenutku pisanja ovog teksta još bilo u toku. Treba reći da je prvi kontakt sa Popovićem ostvaren još u oktobru, a da je dogovor o dolasku u Beograd finalizovan 15. decembra, kada je sezona još uvek bila na početku i kada se njen rasplet ni izdaleka nije mogao predvideti. Treneri nekih NBA ekipa ovog leta biće gosti klinika širom Evrope, ali nema sumnje da je Basketball Clinic Belgrade i ovog puta izvukla „glavnu premiju“.

I. Bogunović

sent. Like an iceberg whose nine tenths are lying under water, we have also worked without being noticed, but we are convinced that the results of the work will be visible to all the coaches and guests of our seminar- resumes the job Milan Opačić.

Promotive tour began last winter in Los Angeles, and was continued at the Final Four tournament of Goodyear league in Ljubljana, at the championship of Serbian-Montenegrin diaspora in Hamburg, then in Athens, and at Final Four of the Euroleague in Barcelona and ended in the middle of May in Moscow. The promotion was probably the most noticeable out of all. Legendary expert Aleksandar Gomeljski, now president CSKA, stated in that occasion: «Out of 24 clubs in the Euroleague, this season 13 had coaches from the ex-Yugoslavia. Two of them took their teams to Final Four, and one triumphed there. Well, why wouldn't we try learning from them? I consider that Yugoslav coaching methods are in front of the American ones, no matter the fact that the best basketball players in the world play in the NBA league».

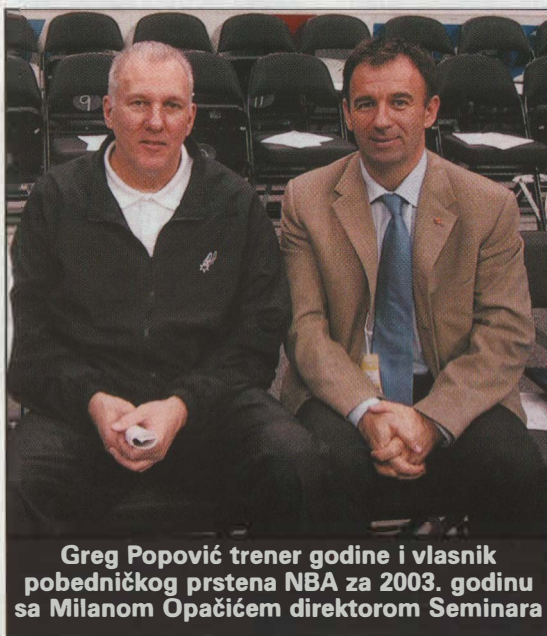
At the previous seminar all lecturers arrived to Belgrade directly from the NBA league, but this time the things are going different way. A part of their coaching knowledge Greg Popovic, coach of San Antonio Spurs and bearer of the champion ring, Javier Imbroda, ex-coach of Real Madrid and selector of the national team of Spain and Dusko Ivanovic from Tau Ceramica will offer theoretically and practically to the visitors, while the professors Vladimir Koprivica and Dragan Kokovic will give a special weight to the seminar with lectures from the areas that nowadays become more complementary to the basketball sport.

- I believe that Basketball Clinic Belgrade 2003 with its multidisciplinary approach will be more contentfull than the previous one. Three coaches and two professors will appear in front of the spectators with the current topics like the Ivanovic's «Team preparation for the play-off series» or Imbroda's «Aggressive defense in the front field», what are not issues that are completely studied. I think that it is

phenomenal that we will be able to hear from Greg Popovic what is the best and what is currently going on in the NBA league that becomes for us more interesting because Europe is unavoidably approaching it. We expect that the seminar results in the improvement of contacts with the coaches from all over the world, with many quality written and video material, and then in the final realization of the project related to the internship in the USA of the selected coaches from Serbia and Montenegro- points out Opačić.

Special pride the organizers of the Basketball Clinic Belgrade 2003 is the fact that after the Dallas Mavericks' coach Don Nelson, they managed to bring to our capital Greg Popovic who was in April proclaimed to be the Coach of the Year in the NBA league. He brought his Spurs to the best score in the regular part of the season, and then to the great finals of play-off that was going on at the moment of writing the text. One should say that the first contact with Popovic was realized in October, and that the agreement on his coming to Belgrade was concluded on 15th of December, when the season was still at its beginning and when no one could foretell its outcome. Coaches of some NBA teams this summer will be the guests of the clinics around Europe, but there's no doubt that the Basketball Clinic Belgrade got the «first prize» this time.

I. Bogunović



Greg Popović trener godine i vlasnik pobjedničkog prstena NBA za 2003. godinu sa Milanom Opačićem direktorom Seminaru

Havier Imbroda

Najvažnija je interpretacija informacije

Nekad je bilo najvažnije imati informaciju, sada, - uz modernu tehnologiju - svi mogu doći do nje ali razlika nastaje u adekvatnoj primeni i analizi saznanja koje dobijemo. Raduje me to što ću biti u Beogradu, oduvek sam se divio vašoj trenerskoj školi i filozofiji.

Havier Imbroda neće na "Clinic" od 27. do 29. juna doći kao trener Real Madrida iako je kao takav pozvan. U međuvremenu, posle debakla Reala u španskoj ligi (prvi put van plej-ofa) i izostanka iz Evrope, Imbroda je 30. maja smenjen. Imao je ugovor na još godinu dana, ali njegov prethodnik Serđo Skariolo imao je još dve kad je smenjen...Zakon rezultata je neumoljiv a u Španiji se ne libe da isprate (i isplate) trenera ako rezultati ne zadovoljavaju. Kada smo razgovarali za časopis "Trenner", Imbroda još uvek nije bio zvanično smenjen, ali je naslućivao šta mu se sprema:

- U Beogradu me i dalje želeći i kad (ako) ne budem trener Reala - pitao je sa pomalo gorkim osmehom ?

Odgovorili smo mu potvrdno jer jedna slaba sezona ne može da izbriše 20 godina karijare i stvoren renome. Imbroda se prošlog leta malo preračunao, ili nije dovoljno proanalizirao situaciju. Bio je selektor Španije, treće selekcije u Evropi, kada ga je zatekla ponuda Reala. Prihvatio je, na brzinu složio tim i nastavio pripreme za SP u Indianapolisu a kad se vratilo počele su nevolje: povrede, poraži, promene igrača, nervoza, zvižduci publike, štampa je počela da kritikuje...Sezona je ocenjena kao najgora u istoriji kluba i razlaz je bio neminovan, iako je Imbroda tvrdio da je voljan i spreman da započne novi projekt. No, ovde nije reč o njegovim nevoljama u Realu već o njegovim pogledima na basket i onome što će izložiti slušaocima seminaru u Beogradu.

**Da li verujete u opravdanost "Clinic-a" ?
Može li se na njima zaista nešto naučiti ?**

-Sve se može posmatrati iz različitih uglova. U principu, verujem da je ova vrsta okupljanja korisna za mlade stručnjake. Pre 20-ak godina "Clinic" je bio gotovo jedini izvor nekih saznanja, danas-u drugačijim uslovima-nema nekadašnji značaj ali je još uvek korisna forma da se u direktnom susretu vidi i čuje čovek koji je nešto napravio u košarci, ostavio neki trag. Osnovna razlika između nekad i sad je informacija. Nekad je u prednosti

Imbroda je uspešno predvodio špansku reprezentaciju na EP u Istanbulu

Havier Imbroda

Interpretation of information is most important

Some time ago having information was most important, nowadays- with modern technology- everyone can reach it but the difference is in the adequate application and analyses of the knowledge we get.

I am happy to come to Belgrade, and I have always admired your coaching school and philosophy.

Havier Imbroda will not come to Clinic from 27th till 29th of June as a coach of Real Madrid although he was invited as such. In the meantime, after the debacle of Real in the Spanish League (first time not in the play-off) and absence from Europe, Imbroda was replaced on 30th of May. He had a contract for one more year, but his predecessor Sergio Scariolo had two more years when he was replaced...The law of results is implacable and in Spain they don't hesitate in saying goodbye (and paying off) the coach when the results are not satisfying.

When we talked for the magazine »Trenner« (»Coach«), Imbroda has been officially replaced yet, but he had some hints what was going to happen:

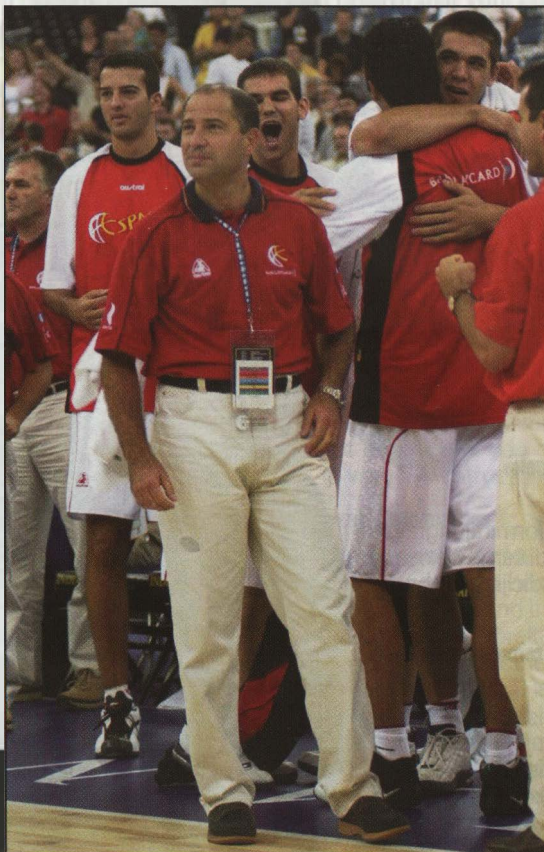
- Will the people in Belgrade still want me when (if) I cease being a Real Madrid coach?- he asked with a bitter smile.

We confirmed it because one bad season cannot delte 20 years of career and reputation. Imbroda made a bad assessment last summer or he didn't analyse enough the situation. He was a selector of Spain, the third national team in Europe, when he got the offer of Real Madrid. He accepted it, he immediately agreed and continued the preparations for the World Championship in Indianapolis and when he came back the troubles started: injuries, defeats, changing players, nervose, audience whistles, critics of the press...Season was assessed as the worst in the club history and the separation was inevitable, although Imbroda claimed that he was willing and ready to start a new project. But, it is not the matter of his troubles in Real but of his opinions on basket and on what he will say to the spectators of the seminar in Belgrade.

Do you believe in the justification of a Clinic? Can one really learn something there?

- Everything can be observed

Imbroda successfully led the Spanish national team at the European Championship in Istanbul



Javier Imbroda

Francisco Javier Imbroda-Ortiz

Datum i mesto rođ.: Melilla, 08/01/1961

Godine: 42

Nacionalnost: Španac

Debi u ACB: 15/10/1988

bio onaj ko je pravovremeno imao informaciju, danas je onaj koji zna bolje da je interpretira. Danas je lako doći do informacije, ali je važno kako je analiziramo i primenjujemo.

Sećate li se vašeg prvog "Clinic" kao slušalac ?

-Kako da ne, mada nisam siguran da li je to bilo 1980. ili 1981. Međutim, sećam se da sam otišao u Granadu i da je predavač bio...Mirko Novosel.

Poznata je Vaš respekt za košarku sa istoka Evrope. Da li je taj prvi seminar uticao na vaše trenersko formiranje ?

-Sigurno da jeste. Drugi značajni momenat u mojoj karijeri bio je tromesečni boravak u stručnom štabu Litvanije i učešće na Olimpijadi u Barseloni 1992. Za ta tri meseca mnogo sam naučio, ne samo o košarci već i o mentalitetu ljudi.

Kako je došlo da budete u stručnom štabu Litvanaca ?

-Homicius i Sabonis su imali kuće u Torremolinosu kraj Malage gde sam ja bio trener. Pitali su me da li bi mogli da malo treniraju sa nama...Tako je nastao kontakt, na njihov predlog i nagovor prihvatio sam angažman u njihovoj reprezentaciji i na neki način učestvovao u osvajanju bronzane medalje u Barseloni. Bila je to velika čast za mene, ali sam takođe mnogo naučio. Pre svega, pomoglo mi je da bolje shvatim mentalitet igrača sa Istoka. To je oduvek bila tajna za mene.

Šta ste uočili ?

-Mnogo toga, ali ispričaću vam samo jedan detalj o motivaciji. Na jednom turniru pred igre u Barseloni Litvanija se sastala sa ZND, ekipom Zajednice Nezavisnih Država, odnosno bivšim Sovjetskim Savezom. Iako su igrači bili između sebe veliki prijatelji, na terenu se nišu poznavali. Neko se u litvanskom taboru setio da motiviše igrače tako što će im "ponuditi" da pobeđu protivnika sa poenom razlike za svaku godinu "okupacije", odnosno ne bas dragovoljnog boravka Litvanije u okviru SSSR. Znaete koliko je bilo na kraju? Plus 40...

A šta mislite o dominaciji takozvane srpske trenerske škole ?

-Mislim da vaši treneri znaju da formiraju igrača i da iz njega izvuku maksimum. Ne radi samo o košarkaškom znanju i talentu, već i o tradiciji, posebno istoriji.

Vi ste po obrazovanju profesor istorije, tama vam je bliska ?

-Kako da ne, kad čovek poznaje istoriju bilo koje zemlje lakše razume njene ljude i njihov mentalitet. Taj pobeđnički duh koji imaju vaši igrači i treneri posledica je procesa formiranja u kojima je istorija, makar i indirektno, imala veliki uticaj. Zato nije nikakvo čudo što vaši igrači dominiraju čak i u NBA. I znate šta

from different angles. In the principle, I believe that this type of gathering is useful for young experts. Twenty years ago Clinic was almost the only source of some knowledge, nowadays in different conditions it doesn't have the former significance but it is still useful form to directly see and hear the man that achieved something in basketball, left some trace. Basic difference between then and now is the information. Some time ago in advantage was the one that had timely information, nowadays in advantage is the one that knows to interpret it the best. Nowadays it's easy to reach the information, but the most important is how we analyse and apply it.

Do you remember your first Clinic as a spectator?

- Surely I do, although I am not sure whether it was in 1980 or 1981. However, I remember that I went to Granada and that the lecturer was...Mirko Novosel.

Everyone knows your respect for the Eastern Europe basketball. Did this first seminar influence your formation as a coach?

- It certainly did. The second important moment in my career was the three month staying in the expert headquarters of Lithuania and participation in Olympics in Barcelona in 1992. Within those three months I learnt a lot, not only about basketball but also about the mentality of people.

How did it happen that you came to the expert headquarters of the Lithuanians?

- Homicius and Sabonis had houses in Torremolinos near Malaga where I coached. They asked me to coach with us...So we made a contact, and at their suggestion and persuasion I accepted the engagement in their national team and in some way participated in the winning of the bronze medal in Barcelona. I was a great honour for me, but I also learnt a lot. Above all, it helped me to realize better the mentality of the players from East. It was always a secret for me.

What did you find out?

- Lots, but I will tell you just a detail on motivation. At a tournament before the Olympics in Barcelona Lithuania played with ZND, team of the Union of Independent States, ie. the ex Soviet Union. Although some players were among themselves very good friends, at the court they didn't know each other. Somebody in the Lithuanian camp got the idea to motivate the players by »offering« them to win the opponent with a point of difference for each year of occupation, ie. not willing staying of Lithuania within the Soviet Union. Do you know what was the final score? Plus 40...

What do you think of the domination of so called Serbian coaching school?



još ? Između vaše i naše košarke najveća razlika su upravo treneri-učitelji. Vi ste uvek imali one koji su ostavljali trag iza sebe, srećni da mogu svoje znanje nekome da prenesu. Mi u Španiji, osim donekle Antonia Diaz-Migela, nikada nismo imali učitelje. Jesmo imali trenere, ali ne i učitelje, ako me razumete...Zato je vaša košarka veoma dobro struktuirana.

Od koga ste vi učili ?

-Ja sam, uglavnom, samouk ! Ne zato što sam tako hteo već zato što nisam imao od koga da učim ! Ja sam rođen u Melilji, ako ima onih koji ne znaju, to je u Africi, s druge strane Gibraltara. Moj prvi susret sa košarkom bio je preko starijeg brata koji je danas predsednik opštine u Melilji. On je igrao košarku i zarazio me...Po ceo dan sam bacao loptu, ili neku krpenjaču, ka improvizovanom košu u dvorištu. U školi smo imali na igralištu dva gola i 8 koševa, golovi su bili non-stop zauzeti pa je lakše bilo prići košu...

Koji je prvi veliki košarkaški događaj koji pamтите ?

-Evropsko prvenstvo u Barseloni 1973. Nisam video ni jednu utakmicu iako smo imali TV prijemnik, naravno crno-beli. Ne sećam se više da li nije bilo prenosa ili signal nije došao do Afrike...Slušao sam radio-prenose i u sobu zalepio poster reprezentacije koja je osvojila srebrnu medalju izgubivši u finalu od Jugoslavije. Prvi veliki događaj koji dobro pamtim je Svetsko prvenstvo u Kaliju 1982. koje smo pratili takođe na radiju, a prvi veliki TV-doživljaj je Evropsko prvenstvo u Nantu 1983. kada smo osvojili srebrnu medalju.

Kako ste stigli među trenere ?

-U skromnoj igračkoj karijeri bio sam plejmejker što je nekakva predispozicija za trenerski posao, ali nisam pomišljao na profesionalnu karijeru. Po završetku srednje škole upisao u Malagi studije medicine i istovremeno igrao za tamošnji klub Maristas u kome sam trenirao klince u mini-basket sekciji. Sećam se, zarđivao sam 5.000 peseta mesečno (oko 30 današnjih evra). To je bio moj prvi novac zaraden u košarci, dovoljno da platim autobus. Međutim, medicina mi nije išla, vraćam se u Melilju gde upisujem istoriju i istovremeno igram. Po završetku studija dobijam posao u školi i počinjem da radim kao profesor ...Tada stiže poziv Maristas-a da budem trener, ali mi takođe nude posao profesora u školi. Prihvatim i posle Olimpijade u Los Anđelesu 1984. selim se definitivno za Malagu. U narednih sedam godina paralelno ću raditi u školi i kao trener...Mnogi igrači bili su stariji od mene.



- I believe that your coaches know to form the player and to take the maximum out of him. It is not the matter of basketball knowledge and talent, but of tradition, especially history.

Your profession was the professor of history so you are familiar with the issue?

- Of course, when one knows history of some country he understands more easily its people and mentality. This winning spirit that our players and coaches have is the consequence of the process of formation in which history, at least indirectly, had lots of influence. So it's no wonder that your players dominate even in the NBA. Do you know something else? Between your and our basketball the greatest difference are the very coaches- teachers. You have always had the ones that left trace, happy to transmit their knowledge to others. We in Spain, besides partly Antonio Diaz Miguel, have never had teachers. We had coaches, but not teachers, if you understand me...Thus your basketball is very well structured.

Who was your teacher?

- I am, mostly, self-taught! It's not because I wanted it to happen that way but because I had nobody to learn from! I was born in Melilla, and if there are those who don't know, it's in Africa, opposite Gibraltar. My first encounter with basketball was over my older brother who is nowadays a president of the municipality in Melilla. He played basketball and he infected me...I used to throw ball, or a rag ball, whole day into the improvised basket in the yard. In the school we had two goals and eight baskets in the playground, the goals were occupied most of the time so it was easier to approach the basket...

What is the first major basketball event you remember?

Karijera

- 1984-85 : Maristas Málaga (Primera B)
 - 1985-86 : Maristas Málaga (Primera B)
 - 1986-87 : Maristas Málaga (Primera B)
 - 1987-88 : Maristas Málaga (Primera B)
 - 1988-89 : MAYORAL MALAGA
 - 1989-90 : MAYORAL MALAGA
 - 1990-91 : MAYORAL MALAGA
 - 1991-92 : MAYORAL MALAGA
 - 1992-93 : UNICAJA-MAYORAL MALAGA
 - 1993-94 : UNICAJA POLTI
 - 1994-95 : UNICAJA
 - 1995-96 : UNICAJA
 - 1996-97 : UNICAJA
 - 1997-98 : UNICAJA
 - 1998-99 : CAJA SAN FERNANDO
 - 99-2000 : CAJA SAN FERNANDO
 - 2000-01 : CAJA SAN FERNANDO
- 15/04/2001, posle 27. kola, napustio je ekipu, tim je preuzeo njegov pomoćnik Javier Fiho. - 2001-02 : Selektor
- 2002-03 : REAL MADRID

Kako danas izgleda taj period početka ?

- Puno sam naučio u Malagi. Imao sam sreće da se početak mog ozbiljnog bavljenja profesionalnom košarkom podudara sa "bumom" basketa u Španiji. Olimpijska medalja iz Los Anđelesa bila je veliki impuls, ali je takođe i ekonomija napredovala ogromnim koracima. Basket je ušao na velika vrata u naše domove, počele su da stižu kasete iz NBA, tadašnje američke zvezde izgledale su nam kao sa druge planete...Odjednom su nam se otvorile oči.

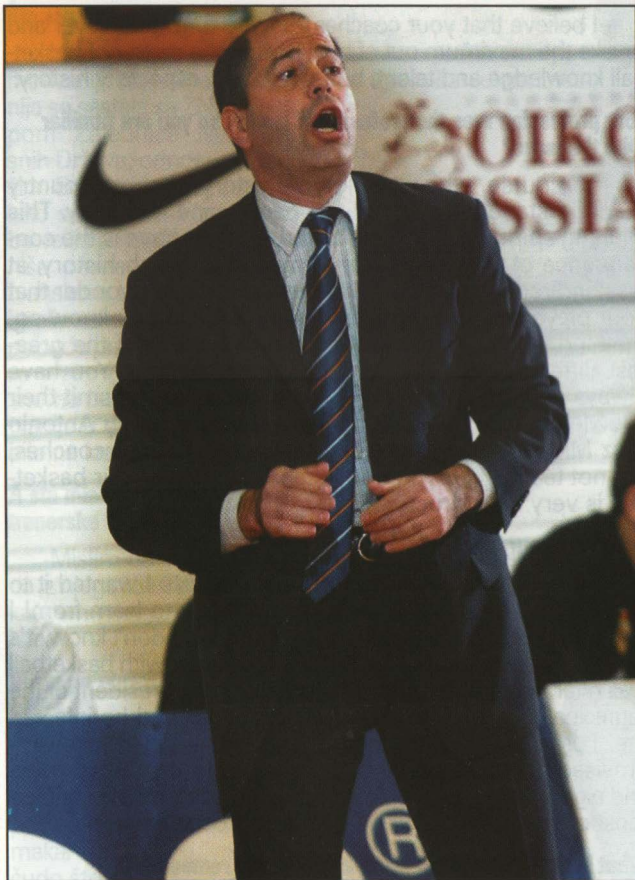
Kada planirate ekipu, da li biste prvo doveli plejmejкера ili centra ?

-Ekipa je kao šasija automobila, mora da postoji neka osovina koja povezuje sve delove. Za mene je ta osovina odnos između "jedinice", odnosno pleja, i "četvorke", univerzalnog krilnog igrača koji može da obavi više uloga. Uloge igrače se takođe menjaju. Nekada je plejmejkeru poslednja uloga bila davanje poena, danas može biti prvi strelac ekipe. Pojava "Medžik" Džonsona bila je zaista revolucija u svetu basketa.

NBA je nekada bila svet za sebe, danas je puna evropskih igrača. Verujete li da će u dogledno vreme neki evropski trener postati "head coach" u nekom NBA timu ?

-Siguran sam u to. Desiće se isto što i sa igračima, u početku će to biti stidljivo, izolovano, ali ta NBA brava se definitivno otključava. Mislim da će prethodno ipak morati da prođu period adaptacije kao članovi nekog stručnog štaba, ali nema dileme da među Evropljanima ima trenera sposobnih da vode NBA ekipe....Kada je Španija pobedila SAD u Indianapolisu, što im je bio treći poraz, prišao mi je jedan funkcioner američke reprezentacije i onako sponatno rekao da Amerika treba da obavi "ispit savesti" a da treneri treba da idu u Evropu da bi proširili svoje vidike...To važi i za trenere u NCAA koji sve manje utiču na formiranje igrača mada su i igrači nestrpljivi i žele da preskoče univerzitet i direktno iz srednje škole odu u NBA. To se američkoj košarki vraća kao bumerang.

Vladimir Stanković



- European Championship in Barcelona in 1973. I have never seen a match although we had a TV set, of course white-black one. I don't remember anymore whether there was a broadcast or signal didn't reach Africa...I used to listen radio broadcasts and put a poster in my room of the national team that won the silver medal losing in finals against Yugoslavia. The first major event I remember well was World Championship in Kali in 1982 that we used to hear on radio and the first TV event was European Championship in Nantes in 1983 when we won the silver medal.

How did you become a coach?

- In the modest playing career I was a playmaker what is a sort of predisposition for the coaching job, but I didn't think of professional career. Having ended a high school he enrolled in Malaga studies of medicine and at the same time played for the local club Maristas where I used to train kids in the mini-basket section. I remember, I earned 5.000 pesetas a month (around 30 euros nowadays). This was the first money earned in basketball, enough to pay the bus ticket. However, I wasn't good at medicine, I went back to Melilla where I enrolled history and played at the same time. Upon ending the studies I got the job in the school and began to work as a professor...Then I was invited by Maristas to coach there but also I got the job as a professor in school. I accepted and after the Olympics in Los Angeles in 1984 I moved definitely to Malaga. In following 7 years I parallelly worked in school and as a coach...Many players were older than I am.

What do you think of the period of beginning?

- I have learnt a lot in Malaga. I was lucky that the beginning of my serious going in for professional basketball coincides with the »boom« of basketball in Spain. Olympic medal from Los Angeles was a great impetus, but also the economy moved forward in huge steps. Basketball entered our homes, cassettes from the NBA started to arrive, the former American stars seemed to us like from the other planet...Suddenly our eyes were opened.

When you play the team, would you bring first a playmaker or a centre?

- A team is like a car chassis, there has to be some axis that connects all the parts. For me this chassis is the relation between »1«, ie. play and »4«, universal wing player that can perform many roles. Players' roles also change. Before the last role of the playmaker was scoring, nowadays he may be the best shooter of the team. The appearance of »Magic« Johnson was a real revolution in the world of basketball.

The NBA used to be a world for itself, nowadays it's full of European players. Do you believe that in near future some European coach will become a »head coach« in some NBA team?

- I believe so. What happened to the players will happen again, in the beginning there will be shy, isolated cases, but the NBA lock definitely is unlocking. I think that they will have to experience a period of adaptation as members of some expert headquarters, but there's no dilemma that among the Europeans there are coaches capable of coaching NBA teams...When Spain won the USA in Indianapolis, what was their third defeat, an official of the American national team approached me and spontaneously said that the USA will have to do an »exam of consciousness« and the coaches should go to Europe to widen their views...This is also valid for the coaches in the NCAA that influence less on the players' formation although players are impatient and want to skip the university and go directly from the high school to the NBA. This returns to the American basketball as a boomerang.

Vladimir Stanković

*U susret Beogradskom
košarkaškom seminaru*

Duda čeka prijatelje

Idejni tvorac i strateg ove klinike Dušan Ivković, posle uspešne sezone u CSKA, već je na licu mesta i sa svojim saradnicima vrši poslednje „glancanje“, pred početak najkvalitetnijeg košarkaškog seminaru koji će ove godine biti održan u Evropi. Predsednik Udruženja košarkaških trenera SCG i Svetske trenerske asocijacije Dušan Ivković, praktično je u ulozi domaćina ove klinike, jer su predavači od najvišeg košarkaškog kredibiliteta i mnogi ugledni gosti koji će boraviti na Klinici i njegovi lični i sportski prijatelji. To je bio povod za ovaj razgovor.

Greg Popović zvanično najbolji trener Amerike, i kormilar šampiona NBA lige (Amerikanci vole da kažu svetskog prvaka) San Antonio Sparsa, dolazi u Beograd kao predavač na drugoj košarkaškoj klinici (27. – 29. jun). Zajedno sa njim, sa našim i inostranim polaznicima radiće Havijer Imbroda, sada već nekadašnji trener Real Madrida i španske reprezentacije, Duško Ivanović, prvi stručnjak Tau Keramike i doktor Dragan Koković i Vladimir Koprivica. Biće ovo jedinstvena prilika da se mnogo toga nauči – iz prve ruke.

Prošle godine, gosti – predavači su bili Don Nelson, trener Dalas Maveriksa i Igor Kokoškov, član stručnog štaba Los Anđeles Klipersa. Tada, a posebno sada Beogradska klinika je najbolja u Evropi. Uostalom, jugoslovenska košarka taj epitet i zaslužuje, jer ovde, na našim prostorima igra se najbolji basket na svetu!

Jedan od glavnih „krivaca“ za ovako visok rejting predavača je, svakako, Dušan – Duda Ivković, predsednik svetskog i našeg Udruženja trenera i prvi stručnjak moskovskog CSKA.

- Uspeh prošlogodišnje klinike koja je zabeležila dobre rezultate, obavezao nas je da ova bude još bolja – kaže Ivković. – „Nosilac posla“ biće najbolji trener Amerike Greg Popović koga lično poznajem 15-ak godina, od vremena kada je Zarko Paspalj igrao u San Antoniju. Tada smo postali i prijatelji, često se čujemo...

Za razliku od prošle godine kada su predavači bili, uglavnom iz NBA, ove će stručnost biti – kombinovana. Uz Popovića, veliko znanje i iskustvo našim i stranim polaznicima seminaara prenošiće Španac Havijer Imbroda i naš Duško Ivanović.

- Bilo je, posle prve klinike, dobronamernih kritika mojih prijatelja koje izuzetno poštujem da NBA stručnjake kombinujemo sa evropskim – nastavlja Ivković. – Poslušali smo i pozva-

Approaching Belgrade International Clinic

Duda waits for friends

The author and the strategist of the clinic Dusan Ivkovic, after the successful season with CSKA, is already on the very place of happening and with his associates does the last »polishing«, before the beginning of the most quality basketball coaching seminar that will be held in Europe. The President of the Association of Basketball Coaches of Serbia and Montenegro and World Coach Association, Dusan Ivkovic, is practically the host of the Clinic, because the lecturers have the highest basketball credibility and many renown guests that will assist the Clinic and his personal and sports friends. This was the reason for this conversation.

Gregg Popovich, officially the best US coach and perhaps a coxswain of the champion of the NBA league (Americans like to say that's the world champion), San Antonio Spurs, comes to Belgrade as a lecturer at the second basketball Clinic (27-29th of June). Javier Imbroda, now the ex coach of Real Madrid and of the Spanish national team, Dusko Ivanovic, first expert of Tau Ceramica and PhD Dragan Kokovic and Vladimir Koprivica will work together with him, with our and foreign participants. This will be a unique opportunity to learn a lot directly.

Last year, the guests-lecturers were Don Nelson, coach of Dallas Mavericks and Igor Kokoskov, a member of the expert headquarters of the Los Angeles Clippers. Then, and especially nowadays Belgrade Clinic was the best in Europe. Yugoslav basketball deserves this epithet because here, the best basketball in the world is played in our region.

One of the main «guilty» persons for such a high rating of the lecturers is certainly Dusan Duda Ivkovic, president of the world and our Association of coaches and expert of the Moscow CSKA.

- The success of the last year's Clinic that achieved good results, obliged us to make this Clinic even better - says Ivkovic. «Task bearer» will be the best coach of the USA Gregg Popovich whom I have known personally for 15 years, from the time when Zarko Paspalj played in San Antonio. Then we became friends, we hear each other often...

In contrast to the last year when lecturers were mostly from the NBA, this year the experts will be combined. Besides Popovich, great knowledge and experience to our and foreign visitors of the seminar will transmit a Spanish Javier Imbroda and our Dusko Ivanovic.

- There were, after the first Clinic, well-willing critics of my



li Imbrodu i prvi put našeg stručnjaka Duška Ivanovića koji uspešno radi i dokazuje visoku stručnost u Španiji, ali ne treba da se zaboravi da je on član našeg Udruženja trenera.

Kao predavači uključena su i dvojica profesora koji će objasniti šta se događa sa mladićima između 16. i 17. godine. U startu budu veliki talenti, daleko najtalentovaniji u Evropi, dominiraju u pionirskoj konkurenciji, kasnije kao juniori se izgube... Govoriće i o fizičkoj pripremi igrača.

U isto vreme, u Evropi se održava još nekoliko klinika, a ova, beogradska je, naravno, najjača.

- Uspeli smo da obezbedimo najbolje stručnjake, pre svega zbog toga što smo ih na vreme pozvali, jer imamo sponzora (TAF) koji je pokrio veisoke troškove – kaže Ivković. – Naravno, mnogo su uradili i Paspalj koji ima stalnu vezu sa Gregom

i izvršni direktor Opačić koji je utanačio sve detalje. A gospodina Popovića smo pozvali i zbog toga što je njegova trenerska filozofija okrenuta ka evropskoj košarki. Što se Imbrode tiče, vrhunski je stručnjak iako je Real imao slabu sezonu.

Sve ovo ne bi bilo ovako uspešno da nije pronađen sponzor (TAF) koji će pokriti troškove, pre svega avionskih karata (treneri NBA putuju samo prvom klasom).

Beogradska klinika će ponovo biti najbolja i najposećenija. Uostalom, to i zaslužuje zemlja u kojoj se igra najbolja košarka na svetu. Imamo najbolje trenere (u svim velikim evropskim klubovima vode glavnu reč) igrače ali i domaće stručnjake (na našim terenima aktivno radi više od hiljadu trenera). Naravno i naši stručnjaci koji, zahvaljujući entuzijazmu Duda Ivkovića kod kuće mogu na delu da vide sve novo i najbolje što se u svetu primenjuje.

Gotovo je sigurno da će se u NBA naredne godine otimati ko će da dođe u Beograd. Put su utrljali Don Nelson i Greg Popović.

- Zadovoljni smo što sve ide ovako, što nam svet dolazi, ali ne smemo da zaboravimo da smo prošle godine, posle prve klinike zatekli blokiran račun – zaključuje Ivković. – Nadam se da je to prošlost jer ovo je stvarno najbolji način da edukujemo naš trenerski kadar. Uostalom, naši stručnjaci, za razliku od stranaca, ništa ne plaćaju.

Udruženje trenera Srbije i Crne Gore je deo Košarkaškog saveza Srbije i Crne Gore.

- Imamo izuzetne odnose sa ljudima iz "kuće košarke" – kaže Ivković. – Nažalost, imamo i problema, ali imaju ih, još veće nego mi i sve nacionalne trenerske organizacije u Evropi. Prošle godine račun nam je bio blokiran, ove smo uspeli sve da "odradimo" onako kako treba i klinika će ispuniti osnovni zadatak – edukacija našeg trenerskog kadra.

Dudi i ostalim ljudima koji su se angažovali da klinika uspe ništa nije teško. I ono malo slobodnog vremena za odmor posvećuju svojoj najvećoj ljubavi – košarki. Ne štede se, a razlog za sve to je jasan: i oni su svojevremeno od nekoga učili. Možda samo na domaćim terenima, a sada, kada uslovi dozvoljavaju, prava je sreća da nam "na noge" dolaze najbolji iz sveta i Evrope.

P. Mirmak

friends that I extremely respect to combine the NBA experts with the European ones – continues Ivković. – We obeyed and called Imbroda and for the first time our expert Dusko Ivanovic who works successfully and proves to be a brilliant expert in Spain, but we should not forget that he is a member of our Association of the coaches.

Two professors are included to be the lecturers and they will explain what is happening to the young men that are 16, 17 years old. They are great talents in the beginning, far the most talented in Europe, they dominate in the pioneer competition, later they are lost as juniors... We will also talk about the physical preparation of the players.

At the same time, a few Clinics are held in Europe, but this, the Belgrade one, is certainly the best.

- We managed to provide the best experts, above all because we invited them in time, because we have a sponsor (TAF) that covered all the expenses – says Ivković. Of course, Paspalj that is in constant touch with Gregg and the executive director Opačić, that agreed all the details, have also done a lot. We invited Mr Popovich because his coaching philosophy is opened towards the European basketball. Regarding Imbroda, he is the top expert although Real had a bad season. Everything wouldn't have been so successful if we hadn't found a sponsor (TAF) that will cover all the expenses, above all the airplane tickets (NBA coaches travel only in the first class).

Belgrade Clinic will be again the best and most visited. Anyway, the country where the best basketball in the world is played deserves this. We have the best coaches (in all big European clubs they decide), players and domestic experts (in our courts actively work more than a thousand coaches). Certainly our experts that, thanks to the enthusiasm of Duda Ivković, may see at home everything new and the best that is applied in the world.

It is especially certain that in the NBA next year they will seize the opportunity to come to Belgrade. Path was paved by Don Nelson and Gregg Popovich.

- We are satisfied that everything goes like this, because the world is coming, but we mustn't forget that last year, after the first Clinic we had an account blocked – concludes Ivković. – I hope that this is past because this is really the best way to educate our coaching experts. Our experts, in contrast to the foreigners, do not pay anything.

The Association of Basketball Coaches of Serbia and Montenegro is part of the Basketball Union of Serbia and Montenegro.

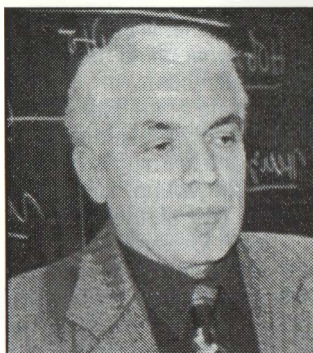
- We have extraordinary relations with the people from the «House of Basketball» – says Ivković. Unfortunately, we have problems, but others have them also, even bigger than we do and all the national coaching organizations in Europe. Last year our account was blocked, but this year we managed to «manage» everything it should be done and the Clinic will fulfill its major task – education of our coaches.

Nothing is difficult for Duda and other people that engaged in order to make the Clinic successful. Little free time for rest they dedicate to their greatest love – basketball. They don't spare themselves, and the reason for everything is clear: they were also taught by someone. Perhaps only at the domestic courts, and nowadays, when conditions allow it, we are happy to receive the best ones from the world and Europe to our place.

P. Mirmak



**U grupi vrhunskih stručnjaka:
Duško Ivanović
2) Dusko Ivanovic in the group
of top experts**



Prof. dr Dragan
Koković - VKŠ

Socio-psihološki aspekti razvoja mladih igrača

Socio-psychological aspects of the development of young players

Stvaranje igrača je tegoban i dugotrajan proces koji se, posmatrano sistemski, može predstaviti kibernetičkim modelom imputa (ulaska) u trenajne procese i izlaskom (autputom), konkretnije rečeno stvaranjem igrača sa produktivnom orijentacijom.

Mladi igrač dolazi iz okruženja koje podrazumeva određenu kulturu, podneblje, rasu, naciju, sloj, klasu, porodicu, obrazovanje, itd. On je u velikoj meri determinisan životnim uslovima i drugim procesima uslovljavanja. Postoje tri široko prihvaćene koncepcije, pojedinačne ili u kombinacijama, koje objašnjavaju uslove i situacione uticaje na razvoj mladih igrača.

„Mladi igrači moraju da nauče da poštuju individualne razlike unutar svoje grupe, da prihvataju i zajedno žive sa svojim saigračima koji, u nekim slučajevima, mogu da pripadaju drugačijoj socijalnoj grupi, rasi, konfesiji, etničkoj grupi, zemlji, gradu, itd. i koji mogu da imaju drugačije ideje i ponašanje. Oni moraju da poštuju razlike koje se ispoljavaju tokom igranja košarke zbog toga što neki igraju bolje od ostalih, neki savladavaju neke veštine brže od ostalih, neki igraju duže od ostalih, itd...“ (Jose Maria Buceta)

Genetički determinizam polazi od nasleđstva i u osnovi tvrdi da su mnoge manifestacije pojedinca stvar nasleđa i onoga što su nam ostavili naši preci (narav, karakter, temperament, i sl.).

Psihološki determinizam tvrdi da su obrasci ponašanja mladog igrača rezultat onoga što su nam učinili roditelji. Vaspitanje i iskustvo iz detinjstva suštinski predodređuju razvoj ličnosti i njenu karakternu strukturu. Ako se igrač plaši da bude predvodnik grupe, to je, između ostalog, rezultat roditeljskog vaspitanja. Mlad igrač koji se oseća strašno krivim kada pogreši, «seća se» emocionalnog scenarija iz vremena kad je bio ranjiv, osetljiv i zavisn. Na njega može uticati i eventualno kažnjavanje u kojem su trpele njegove emocije, odbacivanja i potcenjivanja, poređenja sa drugima kad nije bio na visini očekivanja.

Ambijentalni determinizam u osnovi tvrdi da na razvoj pojedinca (igrača) mogu uticati šefovi, treneri, suparnici, ekonomska situacija, državna politika, itd. Ne treba zaboraviti da veliki broj mladih sportista dolazi iz zemalja koje sportu poklanjaju ogromnu pažnju, ali uvek se nadu i oni koji dođu iz zemalja koje sportu jedva da poklanjaju mrvicu pažnje. Vrhunska postignuća svakog pojedinca odraz su ovih različitih uslova ali i vere u samog sebe, u predani rad koji ulaže kako bi delotvorno pomogao sam sebi.

Za košarkaškog trenera, napredovanje razvoja mladog igrača je posebno važno. Ako ga neuzme u obzir u svom pristupu igračima, vrlo je verovatno da će doći do pogrešnih interpretacija u odnosu na sposobnost ostvarivanja određenih postignuća – posebno kod mladih igrača, što može imati dalekosežne i teške posledice.

U neprestanom učenju tehnike, taktičkih varijanti kretanja po terenu, važna je psihologija obučavanja i učenja. Mnogi treneri, kad su u pitanju mladi igrači ne poznaju krivulju postignuća, ko-

Creating a player is a difficult and longlasting process that, systematically speaking, may be presented with a cybernetic model of input (entry) into the training processes and output (exit), and more concretely speaking, with the creation of players with productive orientation.

A young player provides from the surroundings that has certain culture, area, race, nation, stratum, class, family, education, etc. He is in great measure determined with his life conditions and other conditioning processes. There are three widely accepted conceptions, particular ones or in the combinations, that explain the conditions and situational influences at the development of young players.

»Young players have to learn to respect individual differences within their group, to accept and to live together with their teammates that, in some cases, can belong to different social group, race, religious confession, ethnic group, country, town, etc. and that can have different ideas and behaviour. They have to respect the differences that appear while playing basketball because some of them play better than others, some acquire certain skills quicker than others, some are playing longer than others, etc...« (Jose Maria Buceta)

Genetic determinism proceeds from heredity and basically speaking it claims that many individual's manifestations are a matter of heredity and of the things we inherited from our ancestors (temper, character, temperament, etc).

Psychological determinism claims that the forms of behaviour of a young player are the result of what was done to us by our parents. The education and experience from the childhood essentially predetermine the development of the person and his character structure. If a player is afraid of being a group leader, this is, among other staff, the result of parents' education. A young player that feels very guilty when he makes a mistake, »remembers« the emotional scenario from the time when he was vulnerable, sensitive and dependant. He can be influenced by possible punishment when his emotions suffered, when he was rejected and underestimated, when he compared himself to others, when he didn't meet the expectations.

Ambiental determinism basically says that the individual's (player's) development is under the influence of chiefs, coaches, opponents, economic situation, state policy, etc. One should not forget that lot of young sportsmen provide from countries that pay lots of attention to sports, but there are always those ones that provide from the countries that pay no attention to sports. Top achievements of each individual are the reflection of these various conditions but also of the selfconfidence, of the hard work performed in order to help oneself efficiently.

Progress in the development of a young player is very important to the basketball coach. If he doesn't take it into account in his approach to the player, it is very probable that there will be misinterpretations regarding the capability of

ja bi im iz iskustva trebala biti poznata. Stvar je u tome da mlad igrač relativno brzo postiže određeni nivo, jer poseduje veliko oduševljenje, interes i znatiželju. A onda odjednom zastane, dalje više ne ide. To je znak da je takav igrač dostigao određeni nivo, kod njege nastupa relativna stagnacija, ili čak izvestan pad i on zbog toga počinje osećati nesigurnost.

Brojni su slučajevi da su veliki talenti, frustrirani nepoznavanjem takvih principa učenja postajali nesigurni i blokirani u svom daljem sportskom razvoju.

Mnogi mladi košarkaši nakon prvih utakmica stižu ugled, a onda se izgube u mnoštvu prosečnih igrača. Od njih bi se moglo sastaviti nekoliko ekipa velikog igračkog potencijala.

Da se kod tog pristupa na to pravovremeno mislilo, da je način na koji se pristupalo igračima bio sportski stručniji i više socio-psihološki, mnogi od ovih talenata mogli su postati standardni igrači u stalnoj postavi svog kluba i eventualno državne reprezentacije.

Za takav pozitivni razvoj, koji se temelji na optimalnom učenju, potrebno je osigurati barem minimum emocionalne opuštenosti (a ne emocionalne opustošenosti!) i ugodnu atmosferu na treningu («veseli trening»), posebno za vreme tehničkih treninga. Kod učenja fino koordiniranih kretnji, kao što su košarkaške tehnike, jako je važna duhovna opuštenost, važno je da nema grča. Treba stvoriti atmosferu veselja i radosti. Kad se stiže i «nabija» kondicija, sve je mnogo tvrđe, napornije, agresivnije. Kad se trenira taktika, onda je sve više promišljeno, distancirano i uči se korak po korak. Neki treneri su shvatili da igračka tehnika i rad sa loptom zahteva neku vrstu muzikalnosti, opuštanosti i veselosti. Zato i žanju uspehe.

Ako želite decu trenirati zaista dobro, morate znati nešto o njihovom razvoju (telesni, kognitivni i duševni razvoj).

Razvojne stadijume deteta treba poznavati da bi se na odgovarajući način prilagodio trening. U protivnom, pojavljuje se tipična preopterećenost, koja dovodi do toga da to više nikom nije zadovoljstvo, a deca prestaju da igraju košarku već u pubertetu. Tada druge aktivnosti, možeda i avanture, drugi sportovi postaju važniji od igranja košarke.

Ako se detaljno razmotri razvoj telesne motorike, uočava se jedan preduslov psihomotornog razvoja – razvoj kretanja. Isprva mekano, hrskavičavo tkivo u procesu okoštavanja postaje sve čvršće. Zajedno sa neuromuskularnim sazrevanjem, ovo je preduslov da malo dete nauči da sedi, stoji, hoda. Kod svih ovih procesa u prvom redu se radi o procesima sazrevanja koji su povezani sa ishranom koja mora biti prilagođena uzrastu. Na ove procese se gotovo ne može uticati i bilo bi nerazumno forsirati ih preuranjenim vežbanjem. Svako preforsiranje deteta može dovesti do poremećaja u razvoju i blokiranje razvojnih procesa koji tek treba da uslede.

Kad je u pitanju treniranje i sticanje kondicije u dečijem uz-



realizing certain achievements- especially among young players, what could have further and serious consequences.

In the constant learning of the technique, tactical variants of the court movement, the psychology of training and learning is crucial. Many coaches, regarding young players do not know the curved line of the achievements, and they should be familiar with it from their experience. A young player relatively quickly reaches certain level, because he possesses great i. If he stops suddenly, he doesn't go further. This is the sign that such a player reached the plateau, and relative stagnation occurs, or even a fall and because of that he starts to feel insecure.

There are numerous cases that great talents, frustrated with not knowing such learning principles became insecure and blocked in their further sports development.

Many young basketball players after first matches get reputation, and then get lost in the multitude of average players. One could make a few teams of great players' potential out of them.

If one had thought timely at this approach, if the way of approaching these players had been more expert in sports and more socio-psychological, many of these talents would have become standard players in the permanent lining of their club and perhaps

of the national team too.

For such a positive development, based on optimal learning, it is necessary to provide at least the minimum of emotional relaxation (not emotional devastation!) and more pleasant atmosphere at the training («joyful training»), especially during the technical training. When learning fine coordination movements, like basketball techniques, spiritual relaxation is extremely important, and it is crucial that there is no convulsion. One should create an atmosphere of joy and happiness. When one gains and trains condition, everything is harder, more tiring, more aggressive. When one trains the tactics, then everything is more thought of, with a distance and one learns a step by step. Some coaches realized that the players' technique and work with the ball requires some sort of musicality, relaxation and joy. That's why they succeed.

If you want to train kids really well, you have to know something about their development (corporeal, cognitive and soul development).

Evolution phases of the child should be known well in order to adjust the training in the proper way. On the contrary, there is a typical overburdening, that causes that it's no pleasure to anyone, and children stop playing basketball already when teenagers. Then other activities, perhaps adventures to, other sports become more important than playing basketball.

If one analyses more thoroughly the development of body motorics, one could observe a precondition of the psychomotoric development- movement development. First soft, cartilaginous tissue in the process of ossification becomes harder. At the same time with neuromuscular maturing, this is the precondition for the child to learn to sit, stand, walk. All these processes are mainly the processes of maturing that are related to the nutrition that has to be adjusted to the age. One cannot almost influence these processes and it would be unwisely to force them with too early exercises. Any forcing of the child may cause development disorders and block the development processes that are supposed to happen.

Regarding the training and gaining condition in child's

rastu, postoje razlike s obzirom na pojedine faktore: snagu, brzinu, izdržljivost, pokretnost i spretnost.

1. Snaga – opravdana su mišljenja da bi bilo razumno započeti trening snage tek nakon početka razvoja u pubertetu jer tada kod deteta dolazi do prirodnog sazrevanja koje je uslovljeno rastom mišićne mase. Pre ovog perioda trening snage više će štetiti nego koristiti.

2. Kad je u pitanju brzina, osnovna će brzina u velikoj mери zavisiti od individualnih predispozicija (odnos «izdržljivih» - crvenih i «brzih» - belih mišićnih vlakana). Zbog toga se na sticanje brzine vrlo malo može uticati.

3. Trening izdržljivosti u dečijem uzrastu ranije se smatrao neefikasnim i nepraktičnim. Danas postoje dokazi o uspesima dece u izdržljivosti (napr. učešće na maratonskim trkama). Ipak, primetno je da se još uvek razlikuju shvatanja o tome da li se kod dece sme trenirati izdržljivost (npr. mogu li se izuzetni uspesi u izdržljivosti kod dece u tom dobu objasniti posebnim predispozicijama i tehničko – taktičkom obukom, povezanom sa visokim stepenom motivacije).

Istraživanja su pokazala da je barem jedno sigurno: redovna kontrola pulsa kroz duži period ne može se kod dece koristiti kao indikator uspešnog treninga na području izdržljivosti jer se njegova frekvencija kod dece koja rastu usporava – usporavanja se u tom slučaju ne sme, kao što je to uobičajeno kod odraslih, interpretirati kao efekat treninga.

4. Pokretljivost je za košarku veoma važna jer predstavlja osnovni preduslov za učenje motoričkih veština u sportu. Svim je jasno da će doći do njene redukcije s godinama ako se ne trenira.

5. Spretnost je povezana sa neuromuskulatomnom aktivnošću koja optimalno reguliše procese povezivanja i automatizaciju sportskomotoričkih veština. Upravo je spretnost ona kondiciona veština koja se može najranije trenirati budući da savršeno odgovara procesu detetovog psihomotoričkog razvoja, za koji je karakteristično stalno sticanje novih motoričkih veština.

Za trening sa decom vredi sledeće načelo: težište njihovog obučavanja, specifično za neki određeni sport, u ovom sličaju košarku, treba da se zasniva na podsticanju osnovnih tehničkih veština. Ni u jednom drugom periodu života pristup motoričkom učenju nije ni približno lak kao što je to u dečijem dobu.

Trening sa decom treba da bude tako koncipiran da bude što raznovrsniji, da obuhvati raznolike tehničke veštine i omogući detetu da postane svesno opštih odnosa (npr. može se vežbati preciznost šuta iz trka, skok šut kao i šut dodanih lopti u uigranim varijantama. U svemu tome igrač mora postati svestan odnosa između položaja ruke i smeru udarca).

Svaka od navedenih radnji koja se u početku učenja izvodi sa dosta neuspeha, pokušaja i pogrešaka, vežbanjem se postepeno izvodi sve savršenije, postaje automatizovana.

Automatizacija znači takav stepen kontrole tela na kojem se više ne moramo koncentrisati na samo izvođenje kretnji. One praktično slede same od sebe, jer su «automatske».

Velika je prednost automatizacije što sportista može slobodno posvetiti pažnju ostalim zadacima koje ima. Tako se npr. na protivničkog igrača ili suigrača može koncentrisati tek onda kad kod driblinga više ne mora očima da prati loptu, može je dodati u pravom trenutku i u pravom smeru. Za automatizaciju kretanja po terenu neobično je važno da se isti pokreti stalno ponavljaju.

Neuromuskulatomna aktivnost biće optimalna tek uz veoma učestalo ponavljanje određenih elemenata. Treneri treba da zna-

age, there are differences taking into account some factors: strength, speed, endurance, mobility and skillfulness.

1. Strength- the attitudes that it would be wise to start the strength training only after the beginning of the development in puberty are justified because a child naturally matures what depends on the growth of muscular mass. Before this period the strength training will harm more than be useful.

2. When talking about the speed, the basic speed will mostly depend on the individual predispositions (relation between «endurable»- red ones and «quick»- white muscular tissues). Thus one can hardly affect gaining of the speed.

3. Training of endurance in child's age was considered some time ago to be inefficient and not practical. Nowadays there are evidence of child's achievements in endurance (for example: participation at marathon races). Nevertheless, it is obvious that the attitudes on whether to train kids in the endurance may be done (for example: could the extraordinary achievements of children of that age in endurance be explained with special predispositions and technical-tactical instruction, related to the high level of motivation).

The research has shown that at least one thing is sure: a regular control of the pulse in a long period cannot be used as an indicator of successful training of children in endurance because its frequency in children that are growing is slowing down- slowing down, in that case, mustn't be interpreted, as it is ordinary with grown-ups, as an effect of the training.

4. Mobility is very significant for basketball because it represents a basic precondition for acquiring motorical skills in sports. It is clear that the reduction will occur if one doesn't train for years.

5. Skillfulness is related to the neuromuscular activity that optimally regulates the processes of connection and automatization of sports-motorical skills. Precisely this skillfulness is the condition skill that can be trained most early because it perfectly suits the process of child's psychomotorical development, for which constant acquiring of new motorical skills is characteristic.

There's a special rule in the children training: the focus of their teaching, particularly for some sport, in this case basketball, should be based on enhancing basic technical skills. In no other life period the approach to learning motorics is as easy as in the child's age.

Training with children should be planned in such a way to be more diverse, to comprise different technique skills and to make it possible for the child to become conscious of general relations (for example: the shoot preciseness from running, attempt to shoot from jumping as well as shoot with passed balls in familiar variants can be trained. In everything the player has to be aware of the relation between arm position and blow direction).

Each mentioned action that is performed at the beginning rather unsuccessfully, with lots of tries and errors, becomes more perfect, more automatized gradually with exercising.



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**STUDIJSKI
BORAVAK**

(19.06. - 03.07.2003.)
BEOGRAD - JUGOSLAVIJA

BASKETBALL ACADEMY BELGRADE

ju da se fina motorika može poboljšati samo ako je telo potpuno odmoreno i oporavljeno.

To bi značilo da npr. baš nije jako mudro pre podne sprovoditi kondicioni trening, a posle podne uvežbavati tehniku.

Automatizacija se može prekinuti ako ono što smo naučili dovedemo u svoju svest.

Događa nam se tada isto što i onoj stonogi iz priče, koju kornjača pita kako uspeva da koordinira svih svojih sto nogu. Stonoga zastane da razmisli o onome o čemu nikad ranije nije morala razmišljati i već idućeg trenutka nije mogla pokrenuti svoje mnogobrojne noge prema napred u pravom ritmu.

Percepcija je veoma značajna u svakom sportu. Nije slučajno rečeno: «kakva percepcija, takva recepcija (primanje)». Perceptivna istina razlikuje se od konstruisane istine. U sportu je potrebno naučiti perceptivnu logiku i «alatke» za prošire-

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nje i menjanje percepcije. Sportisti pri opažanju pomaže iskustvo koje se stiče od prvih dana. Iskustvo omogućava predviđanje, tj. omogućava mu da na temelju manjeg broja parametara i informacija donosi odluke.

Perceptivno očekivanje može katkad pomoći da zaista brže opazimo ono što očekujemo i da na taj način brzo i adekvatno reagujemo. Ali pri tom može doći do zabune, najčešće onda kad se umesto onoga što očekujemo pojavi nešto drugo čemu se nismo nadali (faktor iznenađenja u sportu). Tada je vreme reakcije na taj neočekivani podražaj duže no što bi bilo da uopšte nismo ništa očekivali.

Osnovu sportskog treninga čini diferencijacija pokreta i njihova koordinacija sa vizuelnom percepcijom.

U razvoj percepcije spada i doživljaj prostora i vremena. Ovi doživljaji zavise od toga jesu li sadržajno ispunjeni ili nisu. Tako npr. vreme na utakmici može naprosto proleteti, dok će nam se izlaganje trenera koje predugo traje, činiti kao čitava večnost. Slično bi se moglo reći za poslednje minute (sekunde) utakmice, koje se, već prema tome kakav je rezultat, treneru, igračima i gledaocima čine beskrajinim.

U daljem razvoju percepcije veoma je bitna procena daljine. Tokom razvoja procena udaljenosti postaje sve realističnija.

Automatization means that it is such a degree of body control at which one needn't concentrate at the movement performance. It practically occurs by itself, because it's »automatic«.

A great advantage of automatization is that a sportsman can pay attention to other tasks he has. For example, one can concentrate on the opponent or teammate only when one doesn't have to watch the ball in dribbling and can pass it in the right moment and in the right direction. For the automatization of the court movement it is very important that the same movements are constantly repeated.

Neuromuscular activity will be optimal only with very frequent repetition of certain elements. The coaches should know that fine motorics can be improved only if the body completely took a rest and recovered.

This would mean for example that it is not very wise to do a condition training in the morning and in the afternoon to exercise technique.

Automatization may be interrupted if we become conscious of what we have learnt.

It happens to us then the same thing as to the centipede from the story, who is asked by a turtle how it manages to coordinate all hundred legs. The centipede thought for a moment about what it had never before had to think of and at the next moment it could not move its numerous legs forward in the right rhythm.

Perception is very significant in every sport. It is not by chance said that: »what is the perception like, such will be the reception«. Perceptive truth differs from construed truth. In sports it is necessary to learn perceptive logics and »tools« for widening and changing of perception. Experience acquired in the early days helps the sportsmen to perceive. The experience makes the foretelling possible, ie. lets the experience make decisions according to few parameters and information.

Perceptive expectation may help sometimes to perceive quicker what we expect and in that way to react quickly and adequately. But there may be some confusion, most often when instead of what we expect something we haven't hoped for appears (surprise factor in sports). Then is the time to react to this unexpected stimulus longer than if we didn't expect anything at all.

The basis of sports training consists of differentiation of movements and their coordination with visual perception.

The perception development consists of space and time experience. These experiences depend on whether they are contentful or no. For example, time at the match passes quickly, while it may seem to us that the coach's lecture lasts too long, like eternity. Something similar could be said about the last minutes (seconds) of the match, that, according to the result, seem infinite to the coach, players and spectators.

The assessment of distance is crucial in further development of perception. During the development the distance assessment becomes more realistic.

Pre-school children that handle the ball variously assess and perceive the distance; kids catch the ball when it rolls in front of their feet or perhaps they step forward. Pre-school children at shorter distance manage much better to assess the speed of the ball and its trajectory.

With years the experience increases and young players are capable to exactly adjust in time the way they have to cross with the ball trajectory.

It is noticed that, although these experiences are getting more automatized, they can, if the factors of surroundings change, lead to the defeat. For example, it



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**EDUCATIONAL
STAY**

(19.06. – 03.07.2003.)

BELGRADE – YUGOSLAVIA

Predškolska deca koja barataju loptom različito procenjuju i percipiraju udaljenost; mala deca hvataju loptu tek kad im se dokotrlja pred noge ili eventualno naprave iskorak nogom. Predškolska deca na kraćoj distanci znatno bolje uspeavaju da procene brzinu lopte i njenu putanju.

Sa godinama iskustvo raste i mladi igrači su u stanju da egzaktno vremenski usklade put koji moraju preći s putanjom lopte.

Primetno je da, iako se ova iskustva sve više automatizuju, ona mogu, ako se promene faktori okoline, ipak dovesti do neuspeha. Npr. za igrača je važno da pravovremeno shvati i prepozna je li lopta koja leti prema njemu «rezana» ili nije. Ako je jako «rezana» i ako igrač nije mogao prihvatiti loptu, pre nego što je pala na tlo, igrač mora unapred proračunati koji bi relativno «neuobičajen» smer lopta na kraju mogla dobiti, tj. mora u skladu sa tim primeniti sopstveni smer trčanja i promenu smera pripremiti prebacivanjem vlastitog težišta (sličan problem pojavljuje se onda kad parket postane klizav i kad se lopta počinje ponašati netipično, a igrači opreznije).

Percepciju pojedinac organizuje sam i to putem izbora pojedinih osetilnih podražaja iz celine postojećih. Na temelju prikupljenih podataka još u detinjstvu, nastaju strukture na koje se nadovezuje svaka dalja percepcija. Samo one podražaje koje možemo integrisati u poznati uzorak, možemo zadržati i preraditi. Sa svim daljim, novim iskustvom menja se i proširuje uzorak, postaje sve individualniji i diferenciraniji – pod pretpostavkom da kod odrasle osobe stalno dolazi do novih dobrovoljnih doživljaja, a naravno i tavih koji su protiv naše volje. Zbog toga po završetku košarkaške utakmice postoje mnoge verzije doživljenog. A već sama pripadnost gledalaca različitim klubovima može znatno izmeniti percepciju jedne te iste utakmice.

Motivisanje mladih igrača pretpostavlja pre svega pozitivnu motivaciju koja budi snagu (za motiv se nekad koristi i reč pobuda). Značaj motivacije u obučavanju mladih igrača je ogroman. Poznato je da pojedinac, iako nešto obavlja dobro, može to činiti još bolje. Razlika između uspešnog i manje uspešnog trenera je u uvažavanju motivacije i znanja o njoj. Motivisanje igrača mora biti pojedinačno ili u manjim grupama i sa motivacijom se mora početi na vreme. Međutim, nekim sportistima pojačana motivacija ne samo da ne pomaže – ona može biti štetna. Suviše veliko nastojanje može biti kontraproduktivno. Treneri ponekad s velikim entuzijazmom stimulišu igrača koristeći i neprimerne obrasce (jednog našeg sportistu na Olimpijadi motivisali su na taj način što su mu pevane epske guslarske pesme). Treneri greše kad primenjuju jednu te istu strategiju motivisanja na sve članove ekipe ne videći da pri tom prave grubu grešku. Ima igrača koje treba početi rano pripremati, zagrejati za utakmicu koje se igra tek npr. za sedam dana.

S druge strane, neki igrači postaju prenapeti ako se predugo motivišu. Sto su pre utakmice manje zaokupljeni svojim nastupom i zadacima to neopterećenije ulaze u igru.

Treneri još puno toga mogu naučiti o motivaciji. Nedovoljno je pouzdati se samo u svoj osećaj. Ako bi to bilo tačno da je povećana motivacija garancija uspeha, zašto onda treneri često govore igračima da se saberu, smire i opuste. Uvek je potrebno voditi računa o specifičnosti takmičarskog sporta i o motoričkim obrascima (neke motoričke vežbe su složenije od drugih).

Prekomerna motivacija može biti kontraproduktivna u onim sportovima čije su odlike složenost, jasna i kontrolisana koordinacija. (košarka je primer za to)

Osim motiva, postoje i potrebe koje isto tako mogu biti pokretači ljudskog ponašanja. Značenja pojmova motiv i potreba delimično se preklapaju, i u svakodnevnom, kolokvijalnom govoru skoro da se i ne razlikuju. Doduše, kod zadovoljavanja potreba, radi se pre o ukidanju stanja nedostatka koji se razvio u organizmu (glad, žed) ili u psihi pojedinca (npr. potreba za socijalnim priznanjem).

Postoje primarne i sekundarne potrebe, primarna i sekun-

darne. It is crucial for the player to timely understand and recognize whether the ball that flies toward him is «cut» or no. If it is very «cut» and if a player could not catch it, before it fell on the floor, the player must assess in advance what «extraordinary» direction a ball could get, ie. he has to apply according to this his own running direction and prepare the change of direction with replacing his own balance. (similar problem appears when the floor is slippery and when the ball starts to behave untypically, and the players more cautiously).

An individual organizes perception on his own and does it by choosing particular sense stimuli from the total existing ones. On the basis of collected data already in childhood, structures are created to which any other perception is added. Only those stimuli that we can integrate in the familiar sample, can be maintained and changed. With every additional, new experience the sample changes and widens, and becomes more individual and differentiated- under the hypothesis that in adults there are constantly new voluntary experiences, and naturally also such that are against our will. Thus having finished the basketball match there are many versions of what was experienced. And the very spectators' belonging to different clubs can rather change the perception of the same match.

Motivating young players represents mostly positive motivation that gives strength (instead of a «motive» sometimes the word «incentive» is used). The significance of motivation in instruction of young players is huge. It is well-known that an individual, although he performs something well, may do it even better. The difference between a successful and less successful coach is in taking into account the motivation and knowledge about it. Motivating players must be individual or in smaller groups and the motivation must begin on time. However, enhanced motivation does not help to some sportsmen- it can only harm them. Excessive insisting may be counterproductive. Coaches sometimes with great enthusiasm stimulate the players using unusual forms (one our sportsman at the Olympics was motivated by listening to the epic fiddle poems). Coaches are making a mistake when they apply the same strategy of motivation to all the team members not realizing that they are making an error. There are players that should be prepared early, get them ready for the match that is going to be played, for example, in seven days.

On the other hand, some players become over tense if motivated for too long. The less preoccupied they are with their performance and tasks before the match, the less burdened they start the game.

Coaches can learn a lot about motivation. It is not enough to rely only on our feeling. If it were correct that the enhanced motivation is a guarantee for success, why then coaches speak to the players to put themselves together, to calm down and relax. It is always necessary to take into account the particularities of the competition sport and motorical forms (some motorical exercises are more complex than others).

Excessive motivation can be counterproductive in those sports whose characteristics are complexity, clear and controlled coordination. (basketball is an example for this).

Apart from the motive, there are needs that can also be the incentives of human behaviour. The meaning of concepts «motive» and «need» are partially the same, and in the ordinary, colloquial speech there is almost no difference. However, when meeting needs, state of shortage, that occurred in organism (hunger, thirst) or in the individual's mind (for example: need for social recognition), is canceled.

There are primary and secondary needs, primary and secondary motivation. When the basketball player that has a primary motivation enters the game; he becomes active because he likes basketball, but the secondary motivated player will not engage for example, because of emotional or material prize he expects. (some coaches motivate their players

darna motivacija. Dok košarkaš koji je primarno motivisan ide u igru; postaje aktivan jer voli košarku, sekundarno motivisan igrač se neće angažovati npr. zbog emocionalne ili materijalne nagrade koju očekuje. (Neki treneri motivišu svoje igrače stavljajući im jasno do znanja kakvu premiju mogu očekivati za pobjedu, i to na taj način što na zid svlačionice pričvršćuju određene novčanice.)

Ako ne postoji komunikacija ni motivacija nije moguća. To su dva područja koja su sasvim usko povezana. Radi se o tome šta reći, kada to učiniti, i naravno ko će to reći.

Štetu koja može nastati zbog neispravnog pristupa motivaciji ne treba potcenjivati.

Mnogi treneri ne mogu komunicirati zato što ne znaju slušati (ne poseduju kulturu slušanja). Samosvest kod drugih može razviti samo neko ko je samosvestan. Oduševljenje na mladog igrača može da prenese samo oduševljen čovek (samo oduševljen može da oduševi). Agresiju (misli se na agresiju u okviru pravila) može preneti samo neko ko je agresivan. Ono što treba da usadi drugima, trener mora sam da proživi. A tu se krije opasnost, jer može misliti da sve zna bolje i da zato ne treba da sluša, već samo da govori. Ako igrači kažu dve tri rečenice, trener unapred zna šta treba reći. Govorenje igrača postaje mu dosadno i razgovor se često završava sa imperativnim sloganom – «skrati». On doduše, može imati pravo, ali time ne pridobija igrača. Igrač se, pogotovo mlad, oseća neprihvaćeno; prihvatanje i ukorenjenost su veoma važni za mladog igrača, a to je upravo obaveza trenera. Međutim, trener to neće moći učiniti ako ne zna da sluša. A to je velika slabost trenera, baš kao i nastavnika u školi; nakon što godinama u školskom odeljenju imaju pravo, kod kuće se prema sopstvenoj deci ponašaju isto tako – uvek moraju biti u pravu.

„Odnos između trenera i mladih igrača može da ima odlučujući uticaj na mišljenje koje igrač ima o sebi kao i na njegovo samopouzdanje. Stoga je ponašanje trenera prema igračima od velikog značaja. Na primer: trener može da ima negativan uticaj ako vređa svoje igrače („da li si lud“); ako potcenjuje svoje igrače („da li praviš budalu od sebe kao i uvek?“); ako ih ismejava pred ostalim saigračima („mali, koš nije prekoputa ulice“); ako ih prekoreva bez objašnjenja ili bez mogućnosti da se kasnije koriguju („nikada to ne radiš kako valja! Samo praviš greške“); ili ako upotrebljava reči kojima poredi igračeve sportske vrednosti sa njegovim ljudskim kvalitetima („Ti ništa ne radiš kako valja, ti si aljkav“).

Međutim, treneri imaju pozitivan uticaj ako se ne ponašaju na ovakav način i ako primenjuju sledeće strategije:

- jasno i precizno definišu ciljeve koje igrači moraju da postignu

- pomažu igračima da postignu te ciljeve i ističu njihove dobre postupke

- izdvajaju postupke koji imaju veze sa sportskim sposobnostima i nanjih posebno ukazuju

- koriguju igrače konstruktivno tako što im ukazuju na to šta rade pogrešno i istovremeno, omogućuju i da shvate grešku i pružaju mogućnost da se isprave“ (Jose Maria Bucati)

Mladi igrači koji su rano dospeli u žižu javnosti i u središte interesa klubova i koji su prisiljeni da se suoče sa visokim očekivanjima u pogledu svojih daljih postignuća mogu lako da se «potroše» u korist kratkoročnog uspeha. To se dešava jer nemaju dovoljno vremena koje je uspešnom igraču potrebno za učenje i sazrevanje. Optimalni stepen motivacije je preduslov za stanje u kom se može razviti ono što čini igrača, što mu treba.

Svaki igrač s kojim trener dolazi u kontakt potiče iz specifične socijalne okoline unutar koje postoje specifične komunikacijske strukture. Deca uče kroz specifična obeležja komunikacijskih struktura koje prevladavaju u njihovim porodicama. Igrač koga su u mladosti prečesto kritikovali ili o njemu preterano brinuli, svaku dobronamernu kritiku može shvatiti kao apsolutnu osudu svoje celokupne ličnosti i reagovala u skladu sa tim negativno.

by making it clear to them what kind of prize they can expect in the case of victory, and coaches do it in such a way by sticking bank-notes at the wall of the dressing room)

If there is no communication, motivation won't be possible. These are two areas that are very tightly connected. It's the matter of what to say, when to do it, and of course who is going to tell that.

The damage that can be created because of the wrong approach mustn't be underestimated in motivation.

Many coaches cannot communicate because they don't know to listen (they do not possess the culture of listening). Selfconsciousness in others may be developed only by a person that is selfconscious. A young player can be infected with enthusiasm only by an enthusiastic man (only delighted man can delight). Aggression (we think of aggression within rules) can be transmitted only by an aggressive person. A coach has to experience himself the staff he wants to teach. There's the danger, because one may think one knows everything the best and thus he doesn't have to listen but only to speak. If the players say two or three sentences, the coach knows in advance what he should say. The players' speech becomes boring to him and the conversation often ends with imperative phrase- «shorten the speech». He may have the right, but he will not convince the player with that. A player, especially young, feels unaccepted; acceptance and feeling roots are extremely important for a young player, and this is the very obligation of the coach. However, the coach wouldn't be able to do it unless he knows to listen. This is a great weakness of the coach, and of the professor in school as well; having always been right for years in the classroom, they treat their children at home in the same way- they always have to be right.

«The relation between a coach and young players may have a decisive influence on the opinion that a player has about himself and on his selfconfidence. Thus the coach behaviour towards players is extremely important. For example: a coach may have a negative influence if he insults his players («are you mad»); if he underestimates his players («are you making a fool of yourself as always?»); if he ridicules them in front of their teammates («kid, basket is not opposite the street»); if he scorns them without any explanation or without a possibility to correct themselves later («you are never doing this right! You're making mistakes all the time»); or if he uses the words that compare player's sports values with his human qualities («you are not doing anything right, you are sloven»).

However, coaches have a positive influence if they do not behave in this way and if they apply the following strategies:

- Clearly and precisely define the objectives that players have to achieve

- Help players with achieving the objectives and point out their good work

- Select the practice that are related to sports skills and to pay attention to them

- Correct player in a constructive way by showing them what they are doing wrong and at the same time, to make it possible for them to realize the error and offer them the possibility to correct themselves.» (Jose Maria Bucati)

Young players that early got to the focus of publicity and to the center of the interest of clubs and that are forced to face high expectations regarding their further achievements may easily «wear off» in order to make a shortlasting success. This occurs because they don't have enough time that is necessary to the successful player for learning and maturing. Optimum level of motivation is the precondition for the state in which can be developed the staff that player is made of, what he needs.

Every player with whom a coach contacts provides from particular social surroundings within which there are specific



Primer razvoja mladih: Kadeti Partizana - šampioni SCG za 2003.
The example of development of the young: cadets of Partizan, champions SMG for 2003

Od mladog igrača treba stvoriti uspešnu ličnost, ali ga istovremeno naučiti da poraz prihvata kao korisno iskustvo. Da bi igrač postao uspešan, mora posedovati sledeće osobine: usmerenje, razumevanje, hrabrost, obzirnost, poštovanje, samopouzdanje, i samoprihvatanje. Slika i mehanizam neuspeha povezani su sa frustracijama (beznadežnost, ništavnost), agresivnošću (pogrešno usmerenom), nesigurnošću, usamljenošću (nedostatak «jedinstva sa sobom»), oklevanjem, otporom i ispraznošću.

Samosvest mladog igrača se gradi i na kulturi poraza. Kultura poraza ili uže, sportskog poraza, jedno je od najtamnijih mesta naše sportske svesti. To je zapečak zavera, praznih taština i gomile krivaca. Poraz se shvata kao elementarna nepogoda i ne dočekuje se spremno. Metaforički rečeno «poraz – to je pobeđa koju nam je neko drugi neopravdano uskratio» (korupcija, sudija, uplitanje gomile, izigravanje pravila i sl.). Odbijanje da pojmu poraza osiguramo legitimitet, dovodi nas često u situaciju da lažemo sami sebe. Možda se celokupna kultura jednog naroda ogleda u kulturi poraza, a naša kultura drži sport daleko od sebe. Bez kulture poraza ostaje se i bez kulture pobeđe.

Treneri treba da nauče mladog igrača da poraz ne predstavlja njega kao osobu i da je prolaznog karaktera. Poraz se može pokazati kao sjajna prilika da se nauči nešto što se pod drugačijim okolnostima ne bi moglo naučiti. Gubiti znači biti čovek, a svi smo ipak ljudi. Važno je uočiti da li smo zatajili iz razloga koji smo mogli kontrolisati, ili zbog onih nad kojima nemamo kontrolu.

«Svu snagu uložite u ono što želite ostvariti, ali nikad kad je očigledno da će biti uzalud» (Seli). Ograničena psihička energija mora se usmeriti ne na osećaj potištenosti, već u konstruktivne svrhe.

«Poraz vas čini jadnim, odbačenim i bespomoćnim. S druge strane, možete ga shvatiti kao izazov iskušenju vlastite snage i sposobnosti snalaženja u otežanim okolnostima, podsticaj da bolje upoznate sebe, premeštate svoje prioritete i razmislite šta i kako dalje. Poraz pomaže da tačno odredite pravac napretka u sopstvenom segmentu svoga života. Kako god je neugodan, ipak pomaže da bolje shvatite gde se nalazite i u kojem pravcu želite krenuti. Ukoliko iz poraza izvučete ijednu pouku, on nije potpuno bezvredan... na svaku poteškoću gledajte kao na izazov, ispit snage, priliku za razvoj. Imate li ovakav pogled na zbivanja, tad ste pobednik u svakoj situaciji» (Terj Orlick).

Život je neprekidno prilagođavanje. Što se bolje prilagodite, bićete zdraviji.

communication structures. Children learn through specific characteristics of communication structures that prevail in their families. A player that was criticized too often in the childhood or that was taken care too much, any well-meaning critic may understand as an absolute conviction of his whole person and will react according to that negatively.

Out of a young player a successful person should be created, and at the same time teach him to accept defeat as a useful experience. A player that wants to become successful, has to possess the following qualities: direction, understanding, courage, scrupules, respect, selfconfidence and selfacceptance. The picture and mechanism of defeat are related to frustrations (hopelessness, notworthiness), aggression (wrongly directed), insecurity, loneliness (lack of «unity with oneself»), hesitation, resistance and emptiness.

Selfconsciousness of a young player is built also with the culture of defeat. Culture of defeat or more narrowly said, sports defeat, is one of the darkest places of our sports consciousness. This is the place of conspiracies, vanity and multitude of the guilty ones. The defeat is considered to be a natural disaster and no one gets ready for it. Metaphorically speaking «defeat- is the victory that we are deprived of» (corruption, referee, mass interference, violation of rules, etc.). Rejecting to give legitimacy to the concept of defeat, leads us often to the situation to lie ourselves. Perhaps the whole culture of one nation is reflected in the culture of defeat, and our culture keeps sports at distance. Without culture of defeat one stays without culture of victory.

Coaches should teach a young player that defeat does not represent him as a person and that it is transitory. Defeat can be shown as a wonderful opportunity to learn something we couldn't learn under other circumstances. Losing means being a man, but we are all humans. It is important to find out whether we lost because of the reasons we could control, or because of the reasons we couldn't control.

«You should invest whole strength in what you want to achieve, but never when it is obvious that it will be useless». (Seli). Limited psychological energy must be directed not at the feeling of depression, but in constructive purposes.

«Defeat makes you miserable, rejected and helpless. On the other hand, you can take it as a challenge to the temptation of our own force and skill to manage in difficult circumstances, impetus to get to know yourself, to replace your priorities and to think of what to do further and how to go on in future. Defeat helps to precisely determine the direction of progress in your own life segment. No matter how unpleasant it is, nevertheless it helps you to understand better where you are and in which direction you want to go. If you get the message from defeat, then it was not worthless...every difficulty should be considered to be the challenge, test of strength, opportunity to develop. If you look in such a way at the happenings, then you are the winner in every situation.» (Terry Orlick).

Life is constant adjustment. The more you adjust, the healthier you will be.

Trenerski san – kao java

Vujošević na mestu slavnih

Prvu dan proleća 2003. doneo je treneru crno-belih Dušku Vujoševiću priznanje, jedno od najvećih koje stručnjaci mogu da dobiju. Strateg poslednjeg šampiona Jugoslavije i prvog prvaka Srbije i Crne Gore izabran je za selektora svetskih prvaka, prvog trenera reprezentacije iste zemlje, novog imena.

Stručnjak koga su Italijani prozvali učiteljem košarke na taj način dobio je pristupnicu za galeriju trenera koji su u prethodnim decenijama trasirali put i doveli naš državni tim do svetskih visina. Njena overa očekuje se na takmičenjima koja plavima predstoje – Prvenstvima Evrope u Švedskoj ove i dve godine kasnije u našoj zemlji, kao i na Olimpijskim igrama u Atini krajem sledećeg leta.

Vujošević je u debitantskoj sezoni na čelu prvog tima, u sezoni 1986/87, još u 27. godini života, osvojio titulu prvaka Jugoslavije. Već u sledećoj sezoni predvodio je Partizan do fajnlafora Kupa evropskih šampiona u Gani i doveo ga do trećeg mesta u Evropi. A u sezoni, 1988/89, sa crno-belima je osvojio Kup Radivoja Koraća i Kup Jugoslavije.

U međuvremenu je sa juniorskom reprezentacijom Jugoslavije osvojio je Prvenstvo Evrope u Vrbasu 1988. godine, dokazavši da je specijalista za usađivanje šampionskog pelcera najtalentovanijim dečacima. Tri godine kasnije bio je četvrti na Svetskom juniorskom prvenstvu. Sirom Evrope je poznat po radu sa mladim igračima. Radio je sa sjajnom generacijom igrača koji su svetsku afirmaciju stekli u Partizanu Danilović, Đorđević, Divac, Paspalj, a u poslednje dve godine trasirao je put ka zvezdama Vujančiću, Krstiću, Peroviću...

- Kao igrač koji nije mogao da prođe zato što nije imao dovoljno talenta počeo sam da se bavim ovim poslom sa nekih 17,18 godina. Počeo sam od najmlađih kategorija i prošao sve ono što može da se prođe u košarci. Imao sam priliku da treniram dosta igrača koji su postali nosioci igre u svojim klubovima, u reprezentaciji Jugoslavije, čak i u NBA košarci. Imam apsolutno sve titule koje su postojale u košarci u staroj Jugoslaviji – pionirsku, kadetsku, juniorsku, seniorsku. Nikad nisam previše vodio računa o nekom ličnom marketingu, pravio sam sigurno u karijeri neke poteze koji i nisu bili najpromišljeniji. Međutim, smatram da u životu čovek neki put mora i herojski da se ponaša, a ne samo da ide na "zicer" situacije, što se ponekad pokazivalo i kao pogrešno. Jednostavno smatram ovo velikim prizna-

First day of spring 2003 brought to the coach of the white-black Dusko Vujosevic a recognition, one of the greatest the experts can get. The strategist of the last Yugoslav champion and the first champion of Serbia and Montenegro was chosen to be the selector of the world champion, the first coach of the national team of the same country, with a new name.

The expert that the Italians called the «basketball teacher» in that way got the ticket to the gallery of coaches that in the previous decades traced the path and brought our state team to the world heights. Its verification is expected at the competitions that are ahead of the blue ones- Championships of Europe in Sweden this year and two years later in our country, as well as in the Olympics in Athens at the end of next summer.

Vujosevic in the debut season at the head of the first team, in the season 1986/87, still 27 years old, won the title of Yugoslav champion. Already in the following season he led Partizan to the Final Four Cup of the European Champions in Gannes and brought them to the third place in Europe. And in the season 1988/89, with the white-black he won the Cup of Radivoje Korac and the Cup of Yugoslavia.

In the meantime with the junior national team of Yugoslavia he won the European Championship in Vrbas in 1988, proving that he is a specialist for planting a champion graft into the most talented boys. Three years later he was the forth at the World junior championship. In whole Europe he is famous for his work with young players. He has worked with the brilliant generation of players that got the world affirmation in Partizan- Danilovic, Đorđevic, Divac, Paspalj, and during last two years he has traced the path to stars for Vujanic, Krstic, Perovic, Sekulic...

- As a player that could not break through because he didn't have enough talent, I started this job when I was 17 years old and I began with the youngest categories and passed everything one can experience in basketball. I had an opportunity to coach lots of players that became bearers of the game in their club, in the Yugoslav national team, even in the NBA basketball. I have absolutely all the titles that existed in basketball in ex Yugoslavia- pioneer, cadet, junior, senior.. I have never taken too much care of personal marketing. I made in my career some steps that perhaps weren't the best. However, I consider that in life a man sometimes has to behave heroically, and not only to go to the «nick» of the situation, what sometimes resulted to be wrong. I simply believe this a great recognition and huge obligation, because a large number of people was in favour of my overtaking the national team at this moment. I think that I am capable of handling the obligation and the situation. Also, I believe this is normal because it wouldn't be natural not get something in return from basketball taking into account how much I gave to the basketball- says Vujosevic.

When people began to talk about him as a candidate for the empty coaching seat in the national team, opinions were divided, even among his closes friends. Some of them advised him to «stay away from the ungrateful business», because lots of players considers skipping the competition in Sweden, many things stayed unclear in relations after Indianapolis...and here only the golden medal counts.

- I am aware of the risk and danger of overtaking the national team in this moment. Situation is very specific and hard, but this is the challenge. Who is afraid of being exposed to danger had better quit doing this job. I believe that some forces

Uporedo stvaranje igrača i rezultata

Velika većina vrhunskih jugoslovenskih stručnjaka radila je u Partizanu. Vujošević je jedan od njih.

Crno-belima je pre dvadesetak dana, početkom juna, doneo desetu titulu šampiona, koja ima veliki trenerski pečat.

Na početku sezone tim je renoviran, ostao je bez vodećih zvezda. Od Miloša Vujančića (23 godine) i Nenada Krstića (21 godina) trebalo je napraviti stubove i izvršiti transformaciju od talenata u vrhunske igrače.

Koliko je Vujošević u tome uspeo pokazuje i činjenica da je Partizan u ligaškom delu sezone imao 20 pobeda i samo dva poraza, a u skor u plej-ofu je 8-1. Ubedljiv trijumf nad FMP Železnikom u finalu (3-0) samo je potvrda Partizanove dominacije i uspešne formule za uporedo stvaranje igrača i rezultata.

Coach's dream - a reality

Vujošević among the famous

njem i ogromnom obavezom, jer veliki broj ljudi je bio za to da ja ovog momenta preuzmem reprezentaciju. Smatram se sa svim dorašlim obavezama i situaciji. Takođe, smatram ovo i normalnim, jer ne bi bilo ni prirodno da mi košarka ne vrati nešto, s obzirom na to koliko sam ja njoj dao – kaže Vujošević.

Kada je o njemu počelo da se priča kao o kandidatu za upražnjenu trenersku fotelju u reprezentaciji, mišljenja su bila podeležena, čak i među njegovim najbližim prijateljima. Neki od njih savetovali su ga da se "klone nezahvalnog posla", jer dosta igrača razmišlja o tome da propusti takmičenje u Svedskoj, mnogo je toga ostalo neraščišćenog u odnosima posle Indijanapolisa, ..., a ovdje na brdovitom Balkanu se broje samo zlata.

- Svestan sam rizika i opasnosti preuzimanja reprezentacije u ovom momentu, situacija je jako specifična i teška, ali to je upravo izazov. Ko se boji da se izlaže opasnostima bolje mu je da se ne bavi ovim poslom. Verujem da će neke snage koje su i do sada gurale košarku napred to i dalje činiti. Prvenstveno mislim na taj neki neprestani izvor talenata, organizaciju koja ima određenu moć i snagu.

Košarka je uvek prednjačila među našim sportovima, jer je u svojim redovima imala vizionare. Zato smo pažljivo saslušali Vujoševićeve poglede na sutrašnjicu plavih.

- Ako analiziramo stanje u košarki činjenica je da se izdvojila jedna klasa igrača gde smo mi etnički sigurno najbolji na svetu. Ukoliko uspemo da motivišemo igrače sa područja Srbije i Crne Gore da se pojave u sastavu na Evropskom prvenstvu realno bi bilo da, kao i uvek, budemo glavni konkurenti za zlatnu medalju. Ipak, treba napraviti dobru procenu da li je pametnije arčiti vrhunske asove radi jeftinih aplauza. Osnovna dilema koja treba da se razreši u strategiji kada je u pitanju prvo sledeće takmičenje da li je moguće ili da li treba igrati u najjačem mogućem sastavu ili treba ići sa ekipom koja takođe neće imati amnestiju od odgovornosti za rezultat, ali gde će cilj biti školovanje naslednika Divaca i ove generacije koja je osvojila sve što je moguće.

Vujošević ne smatra da je jedina ličnost koja o tome treba da presuđuje.

- Normalno u određivanju te strategije ne može selektor da bude isključivo taj koji će vršiti opredeljenje. Uostalom moj posao nije da budem sujetan, moj posao je da budem pametan. To je ono što je tokom svih ovih godina izdiglo košarku i tako ja vidim svoj zadatak. Trofeji su važni, najvažniji, u suštini je, ipak, najbitnije da se nastavi trend napretka, da se sa generacijom na generaciju prenosi zlatni pelcer.

Rano je pričati o planovima, protivnicima u Švedskoj, ..., Ipak, nismo mogli da propustimo priliku da Vujoševića upitamo da li će se sve završiti na balkonu Skupštine grada Beograda...

- Svi treneri sanjaju taj san. Posla ima mnogo, sve velike stvari se pripremaju u tišini, zato je veoma bitno da radimo u miru, kao što je to uvek bilo u reprezentaciji – zaključio je poznati stručnjak.

Na početku Vujoševićeve karijere jedan novinar je prokomentarisao: „Neki početnici uče na porazima - Vujošević to čini na pobedama.“ Neka tako i ostane.

Pedja Sarić

that by now used to push basketball forward will continue doing it. I above all think of this incessant source of talents, the organization that has certain power and strength.

Basketball was always ahead compared to other our sports, because in its circles it had the legends. Thus we listened carefully to Vujošević's attitudes on the future of the blue ones.

- If we analyse the state of basketball the fact is that a class of players is selected, where we ethnically are surely the best in the world. If we manage to motivate the players from Serbia and Montenegro to appear in the composition at the European Championship it would be realistic to, as always, be the main competitors for the golden medal. Nevertheless, one should make a good assessment whether it is smarter to spend top aces in order to get cheap applauses.

The basic dilemma that should be solved in the strategy regarding the first following competition is whether it is possible to play in the strongest composition or we should go with the team that won't escape from responsibility for result, but where the objective will be the schooling of the successors of Divac and this generation that won everything that could be won.

Vujošević doesn't consider that he is the only one to judge this.

- It is normal in determining the strategy that the selector cannot

not exclusively be the person to choose. Anyway, my job is not to be vain, my job is to be clever. This is something that during this years put the basketball at pedestal and that's how I see my job. Trophies are important, the most important, in fact, what matters most is to continue the tendency of progress, to transmit from one generation to the other golden graft.

It is too early to talk on plans, opponents in Sweden... Nevertheless, we could not help asking Vujošević whether everything will end at the balcony of the Assembly of Belgrade...

- All coaches are dreaming that dream. There are a lot of things to do, all great things are prepared in silence, thus it is very important to work in peace, as it has always been in the national team- concludes the famous expert.

At the beginning of Vujošević's career one journalists commented: „Some beginners learn from their defeats, Vujošević does that from his victories.“

Let it be like that.

Pedja Sarić





Piše: Gordana Čanović

Trener šampionki Zoran Kovačić Čivija

Beograd mu stalno izmiče

Prošle godine u junu mesecu Zoran Kovačić Čivija postao je ponovo trener ženskog kluba Crvene zvezde. Selektirao je tim koji je trebalo da vrati ovom klubu sjaj koji je nekada imao. Cilj je bila borba za titulu. Sam početak prvenstva bio je više nego uspešan. Pet utakmica - pet pobeda. Onda je Čivija smenjen, a da ni danas mnogima nije jasno zašto. Međutim, kada je neko vrhunski stručnjak za njega uvek ima posla.

- Otkaz u Zvezdi dobio sam 20. novembra, a pet dana kasnije zvao me je direktor Budućnosti Vladan Vujović i ponudio mi da budem trener te ekipe. Mi smo prijatelji od ranije, zvao me je još dok sam bio trener Kovina. U junu sam se opredelio za Zvezdu, jer mi se nije išlo iz Beograda, jer mi je sin bio bolestan, morao sam da ga vodim na previjanje. Kada sam dobio otkaz otišao sam u Podgoricu, od ove trener-ske plate živi moja porodica.

Kako život piše čudne romane, Zvezda i Budućnost su ove sezone odigrali dva finala.

- Prvi put smo igrali u Kupu Srbije i Crne Gore i mi smo izgubili. Na tom turniru je prikazana dobra košarka, u polufinalu su se sastale naše četiri najbolje ekipe, Hemofarm, Vojvodina, Zvezda i Budućnost. Mi smo u finalu od „crveno-belih“ izgubili sa šest poena razlike. Mislim da je tu presudio domaći teren, jer je on u ženskoj košarci veoma važan. Zvezda je bila domaćin i slavila.

U finalu domaćeg plej ofa Budućnost je imala prednost domaćeg terena.

- Ali smo mi Zvezdu pobedili u trećoj utakmici, na njihovom terenu. Bili smo oslabljeni i neigranjem Polijane Đons,

Last year in June Zoran Kovacic Civija became again the coach of the female club Crvena Zvezda. He selected the team that was supposed to bring the brightness the club used to have. The goal was fight for the title. The very beginning of the championship was more than successful. Five matches-five victories. Then Civija was replaced and no one knows why. However, when somebody is a top expert, he can always find a job.

- I got fired in Zvezda on 20th of November, and five days later director of Buducnost Vladan Vujovic called me and offered me to be a coach of their team. We have been friends for a long time and he called me when I coached Kovin. In June I chose Zvezda, because I didn't want to leave Belgrade, because my son was ill and I had to take him to the dressing station. When I got fired, I went to Podgorica, because my family lives on my coach's salary.

Life is strange, Zvezda and Buducnost played two finals this season.

- For the first time we played in the Cup of Serbia and Montenegro and we lost. At this tournament good basketball was shown, in the semi-finals our four best teams met, Hemofarm, Vojvodina, Zvezda and Buducnost. In the finals we lost against the white-red ones with six points of difference. I believe that domestic court was decisive because it is very important in female basketball. Zvezda was the host and it celebrated.

In the finals of the domestic play-off Buducnost had advantage of the domestic court.

- But we beat Zvezda in the third amtch at their court. We were weakened because Poliana Jones, the American that had to go home earlier because of the obligations in their professional league, didn't play. Thus we three times in a series won against the club from Mali Kalemegdan. The first match was the most high-grade, while the third one was ordinary. Zvezda wanted to return to the game, and we wanted to end the finals with 3:0. In this last amtch Ana Jokovic was decisive because she scored 26 shoots and 13 jumps. Zvezda didn't have any female player that could make the same score.

At the second match Zvezda didn't appear in Podgorica in the hall Moraca.

- I am not in charge of the club policy and I don't know what's the reason. I only know that for the first time in my career, that is not to be underestimated, something like that happened. I would like to use this occasion to thank my colleagues brothers Milatovic, Moma and Nikola, that se-



Ponovo saradnici u reprezentaciji SCG Miodrag Vesković i Zoran Kovačić - Čivija (Associates again in the national team SMG Miodrag Veskovic and Zoran Kovacic Civija)

Coach of the female players Zoran Kovacic - Civija

Belgrade is always escaping from him

Amerikanke koja je zbog obaveza u njihovoj profesionalnoj ligi morala ranije da ode kući. Tako smo tri puta zaredom pobedili klub sa Malog Kalemegdana. Prva utakmica je bila najkvalitetnija, dok je treća bila ziheraška. Zvezda je htela da se vrati u igru, a mi da završimo finale sa 3:0. U toj poslednjoj utakmici Ana Joković je bila prevaga, jer je postigla 26 koševa i imala 13 skokova. Zvezda nije imala nijednu igračicu koja bi približno mogla da se nosi sa takvim skorom.

Na drugoj utakmici Zezda se nije pojavila u Podgorici u sali Morača.

- Ne vodim politiku kluba, ne znam šta je razlog tome. Samo znam da mi se prvi put u karijeri, koja nije mala, tako nešto dogodilo. Želim ovom prilikom da se zahvalim mojim kolegama braći Milatović, Momi i Nikoli, koji su odlično selektoralni tim Budućnosti, mnogo radili sa devojkama, tako da smo ove sezone uspeli da odbranimo titulu.

Možda ste mogli malo više u Ligi šampiona?

- Uvek se može bolje. Da ćemo igrati Ligu šampiona saznali smo kasno, pa iako smo imali dobru atmosferu i homogenu ekipu, mislim da nismo bili dovoljno pokriveni na svim pozicijama. Pogotovo što smo igrali na tri fronta.

Od 1. jula je trebalo da budete profesionalac u KSSCG jer ste bili jedini kandidat Saveta za žensku košarku, koji se dođe raspao posle nesuglasica oko izbora selektora za A reprezentaciju, kao koordinator za mlađe selekcije.

- Ovog leta naše kadetkinje će igrati na Evropskom prvenstvu u Turskoj, a juniorke imaju predkvalifikacije za to isto takmičenje. Biće tu mnogo posla, ako želimo rezultate. Zato je i predviđeno da postanem profesionalac u Savezu. Zbog toga sam odbijao i mnoge razgovore sa klubovima, jer sam mislio da se vraćam u Beograd. Kako sada stoje stvari, sve se to nešto pomera, niko ništa ne zna. Moraću da razgovaram sa Vladislavom Lučićem koji je postao direktor svih selekcija ženske reprezentacije.



Kovačević je iskovao titulu sa Igračicama Budućnosti
Kovacic made a title with the female players of Buducnost

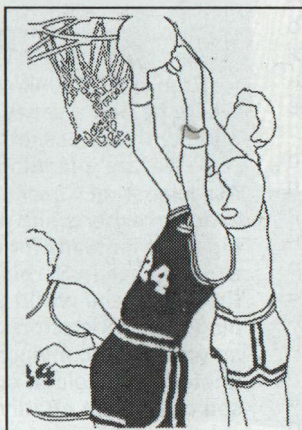
lected excellently the team Buducnost, worked a lot with girls, in order to defend the title this season.

Perhaps you could achieve something more in the Champion League?

- One can always do something more. We found out rather late that we would play in the Champion League, although we had a good atmosphere and homogenous team, I believe we were not covered enough at all positions. Especially because we played in three fronts.

Since July 1st you was supposed to become a professional in the Basketball Union of Serbia and Montenegro because you were the only candidate of the Council for female basketball, that in the meantime disintegrated after the disputes on choosing the selector for A national team, as a coordinator for younger national teams.

- This summer our female cadets will play at the European Championship in Turkey and female juniors have pre-qualifications for the same competition. We will have lot to do if we want good results. That's why it was planned for me to become a professional in the Union. I rejected many conversations with clubs because of that, because I thought I would return to Belgrade. Regarding the present situation, something is changing, and nobody knows anything. I will have to talk to Vladislav Lucic who became the director of all the selections of female national teams.



Košarkaški klub "Radivoje Korać" iz Ciriha postoji već jednu deceniju

Po receptu zemljaka

Košarka, bez sumnje najbolji proizvod sa ovih prostora, primer je uspešnosti i zemljama koje su u ekonomskom smislu, kilometrima ispred nas. Mnogi se trude da kopiraju odnosno saznaju formulu uspeha našeg zlatnog sporta, da otkriju ko je Bodiroga, Stojaković, Divac... ali na sreću takvo nešto možemo i imamo samo mi.

Heroji nacije, njihovi uspesi, olakšavaju život našem napaćenom narodu, a sa njima se sa razlogom diče i mnogobrojni Srbi i Crnogorci koji žive u inostranstvu. Zato su se naši zemljaci, koji žive u Švajcarskoj, potrudili da u jednoj

od najrazvijenijih zemalja sveta, prenesu "umesnost košarke". Pre 10 godina na čelu sa Branislavom Milenkovićem, zaljubljenikom u igru pod obručima, osnovan je klub sa imenom na legendu naše košarke Radivoja Koraća sa sedištem u Cirihi. Ove godine klub slavi deceniju više nego uspešnog rada, a podatak da je u klubu 15 pogona, košarkaša i košarkašica, zaista deluje fantastično.

- Imamo ekipe u svim rangovima od najmlađih, odnosno pionira do veterana.

Takimičimo se i u ženskoj i muškoj konkurenciji i imamo oko 200 članova. Prema podacima koje imamo naš klub je najbrojniji i najuspešniji u dijaspori. To je još jedan motiv da još više unapredimo klub odnosno nastavimo sa radom. Podrazumeva se da gro našeg kluba čine naši zemljaci odnosno njihova deca na privremenom radu ovdje u Švajcarskoj odnosno Cirihi - kaže direktor Branislav Milenković.

Klub iz Ciriha ima reputaciju pogotovo u okvirima Švajcarske najviše zahvaljujući seniorima koji sa uspehom se takmiče u B ligi Švajcarske (kao kod nas Prva B liga). Prioritet je, kako ističe Milenković da se što više dečaka i devojčica ljudi koji rade u Švajcarskoj uključe u rad kluba. Uostalom broj od 200 članova potvrđuje takvu orijentaciju, a u tajne igre pod obručima najviše ih upućuju naši treneri:

- U klubu imamo većinu naših stručnjaka. Jedan od njih je i Saša Jezerkić sa kojim sam nedavno boravio u Beogradu kako bismo ostvarili saradnju sa vodećim ljudima u košarki u domovini. Trudimo se da sve postavimo na profesionalnoj bazi, da obezbedimo što bolje uslove za rad. Nije lako jer imamo dosta članova ali imamo podršku naših ljudi u Švajcarskoj i sve za sada funkcionišu kako se samo poželeti može - ističe Milenković.

Prvi čovek kluba iz Ciriha naglašava da su uspesi naše košarke bili i povod osnivanja kluba odnosno primer kako

Basketball, undoubtedly the best product from this area, is the example of success to the countries that are economically speaking more developed than we are. Many try to copy ie. to find out the formula of success of our golden sport, to discover who is Bodiroga, Stojakovic, Divac...but unfortunately something like that only we can do and only we possess. National heroes, their successes bring relief to our lives and numerous Serbs and Montenegrins living abroad are proud of them with good reasons. That's why our compatriots, living in Switzerland, made effort to transmit the «art» of basketball to one of the most developed countries in the world. Ten years ago at the head with Branislav Milenkovic, the one that fell in love with the game under the baskets, a club is founded and got its name after the legend of our basketball Radivoje Korac and has its seat in Zurich. This year club celebrates a decade more of the successful work, and the data that there are 15 sections in the club of basketball male and female players, seems fantastic.

- We have teams in all ranks from the most youngest, ie. pioneers until the veterans. We compete in the male and female competition and we have around 200 members. According to the data we possess, our club has the greatest number of members and is the most successful in diaspora. This is one

motive more to improve our club, to continue with the work. It goes without saying that the gro of our club is composed of our compatriots, ie. their children at the temporary work here in Switzerland ie. in Zurich- says the director Branislav Milenkovic.



Cooperation

Branislav Milenković has been recently in Belgrade where he had a series of meetings regarding the cooperation with our basketball coaches:

- We are planning to realize cooperation with the Association of Coaches, because we also have an organization of experts and one should not spend words on saying what it means for us. Experience and knowledge that experts have in Serbia and Montenegro is for a long time the best in the world and we have to use it. We are planning the cooperation with certain camps and with Sveaz as well. I am convinced that both sides will benefit and improve our golden sport- claims the first operative person of the club «Radivoje Korać» from Zurich.

Basketball Club „Radivoje Korać“ from Zurich has been existing for one decade

According to the recipe of the compatriots

Saradnja

Branislav Milenković je nedavno boravio u Beogradu gde je imao niz sastanaka u vezi sa saradnjom sa našim košarkaškim poslasticima:

- Imamo u planu da napravimo saradnju sa udruženje trenera jer mi imamo takođe organizaciju stručnjaka i ne treba trošiti reči šta bi to za nas značilo. Iskustvo i znanje koje imaju stručnjaci u Srbiji i Crnoj Gori odavno je najbolje na svetu i to moramo iskoristiti. U planu je i saradnja sa nekim kampovima ali i Savezom. Uveren sam da ćemo i jedni i drugi imati koristi odnosno još više unaprediti naš zlatni sport – mišljenja je prvi operativac kluba Radivoje Korać iz Ciriha

se uspeva u košarci. Zato je i intenziviranja saradnja sa ljudima iz naše domovine kako bi se što više naučili:

- Postoji dosta kontakata sa košarkaškim radnicima iz domovine i trudićemo se da još više saradujemo. Uspehi naše

košarke pogotovo poslednjih godina za nas su ogroman podstrek i motiv. Jedava čekamo neko veće takmičenje da bismo proslavili uspehe Bodiroge, Divca i ostalih. Dosta naših članova najviše tokom leta boravi u Srbiji i Crnoj Gori na kampovima gde zaista dosta toga mogu da nauče. S obzirom na to da u Švajcarskoj košarka i nema neku reputaciju odnosno ne ulaže se mnogo sve je krenulo nabolje u poslednje vreme. Duško Ivanović je ostavio neizbrisiv trag u švajcarskoj košarci što kao trener Friburga što kao selektor. Tada su i švajcarci shvatili da ima je košarka šansa, doduše to ide sporo ali primetan je napredak u poslednje vreme. Trudimo se da i naš klub nađe odgovarajuće mesto u svemu tome i uveren sam da smo na dobrom putu – poručuje Milenković.

Bane Milenković (desno) u Pioniru



Bane Milenković (at the right) in "Pionir"

Club from Zurich has the reputation especially within Switzerland mostly because of the seniors competing in the B league of Switzerland (in our country First B league). The priority is, as Milenkovic points out, that as many boys and girls, people working in Switzerland, join the work of the club. In fact, the number of 200 members acknowledges such an orientation, and they are introduced into the secrets of the game under the baskets mostly by our coaches:

- We have the majority of our experts in the club. One of them is Sasa Jezerkic with whom I have recently been in Belgrade in order to realize cooperation with leading people in basketball in the country. We try to place everything on the professional basis, to provide better conditions for work. We have lots of members and we have the support of our people in Switzerland and everything so far functions as one can wish- claims Milenkovic.

The first man of the Zurich club highlightens that the successes of our basketball were the reason for founding the club and the example of how one can succeed in basketball. That's why the cooperation with people from our home country is intensified in order to learn more:

- There are lots of contacts with basketball coaches from the home country and we will make effort to cooperate even more. The successes of our basketball especially in the last years for us are enormous stimulus and a motive. We are looking forward to some major competition in order to celebrate the triumphs of Bodiroga, Divac and the rest. A lot of our members go during the summer to Serbia and Montenegro to camps where they can learn a lot. Regarding the fact that in Switzerland the basketball does not have some reputation because not much is invested, everything is moving for the better lately. Dusko Ivanovic left an undeniable trace in Swiss basketball as a coach of Friburg and as a selector. Then the Swiss realized that the basketball is the opportunity, no matter how slow it goes, but the improvement is obvious recently. We are trying for our club to find the adequate place there and I am assured that we are going the right way, says Milenkovic.



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Novo na medijskom košarkaškom nebu

Fiba Assist magazin dvomesečno

Od marta 2003. godine Svetska košarkaška organizacija (FIBA) u saradnji sa izdavačkom kućom «Giganti BT&M, Cantelli Editore» počela je sa objavljivanjem novog stručno-tehničkog košarkaškog časopisa – «FIBA Assist magazin». Časopis izlazi jednom u dva meseca.

- Generalno, ideja je nastala iz potrebe za edukacijom svih kadrova u košarci, uključujući one najvažnije: trenere, sudije, sportske administratore... ali i sve one ljude oko košarke, kao što su doktori, fizioterapeuti i kondicioni treneri. Cilj je jednostavno da prikazemo neke najbolje svetske primere iz svake oblasti, da ono najbolje podelimo sa svima. Na bazi malo istraživanja i pregleda, uvida u sve časopise ovog tipa koji se štampaju u svetu u ovom trenutku, došli smo do zaključka da je potrebno napraviti ovako nešto. Jednostavno, upustili smo se u projekat, koji umnogome zavisi od nacionalnih federacija i od pomoći ljudi koji doprinose svojim tekstovima - kaže za «Treners» Zoran Radović, menadžer za razvoj u Svetskoj košarkaškoj organizaciji (FIBA) i stručni koordinator «FIBA Assist magazina».

U prvom broju «FIBA Assist magazina» (mart-april 2003) koji ima 66 strana dva centralna teksta posvećena napadu u vrhunskoj košarci pisali su selektori ekipa finalista sa poslednjeg Svetskog prvenstva: Argentinac Ruben Manjano i bivši selektor «plavih», sada trener Barselone Svetislav Pešić, koji je objašnjavao napad na zonsku odbranu.

- Oko 30 strana magazina posvećeno je omladinskoj košarci, a 16 strana vrhunskoj, s tim da je ta oblast podeljena na odbranu i napad. Naravno, neizbežni su delovi o sudijama, komesarima, zapisničkom stolu, izvršnim direktorima, marketingu, organizaciji takmičenja, administrativnim funkcionerima federacija, liga, zona... Imamo deo posvećen mini-basketu, školskim aktivnostima i normalno, kondicionim trenerima, fizioterapeutima i doktorima.

Ceo sadržaj časopisa i cela akcija je pod patronatom Svetske asocijacije trenera (WABC), čiji je predsednik Dušan Ivković.

Praktično svi članovi Izvršnog odbora WABC-a podržali su ovu inicijativu i mnogo pomažu kako bi «FIBA Assist magazin» na svim kontinentima dobio na ugledu i imao što širu publiku. Dosta nacionalnih federacija već je stavilo delove prvog broja «FIBA Assist magazina» na svoje veb prezentacije i vrlo su pozitivni odjeci o njegovom kvalitetu - ističe Radović.

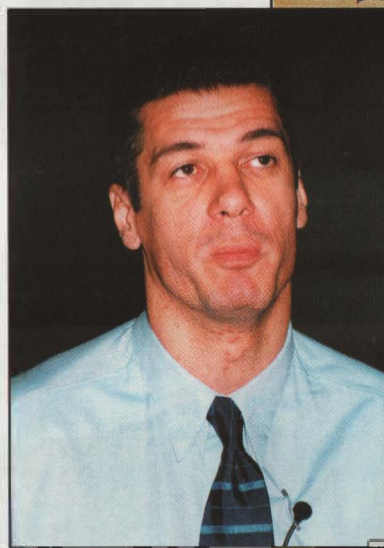
Ono po čemu je «FIBA Assist magazin» verovatno jedinstven u svetu, jeste da se može «skinuti» sa zvaničnog internet sajta FIBA (www.fiba.com).

- Pre svega časopis je potpuno besplatan, kao što je to uglavnom slučaj sa svim stručno-tehničkim izdanjima. Šaljemo ga svim nacionalnim savezima po određenim kriterijumima. Postoje četiri kategorije: savezi «A» kategorije dobijaju po 15 primeraka, «B» kategorije 10, «C» kategorije 5 i «D» kategorije 3 primerka. Međutim, svaka federacija može da preuzima magazin sa veba, da ga prešampava, da izdaje tekste... jednostavno da koristi sve što se objavi u časopisu, uz uslov da to ne prodaje.

Radović napominje da su pozitivno iskustvo za osnivanje «FIBA Assist magazina» predstavljali svi stručno-tehnički časopisi, koji izlaze širom Evrope i u Americi, a posebno naš list - «Treners».

- U formiranju koncepta «FIBA Assist magazina» mnogo nam je pomoglo iskustvo «Trenera», «Klinika», «Pivota» i «Đigantija»... ustanovili smo ono što je najneophodnije za dalji razvoj košarke.

Planovi su da do Svetskog kongresa 2006. godine izađe 20 brojeva «FIBA Assist magazina».



Zoran Radovic, inventor of new ideas

FIBA
We Are Basketball

ASSIST 01

MARCH/APRIL 2003

FIBA ASSIST MAGAZINE

SVETISLAV PEŠIĆ
ZONE OFFENSE

WILLIAM SUTTON
YOUTH BASKETBALL
PROGRAM

JACQUES HUQUET
OCULAR TRAUMAS

CARL JUNGEBRAND
SOLVING CONFLICTS

PATRICK HUWT
COACH DEVELOPMENT
IN AUSTRALIA

- Svako ko se bavi izdavačkim poslom zna da to nije malo i da je to veći posao, pogotovo kada zavisite od nekoga i kada tražite najbolje u svetu. Možemo da bi do tada mogli da pokupimo sva najbolja svetska iskustva, analiziramo i videćemo da li smo ostvarili cilj. Nadam se da ćemo 2006. godine podići košarku na još viši nivo, povećati broj učesnika i doprineti da poraste znanje i edukacija svih u košarci. A ukoliko se pokaže potreba «FIBA Assist» nastavi da izlazi, to će biti sigurno i dogoditi - zaključio je Zoran Radović.

Braca Đorđević



BEN MAGNANO

ARGENTINA'S MAN-TO-MAN LAYS

In March 2003, International Basketball Federation (FIBA) in cooperation with Italian publishing house «Giganti 3T&M, Cantelli Editore» started a new bi-monthly basketball magazine – «FIBA Assist Magazine».

Generally, the reason for the creation of «FIBA Assist Magazine» is the need to educate all members of basketball community, including those the most important: coaches, referees, sports administrators... but also others, like doctors, trainers and conditioning coaches. Simply, the ultimate goal is to show some of the best examples in the world, from every area, to share the best with all people in basket-

ball. We did some reseaching and found out that this kind of magazine is necessary. We embarked on this project, which depends a lot on national federations, and help from people who contribute with their articles - says Zoran Radovic, FIBA Development Manager and expert coordinator of «FIBA Assist Magazine».

In the first issue of «FIBA Assist magazine» (March-April 2003) which consists of 66 pages two main articles dedicated to offense were written by the NT coaches of the finalists from the last World Championships: Argentinian Ruben Magnano and ex Yugoslavia coach, now in Barcelona Svetislav Pesic, who spoke about zone offense.

- Around 30 pages of magazine is about Youth basketball, and 16 is about highest level basketball, which is divided in two parts: defense and offense. Of course, there are also parts about: referees, commisionners, scorer's table, executives, marketing, organizing the competitions, federation administratives, administratives of leagues, zones... We have a part about Mini-

Basketball, school activities and finally, conditioning coaches, trainers and doctors.

The whole content of magazine and the whole project is under patronage of World Association of Basketball Coaches (WABC), and its President Dusan Ivkovic. All members of Executive Board of WABC supported this initiative and they help us a lot to make a good reputation for «FIBA Assist Magazine» on every continent and get as many readers as possible. Many national federations have already put the first issue, or its parts on their web presentations and the reactions on the quality of «FIBA Assist magazine» are very positive – says Radovic.

Something new in sports media

FIBA Assist bimonthly magazine

«FIBA Assist Magazine» is probably the only magazine in the world that can be downloaded from the Internet – on official site of FIBA (www.fiba.com).

- First of all, the magazine is absolutely free, which is usually the case with this type of magazines. We send it to all national federations, under certain criteria. There are four categories: «A» category federations get 15 copies each, «B» category 10, «C» category 5 and «D» category 3. Every federation though can download the magazine from the Internet, reprint it, publish articles... simply to use everything written in the magazine, as long as it doesn't charge it.

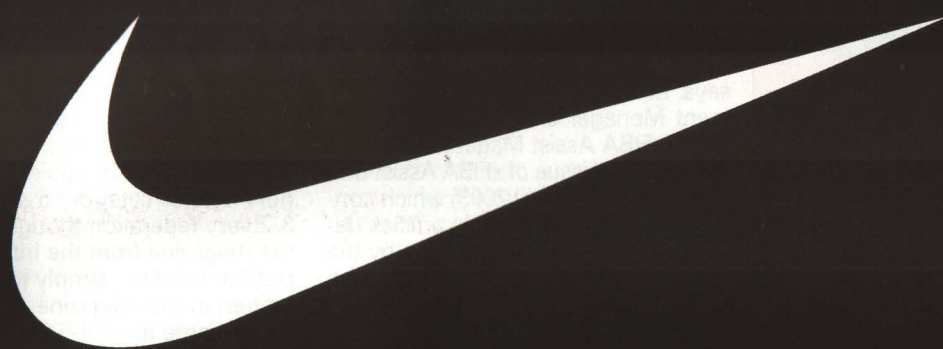
Radovic stresses that our magazine «Trener» and every other magazine from that group published either in Europe or in United States have been a positive experience for the creation of «FIBA Assist magazine».

- The experience of «Trener», «Clinique», «Pivot», «Giganti» helped us a lot in forming the concept of «FIBA Assist Magazine». We determined what is the most necessary for the further development of the sports of basketball.

International Basketball Federation plans to publish 20 issues of «FIBA Assist Magazine» by the World Congress in 2006.

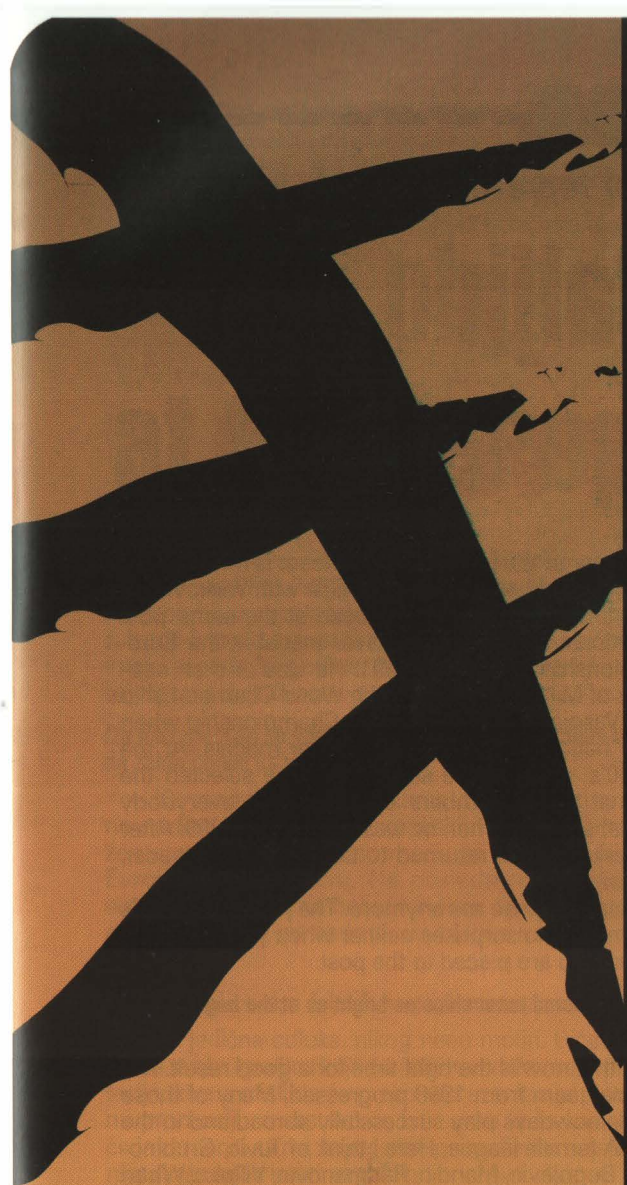
- Everyone who is in publishing business knows that it's a big job, especially when you depend on somebody and you ask for the world's best. We think that we could gather all the world best experiences by then. We will analyze every issue, and see if we accomplished what we planned. I hope that we will raise basketball to a higher level. And if it shows that «FIBA Assist Magazine» should continue to be issued, be sure, it will happen – concluded Zoran Radovi?

Braca Djordjevic



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92

Miodrag Vesković, novi-stari selektor reprezentacije

Cilj je medalja na Evropskom prvenstvu

Novi selektor ženske reprezentacije je Miodrag Vesković. Veskovića ljubitelji košarke poznaju od ranije, jer je na tom istom položaju bio kada je naša reprezentacija osvojila srebrnu medalju na EP u Izraelu 1991. godine, bio je i pomoćnik selektora Mihajla Vukovića na SP i Milana Vasojevića na EP kada je reprezentacija Jugoslavije takođe osvojila srebrne medalje. Krajem devedesetih bio je selektor i selektovao mladu reprezentaciju od koje su svi očekivali velike uspehe. Onda je smanjen 1999. godine. Posle četiri godine Vesković je vraćen na mesto čelnika, iznenađenje ili ne?

- Ništa me više ne može iznenaditi. Posao trenera je takav da nema iznenađenja ni kada te smene, ni kada te postavljaju na funkciju.

Može li se ženskoj reprezentaciji vratiti sjaj s početka devedesetih?

- Mislim da je sada pravo vreme za dobar rezultat.

Slekcija iz 1998. godine napredovala je. Mnoge te devojke danas sa uspehom igraju u inostranstvu i u NBA ženskoj ligi. Tu pre svega mislim na Tuvičevu, Grubinovu, Bogojevi-

New selector of the female national team is Miodrag Veskovik. Fans of basketball are familiar with Veskovik for a long time, because he has been at the same post when our national team won the silver medal at the European Championship in Israel in 1991. He was also an assistant selector of Mihajlo Vukovic at the World Championship and of Milan Vasojevic at the European Championship when the Yugoslav national team also won silver medals. At the end of the 90's he was the selector and he selected the young national team members out of whom everybody expected great success. Then he was replaced in 1999. After four years Veskovik was returned to the post of the leader, surprise or no?

- Nothing can surprise me anymore. The job of a coach is such that there are no surprises neither when you are replaced, nor when you are placed to the post.

Can the female national team shine as bright as at the beginning of the 90's?

- I believe that now is the right time for a good result. National team from 1998 progressed. Many of those girls nowadays play successfully abroad and in the NBA female league. Here I think of Tuvic, Grubinova, Bogojevic, Mandic, Radmanovic, Vilipic... When we were at the European Championship in Poland in 1999 they played and were the youngest, average was 22 years. Let's not forget that European Championships are won by the teams whose average is 30 years. Now our girls approached this age limit.

Does this mean that your ambition with the national team is conquering the top?

- Winning the medal for sure. We want to be in Athens next year at the Olympic Games, and we can do it only if we get among three best teams at the European Championship. At latest championships we have always been at the best place. From the tenth place we came to the eighth, then the seventh, and were the fifth in the end.

Many female players haven't come to the preparations of the national team?

- This is personal decision, I will ask no one. Every female player that does not want the jersey of the national team, that thinks that she will make a personal promotion by playing in the national team will be removed and in the team will stay only the female players that will replace »I« with »we«, and that will be psychophysically most capable and that will not be negative. The requests will be



Miodrag Vesković: Trofejna sala u kući košarke čeka znamenja sa Evropskog prvenstva

Miodrag Veskovic new-old selector of the national team

The objective is the medal at the European championship

čevu, Mandićevu, Radmanovićevu, Vilipićeveu... Kada smo bili na EP u Poljskoj 1999. godine one su igrale i bile ubedljivo najmlađe, prosek im je bio 22 godine. Ne zaboravimo da evropska prvenstva osvajaju ekipe koje imaju prosek 30 godina. Sada su naše devojkice prišle toj starosnoj granici.

Da li to znači da su vam ambicije sa reprezentacijom tolike da želite pohod ka vrhu?

- Ka medalji sigurno. Želimo da se naredne godine nađemo u Atini na Olimpijskim igrama, a to možemo samo ako budemo među tri najbolje ekipe na Evropskom prvenstvu. Na poslednjim prvenstvima smo svaki put bili na boljem mestu. Sa 10 mesta smo došli na osmo, pa sedmo, da bismo na poslednjem bili peti.

Mnoge igracice nisu dolazile na pripreme reprezentacije?

- To je lična odluka, nikog neću moliti. Biće odstranjena svaka igracica koja ne želi dres državne reprezentacije, koma misli da će preko reprezentacije praviti ličnu promociju, u sastavu će biti samo košarkašice koje će ja zameniti sa mi, koje će biti psiho-fizički najsposobnije i koje neće imati negativnu energiju. Zahtevi će biti veliki, jer nam je i cilj ogroman.

Vladislav Lučić je postavljen za direktora reprezentacije?

- Sa njim sam i ranije saradivao, nikakvih problema tu nema. On je zadužen za organizacioni deo, ja za tehnički. Moje je da radim sa igračicama, da odaberem najbolje i da napravim što bolji rezultat. U tome će mi pomagati i moji saradnici dr Saša Jakovljević i Goran Topić. Kod mene se uvek zna ko šta radi, šta nam je cilj.

Pomenuli ste igracice iz inostranstva, šta je sa domaćim?

- Kako četiri godine nisam u domaćoj košarci njih slabije poznajem. Zato ću akcenat više baciti na strankinje. Ipak, sve igracice su pozvane 16. juna i sadam dana ćemo raditi testiranje. Ko najbolje prođe na testovima biće u reprezentaciji.

Prošle sezone ste bili trener u Sankt Peterburgu, sezonu pre toga u Parmi koju ćete trenirati i naredne sezone. Ovo vam je godina povratka na stare pozicije?

- Tako ispada. Pre dve godine sam u Parmi napravio projekat, pronašao neke interesantne igracice kao što su Dačićeva i Mičovićeve sa još nekoliko Italijanki, ali su se oni opredelili za staromodan i skup tim. Ništa nisu uradili, pa su se setili mene. Sada ponovo pravim projekat, želja mi je da napravim nešto novo sa mladim igračicama. Da se igra atraktivnije, da se više trči, da se igra za publiku. Tenutno po celoj Italiji gledamo mlade košarkašice, radimo testove i tek onda odlučujemo da li ćemo neku uzeti u tim ili ne. Projekat će trajati najmanje tri godine, do sada nikada u procenama nisam pogrešio, pa neću valjda ni sada. Znam šta hoću, verujem u sebe i to je ključ uspeha.

Gordana Čanović



huge, because our objective is huge.

Vladislav Lucić was appointed the director of the national team?

- I cooperated with him before and there were no problems about it. He is in charge of the organizational part, I for the technical one. Mine is to work with the female players, to choose the best and to make the best result. My associates PhD Saša Jakovljević and Goran Topic will help me with

that. At my place one always knows who is in charge of a certain thing and what is our objective.

You have mentioned the female players from abroad. What about the local ones?

- I haven't been in domestic basketball for four years so I know them less. Thus I will put an accent to the players from abroad. Nevertheless, all female players are invited on June 16 to come and we will be doing some testing for seven days. Who is the best at the tests will be in the national team.

Last season you were the coach in Sanct Peterstburg, the season before that one in Parma where you are going to coach the following season as well. Is this your year of return to the previous positions?

- It seems like that. Two years ago in Parma I made a project, I found some interesting female players like Dacic and Micovic with a couple of Italian ones, but they chose old fashioned and expensive team. They didn't do anything, so they remembered me. Now I am starting a project again and my wish is to make something new with young female players in order to play more attractively, to run more, to play for the audience. Currently we are watching young female players all over Italy, we are doing tests and then we will decide whether we will overtake some or no. The project will last for three years at least and I haven't made a wrong assessment up to now, so I guess I won't do it this time. I know what I want, I believe in myself and that's the key of success.

Gordana Canovic

Zoran Višić sa ruskom ekipom UGKM Jekatarinburg osvojio Fajnal-for Lige šampiona za košarkašice

Iz Sibira u evropske visine

Već protekle sezone naši košarkaški stručnjaci su pokorili Evropu! Sa ekipom Barcelone doskorašnji selektor Svetislav Pešić osvojio je „Fajnal-for“ Evrolige i doneo Kataloncima toliko dugo željeni trofej. Mesec dana ranije, sredinom aprila, istovetan uspeh ostvario je sa košarkašicama UGKM Jekatarinburga iz Rusije Zoran Višić. Dok se o Pešiću zna daleko više, a mediji na ovim prostorima s dosta pažnje pratili skoro svaki njegov i Bodirogin korak, Višićev podvig ostao je nekako u senci. Međutim, to skromnom čoveku, kakav je po prirodi Zoran Višić ne smeta. Posvetio se mukotrpnom radu s damama, a plodovi kao vrhunac njegove dosadašnje karijere stigli su ovog aprila u Francuskoj. Naravno i u dalekom Sibiru, ali i celoj Rusiji znali su dostojno da proslave taj trijumf.

- Došao sam u Jekatarinburg tek u decembru 2002. praktično na pola sezone. To je stari industrijski centar nekadašnjeg SSSR, zvao se Sverdlovsk, a grad ima oko dva miliona stanovnika i na granici je Evrope i Azije. Danas je to centar crne metalurgije. Košarka ima dugu tradiciju, skoro sedam decenija, ali su uspesi počeli da stižu tek nedavno, poslednjih godina. Prošle godine klub je bio drugi u Rusiji, iza Samare i tako postao učesnik Evrolige FIBA, upoznaje nas Višić sa prvim utiscima.

Situacija u ekipi nije bila baš sjajna?

- U Evroligi skor je bio 1:4 (u poredama), dok je sa Samarom držan korak u prvenstvu Rusije. Dovedi smo pojačanje Amerikanku Jolandu Grifit (191 sm, centar) i promenili način dotadašnjeg rada. Važno je bilo prilagoditi sistem treninga, naročito u oporavku ekipe zbog dugih relacija putovanja. Radili smo dosta i na psihološkom planu. Angažovao sam ubrzo za pomoćnika našeg trenera Nedeljka Lazića, koji mi je naročito pomogao u „skautingu“ protivnika i u individualnom radu sa igračicama. Nanizali smo osam pobjeda za redom u Evroligi i završili kao četvrti u grupi. Plasirali smo se u četvrtfinale „plej-ofa“ što je bilo najvažnije. Posle toga u tri meča eliminisali smo ekipu „Lotos klima“ iz Poljske (Gdinj) za koju igra gorostasna Didekova.

Usledio je i Fajnal-for u Buržu. U tom francuskom gradu prevazišli ste sva očekivanja?

- Na rang listi FIBA važili smo za autsajdera pred početak takmičenja. Niko nas nije svrstavao u favorite, bili smo rangirani kao 13-14 tim po vrednosti. Prvo smo u polufinalu pobedili ekipu iz Brna (Slovačka), stalnog učesnika završnica FIBA takmičenja. U finalu smo nadvisili i praktično domaćina, ekipu francuskog Valensijana (82:80), aktuelnog prvaka Evrope. Slavije je počelo u Parizu, a završilo se na dočeku u Jekatarinburgu.

Šta je, po Vama, donelo trijumf?

- Iskustvo i vera ekipe u svoje mogućnosti! Tim je sastavljen od pet ruskih reprezentativki (Baranova, Arihipova, Osipova, Snjukova, Gustilna) i dve Amerikanke (Milton i Grifit). Pokušavao sam (i uspeo) da ravnopravno podelim vreme u igri, mada nismo ni imali praktično pravog „plejmekera“. Imali smo svoje sisteme igre u odbrani, često menjali tipove „zona“, uz igru „čoveka“ sa određenim zadacima. Na to naše protivnice, pa ni njihovi treneri, nisu često mogli da nađu pravi „odgovor“ na parketu.

Posle Burža posao nije završen?

Our basketball experts have already conquered Europe in the last season! With the team of Barcelona the former selector Svetislav Pesic won »Final Four« of the Euroleague and brought to the Catalonians so much wanted trophy. A month before that, at the middle of April, the same success Zoran Visic achieved with the female players of UGKM »Ekaterinburg« from Russia. While lots of things were known about Pesic, and media here paid a lot of attention almost to each his and Bodiroga's step, Visic's achievement remained in a shadow. Nevertheless, it doesn't bother such a modest man, like Zoran Visic. He dedicated himself to the tough work with female players, and the results appeared this April in France as the culmination of his career. Certainly, in the far away Siberia, and in the whole Russia as well, this triumph was celebrated with dignity.

- I came to Ekaterinburg in December in 2002 practically at the middle of the season. This is an old industrial centre of the former USSR, and it was called Sverdlovsk, and the town had around two million citizens and it was located at the frontier between Europe and Asia. Today this is the centre of metallurgy. Basketball has a long tradition, around seven decades, but the successes started only recently, in the last few years. The previous season the club was the second in Russia, behind Samara and so it became the participant in the Euroleague FIBA, explains Visic his first impressions.

Situation in the team wasn't very good

- The score in the Euroleague was 1:4 (in victories), while we kept the pace with Samara at the Championship of Russia. We brought a reinforcement, an American Jolanda Grifitt (191cm, pivot) and we changed the way of our work. It was important to adjust the system of training, especially the recovery of the team because of long distances of the travels. We worked a lot in the psychological plan too. I soon engaged the assistant to our coach, Nedeljko Ladic, who helped me a lot with »scouting« the rivals and with the individual work with female players. We achieved eight victories in a series in the Euroleague and we ended as the fourth in the group. We entered the quarter finals of the »play off« what was the most important. After that we eliminated in three matches the team of »Lotos clima« from Poland (Gdinj) where played giant Didokova.

Final Four in Bourges came after that. You exceeded all the expectations in the French city?

- At the seedings of FIBA we were considered an outsider before the beginning of the competition. No one placed us among the favorites, but we were ranked as the 13-14th team according to its value. First in the semifinals we beat the team from Brno (Slovakia), the permanent participant at the FIBA final competitions. In the finals we won practically the host, the team of the French Valenciano (82:80), the current Europe champion. The celebration began in Paris, and ended at the welcome in Ekaterinburg.

What brought you, in your opinion, the triumph?

- Experience and trust of the team in its possibilities! The team is composed of five Russian national team players (Baranova, Arihipova, Osipova, Snjukova, Gustilna) and two Ameri-

Zoran Visic with Russian team UGKM »Ekaterinburg« won »Final Four« of the Champion League for the Female Players

From Siberia to the european heights

- Čekao nas je finiš prvenstva Rusije. To je dodatno izmorilo ekipu, jer su relacije putovanja čak i avionom bile izuzetno duge (najmanje dva-tri sata). Najvažnije je bilo načiniti pravilan oporavak ekipe (fizički), a uz to imati i psihološku stabilnost tima. Ekipa je imala pobjednički karakter, svesna svojih vrednosti, pa smo tako stigli do novih trijumfa. Uspeli smo da osvojimo titulu prvaka Rusije, kao i Kup ove velike zemlje pobjedom u finalnoj grupi lige (takav je sistem). Oba puta do ta dva pehara glavni konkurent nam je bila poznata ekipa Samare.

Kada se sve sabere i oduzme?

- Imali smo strahovito naporan program, mnogo utakmica i još više dalekih putovanja. Vodio sam ukupno 38 utakmica u nepunih pet meseci, a izgubili smo samo dve. To iscrpljuje svakog čoveka, a posebno trenera čija ekipa juri prva mesta i pehare. Na kraju svi su bili zadovoljni, pa mi je ponuđen ugovor za narednu sezonu. Bio sam i na prijemu u Ruskoj košarkaškoj federaciji, dogovorili smo se i za neke nove vidove saradnje. Uspех ni za njih nije baš zanemarljiv, pošto je UGMK i Jekatarinburg prva ekipa iz ranijeg SSSR, a sada Rusije, koja je posle 22 godina postala prvak Evrope.

Za kraj, uporedite rusku i evropsku žensku košarku sa našom?

- Razlike su velike, posebno u organizacionom i materijalnom pogledu. Evropski klubovi su daleko bogatiji i više ulažu u žensku košarku. Sponzori imaju mnogo više motiva da pomažu. Dobre igralice imaju mnogo ozbiljniji tretman, finansijski ugovori su daleko jači, za nas ponekad i nezamislivi. Moj klub je planirao za narednu sezonu budžet od tri miliona dolara. Smeta mi i činjenica da se treneri često menjaju kao na traci bez ikakvog vidljivijeg razloga. Zato je i teško krenuti ka evropskom vrhu, jer su drugi iskusniji, jači i mnogo bogatiji. S druge strane, mislim da ukoliko se sve dobro ukomponuje, možemo imati jaku reprezentaciju na Evropskom prvenstvu u Grčkoj, spremnu da se upusti u borbu za medalju. Verujem u Miodraga Veskovića i Vladislava Lučića, imaju iskustva i znaju dobro da rade, završio je svoju priču Zoran Višić.

S. Petrovski

cans (Milton and Griffitt). I tried (and managed) to distribute time equally in the game, although we practically didn't have a true »playmaker«. We had our own game systems in defense, we often changed the types of »zones«, with »man« game with different tasks. Neither our opponents, nor their coaches, could find an adequate »response« to this in the court.

There was something else to be done after Bourges?

- End of the Russia Championship was ahead of us. This additionally exhausted the team, because the travel distances even by plane were extremely long (at least two or three hours). The most crucial was to recover (physically) the team in the right way, and to maintain the psychological stability of the team. The team had the winning character and was conscious of its values so we reached new triumphs. We managed to win the Russia Championship title as well as the Cup of this great country with the victory in the final group of the league (that was the system). Both times our main opponent on the way to these two victories was the famous team of Samara.

When you take everything into account...?

- We had extremely exhausting programme, many matches and even more far away trips. I coached at 38 matches in total within 5 months and we lost only 2 matches. This would exhaust anyone and especially the coach whose team chases the first places and goblets. In the end everyone was satisfied so the contract for the following season was offered to me. I was also at the reception in the Russian Basketball Federation. We agreed to cooperate in some new aspects. The success wasn't to be overlooked by them because UGMK »Ekaterinburg« was the first team of the former USSR, and now of Russia that after 22 years became the Champion of Europe.

To conclude, would you compare the Russian and European female basketball with ours?

- The differences are great, and especially in the organizational and material way. European clubs are far richer and invest more in female basketball. The sponsors have much more motives to help. Good female players have more serious treatment, financial contracts are better, sometimes unbelievable to us. My club planned the budget for the next season to be around three million dollars. What disturbs me is the fact that the coaches are changed frequently without any logical reason. That's why it's hard to reach European top, because others are more experienced, stronger and richer. On the other hand, we can have a quality national team at the European Championship in Greece, ready to struggle for the medal. I believe in Miodrag Veskovici, Vladislav Lučić because they have experience and know to work well.- Zoran Visic ended his story. S. Petrovski

Svetislav Pešić ušao u istoriju Barcelone osvajanjem titule prvaka Evrope

Trener - trofej

Malo koji trener se može pohvaliti tolikim brojem klupskih i reprezentativnih trofeja. Za samo dve godine Svetislav Pešić je ostvario ono što je malom brojem stručnjaka pošlo za rukom u celoj karijeri. Prvo je pokorio Evropu sa našom selekcijom na EP u Istanbulu (2001), potom je godinu dana kasnije (2002) osvojio i planetu na SP takođe sa „plavima“ u Indijanolisu, da bi u ovoj sezoni sa Barcelonom ostvario najveći uspeh u njenoj dugoj istoriji. Dvojac Pešić-Bodiroga, bio je dovoljan za „krov“ Evrope, bez podcenjivanja zasluga ostalih igrača Barcelone, na čelu sa Fućkom. Barsa je savladala prvo CSKA u polufinalu fajnal-fora, a potom u nezaboravnom finalu i Beneton. Zlatnim slovima, zahvaljujući Srbima, Barcelona je upisala 11. april 2003. godine. Podsećanja radi Barcelona je do sada osvojila 12 titula u prvenstvu Španije, 18 nacionalnih kupova, dva puta Kup Radivoja Koraća (1987 i 1999) i isto toliko titula u Kupu Rajmunda Saporthe (1985 i 1985), ali bez sumnje titula u Evroligi je najvrednija. Takav uspeh nisu ostvarili ni jedan San Epifanio, Hime nez, Noris, Solozaba i mnogo drugi koji su brani boje kluba iz Katalonije. Svetislav Pešić, kao trener, Dejan Bodiroga, kao najbolji igrač fajnal fora (MVP) sigurno su zaslužni ako ne i najzalužniji za primat Katalonaca u Evropi. Kao uvek Pešić je raspoložen za razgovor sa „predstvnicima“ sedme sile i rado se odazvao našem pozivu, uz zamerku, čini se opravdanu, da bi mogao češće biti na stranicama ovoga časopisa.

- Biti prvak Evrope sigurno je veliko zadovoljstvo za svakog ko je učestvovao u tome, pogotovo sa ekipom koja je dugo čekala jedinu titulu koja joj nedostaje u bogatoj istoriji. Igrači su ti kojima pripadaju najveće zasluge jer su u potpunosti ispunili sve ono što smo se dogovorili. Meni lično ova titula veoma godi, a najviše od svega sam ponosan na ono što sam uradio sa kadetskom i juniorskom reprezentacijom Jugoslavije sredinom 80-ih kada smo postali prvaci Evrope i sveta i naravno ono što sam radio u Albi. To samtram nekom osnovom u mojoj karijeri - kaže bez sumnje jedan od najboljih ako ne i najbolji stručnjak našeg zlatnog sporta.

Šta je donelo prevagu u finalu fajnal-fora protiv Benetona?

- Kao prvo to što igramo u kvalitetnoj ligi. Tokom sezone imali smo niz jakih mečeva. Praktično svaka utakmica je od ogromnog značaja. U odnosu na lige gde igraju CSKA i Beneton španska je kvalitetnija. Znali smo da će se igrati poen za poen. Tokom ove sezone igrali smo niz takvim mečeva. Kao drugo dobra igra u odbrani. Sigurno da ne treba zaboraviti da smo igrali pred našom publikom, ali i pritisak odnosno očekivanja su bila ogromna. To zna da bude mač sa dve oštrice, ali moji igrači su uspeali da prebrode sve prepreke zahvaljujući velikom motivu i želji.

Da li ste se specijalno pripremali za izazove na fajnal-foru?

- Ništa posebno nismo radili, osim uobičajnih stvari. Dobro smo analizirali kvalitete protivnika. Naglasak je bio na takozvanoj sportskoj formi što je uobičajno pred svaku utakmicu. Dakle psihološka priprema. Igrači su kao što sam rekao ispunili očekivanja, hrabro i motivisano ušli pogotovo u finalni meč. Imali su samopuzdanje i veru u svoje mogućnosti.

Svakako da je to najviše vaša zasluga.

Few coaches can be praised of having so many club and national team trophies. In only two years Svetislav Pesic realized what few experts succeeded in their whole careers. First he conquered Europe with our national team at the European Championship in Constantinople (2001), then a year later (2002) he won with «the blue ones» the planet at the World Championship in Indianapolis, and in this season with Barcelona he achieved the biggest success in its long history. Duet Pesic-Bodiroga was enough to reach the «roof» of the Europe, without undere-stimating the merits of other players of Barcelona, with Fucka. Barcelona beat first CSKA in the semifinals of Final Four, then at the unforgetful finals beat Benetton too. Barcelona will mark with golden letters April 11, 2003, thanks to the Serbs. Just to remind you, Barcelona by now won 12 titles in the Championship of Spain, 18 national cups, two times the Cup of Radivoje Korac (1987 and 1999) and as much titles in the Cup of Raimundo Saporthe (1986 and 1985), but no doubt, the title in the Euroleague is most worth. Such success wasn't realized by San Epifanio, Jimenez, Noris, Solozaba and many others that defended the club colours of Catalonia. Svetislav Pesic, as a coach, Dejan Bodiroga, as the best player of Final Four (international championship) are certainly meritorious, perhaps most meritorious, for the dominance of the Catalonians in Europe. Pesic is always willing to talk with media representatives and he agreed to our invitation, with a remark, that seems justified, that he could appear more often on the pages of this magazine.

- Being a European champion is surely a great pleasure for everyone that took part in it, especially with the team that wished for a long time to obtain the only title that lacked in its rich history. Players are the ones who are most deserving because they completely fulfilled everything we agreed. I personally like this title a lot and I am especially proud of what I have done with the cadet and junior national teams of Yugoslavia at the middle of 80's when we became European champions and World champions and of course of what I have done in Alba. I consider it a basis in my career, says undoubtedly one of the best, perhaps the best expert of our golden sport.

What was decisive in the finals of Final Four against Barcelona?

- First thing was playing in the quality league. During the season we had a series of hard matches. Practically each match was extremely important. Comparing to the leagues where CSKA and Benetton are playing, the Spanish league is more quality. We knew that they will play for each point. During this season we had a few such matches. Second, it was good playing in defense. Certainly we should not forget that we played in front of our audience, but the pressure, ie. the expectations were huge. That could be harmful, but my players managed to overcome all the obstacles thanks to the great motive and wish.

Have you specially prepared for the challenges in Final Four?

- We haven't done anything special, besides ordinary staff. We analyzed thoroughly the opponents' quality. The accent was at the so called sports shape what is normal before every match. Thus it was psychological preparation. Players, as I said, met the expectations with courage and motivation and entered the final match. We had selfconfidence and trust in our skills.

This is of course your merit?

Svetislav Pasic entered the history of Barcelona by winning the European championship

Coach - trophy

- Pa trener obično bira igrače a ne obrnuto. On je najodgovorniji. Moj koncept je poznat i tu ništa ne menjam.

Verovali ste u ovaj tim, niste ništa menjali tokom sezone?

- Nemam naviku da dovodim igrače u sred sezone, kao što radi većina timova. Možda smo i jedini tim u Evropi koji igra u istom sastavu od početka sezone.

Barcelona je angažovanje Vas i Bodiroge ostvarili istorijski uspeh?

- Barcelona je ozbiljan klub koji ima jasan plan i ciljeve. Uostalom dolaskom Bodiroge i mene plan je bio da se osvoji jedina titula koja nedostaje u vitrinama. Drago mi je da smo uspjeli da ispunimo očekivanja. Da dodam da se ne shvati pogrešno da nas dvojica nismo nazaslužniji za uspeh Barcelone. Bez ostalih igrača, uprave, navijača tako nešto ne bismo ostvarili. Sve je to plod napornog i zajedničkog rada i odlične atmosfere tokom proteklih devet meseci i naravno vere u naše mogućnosti i kvalitete.

Po mnogima ovaj fajnal-for je bio najkvalitetniji do sada?

- Tri tima, CSKA, Benetton i Barcelona već niz godina su u vrhu evropske košarke, a plasman Montepasquija je takođe za pohvalu. I utakmica za treće mesto bila je veoma kvaliteta iako nije imali neki poseban takmičarski značaj. Fajnal-for se igrao do sada u najvećoj dvorani koja prima 17 hiljada ljudi a koliko znam da je bilo mesta za još dva puta toliko bilo bi puno. Dakle interesovanje je bilo veliko i sve utakmice su bile otvorene i neizvesne što je donelo dodatni kvalitet. Organizacija je bila takođe beprekorna. Sve to govori da je završnica Evrolige ispunila očekivanja pogotovo naših pristalica.

Bez naših stručnjaka i trenera nezamisliva je i klubska i reprezentativna košarka.

- Naša metodika rada je jedinstvena u svetu. Nemam šta novo da kažem u odnosu na ranije kada je reč o našim trenerima i igračima. Drago mi je što sam deo toga i sigurno da se ne smemo zadovoljiti dosadašnjim rezultatima. Imamo obavezu da nastavimo sa radom kako u domovini tako i u inostanstvu - poručuje Pešić, koji će možda ove sezone ostvariti het-trik sa Barcelonom jer je u toku završnica ACB lige.

D. Pašić

- Well, coach usually selects the players and it's not on the contrary. He is the most responsible. My concept is known very well and there I don't change anything.

You trusted in this team and you haven't changed anything during the season?

- I don't have the habit of introducing a player at the middle of the season, like the majority of teams do. Perhaps we are the only team in Europe that plays in the same composition from the beginning of the season.

Barcelona made a historic success by engaging you and Bodiroga?

- Barcelona is a serious club that has a clear plan and objectives. With the arrival of Bodiroga and me the plan was to win the only title that they lacked in the glass showcase. I am glad we managed to fulfill this expectation. I need to add something in order not to be misunderstood, the two of us are not the most meritorious for the success of Barcelona. Without other players, team management, fans we couldn't realize it. Everything is the result of strenuous and joint work and excellent atmosphere during last nine months and of course, the trust in our capabilities and qualities.

Many people believe that this Final Four was the most quality by now?

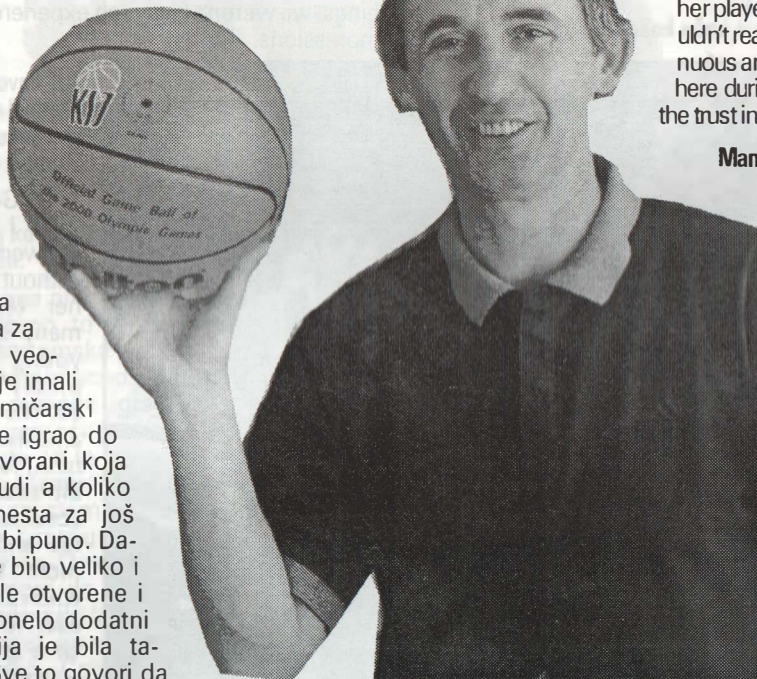
- Three teams, CSKA, Benetton and Barcelona have for many years been in the top of European basketball and the placement of Montepasquier also should be praised. The match for the third place was also high-grade although it didn't have any special competition importance. Final Four used to be played by now in the biggest hall that can receive 17 thousand people and as much as I know there was enough place for twice as many people. So the interest was great and all the matches were open and unpredictable what brought an additional quality. Organization was

also irreproachable, what tells us that the end of the Euroleague met the expectations especially of our fans.

One cannot imagine club and national team basketball without our experts and coaches!

- Our methodics of work is unique in the world. I have nothing new to say regarding what was said about our coaches and players. I am happy that I am a part of it and surely we mustn't think that our current results are enough. We have the obligation to continue our work in the home country and abroad - says Pasic, that will perhaps this season realize a het-trick with Barcelona because the finals of the ACB league are held at the moment.

D. Pasic



Vlade Đurović sezonu počeo kao trener Budućnosti, završio je kao prvi stručnjak FMP Železnika

Povratak na velika vrata

Vlade Đurović se posle 17 godina vratio, odakle je i otišao, u Beograd. Trofejni stručnjak koji je iza sebe ima briljantnu karijeru, radio je proteklih godina u Grčkoj, Belgiji i Francuskoj. Početkom ove sezone prihvatio je poziv Budućnosti iz Podgorice, ostao do decembra a potom potpuno neočekivano napustio najtrofejniji crnogorski klub, naravno ne svojom željom. Usledila je pauza a u martu FMP Železnik je u njemu video naslednika Ace Petrovića, ispostavilo se da je to pun pogodak. Malo je trebalo iskusnom stručnjaku da se prilagodi novom klubu, a za kratko vreme, već u aprilu, osvojen je i trofej, drugi u istoriji kluba, nacionalni Kup Radivoje Korać, potom plasman u finale plej-ofa, gde su „panteri“ izgubili sa 3:0 u seriji od Partizana.

- Lično nisam zadovoljan učinkom u sezoni, jer sam došao sa ciljem da osvojim titulu. Ipak uzeli smo Kup i to je ipak uspeh. U finalu protiv Partizana sigurno da smo mogli daleko bolje, ali između ostalog nismo imali sreće - sumira utiske iskusni stručnjak.

Posle dugo vremena vratili ste se u našu košarku. Da li ste zadovoljni nivoom naše klubske košarke?

- Generalno gledano da. Pet ekipa je pokazalo neosporni kvalitet, bez potcenjivanja ostalih ekipa. Bilo je dosta interesantnih utakmica, mladih igrača, u sušiti prijatno sam iznenađen. Trećman ekipa poput Železnika ili Hemofarma recimo, je malo čudan. To su mnogima simpatične ekipa, svi ih hvale do momenta kada dođu u situaciju da osvoje trofej. Veliku zamerku imam na suđenje u finalu, jer smo oštećeni. Mislim da ovaj problem mora da se razmotri, bilo od komesara lige ili od sudijske organizacije, ali u svakom slučaju taj segment je loš.

Niste se pokajali što se vratili?

- Nikako. Došao sam u Železnik, klub koji ima odličnu organizaciju, dobar rukovodeći i igrački kadar. Bilo mi je lepo i u Budućnosti, ali znate da

Vlade Djurovic has returned after 17 years, to the place he departed from, to Belgrade. A trophy expert that has behind himself a brilliant career, worked during previous years in Greece, Belgium and France. At the beginning of this season he accepted the invitation of Buducnost from Podgorica, he stayed until December and again unexpectedly left the most trophy Montenegrin club, of course, not willingly. There was a break and then in March FMP Zeleznik saw in him the successor of Aca Petrovic, and it turned out to be the target was hit. It took him a short time for this experienced expert to adjust to the new club and soon, already in April, the trophy was won, the second in the history of the club, national Cup Radivoje Korac, later the placement in the finals of play-off, where the «panthers» lost with 3:0 in the series against Partizan.

- Personally I am not satisfied with the outcome of the season because I came with objective to win the title. Nevertheless, we won the Cup and that's success. In the finals against Partizan surely we could do much more, but, among other things, we weren't lucky- an experienced expert resumes the impressions.

You have returned to our basketball after a long time. Are you satisfied with the level of our club basketball?

- Generally speaking, yes, I am. Five teams showed undoubtful quality, without underestimating other teams. There were many interesting matches, young players, that was mostly an agreeable surprise. The treatment of the teams like Zeleznik or Hemofarm, for example, is a little bit strange. Some people consider these teams likable and everyone praises them until the moment when they come to the situation to win the trophy. I have a great remark for the way referees did they job in the finals because it was to our detriment. I believe that this problem has to be discussed, whether by the commesary of the league or the referee organization, but in any case this segment is bad.

Have you ever repented because of coming back?

- Never. I came to Zeleznik, the club that had an excellent organization,



Vlade Djurovic started as a coach of *Budućnost* and ended as the first expert of *FMP Železnik*

Return in grand style

sam otišao ne svojom krivicom. Videćemo kakao će se stvari odvijati. Imam ugovor sa FMP-om do 2005. godine, tek je sezona završena, predstoje razgovori o novoj, plan priprema...

Šta ste promenili kada ste stigli u Železnik?

- Nisam imao mnogo vremena za neke korenite promene. Jednostavno popravili smo atmosferu, više opuštenosti, mao vica i samim tim vedrije ušli u finiš sezone, odnosno završnicu Kupa. Pokušao sam da igrače rastereitim i to nam je donelo trofej u Nišu. Moj prethodnik je odlično radio posao i sigurno da i on ima velike zasluge za taj trofej. U taktičkom smislu nismo imali mnogo vremena za neke detaljne promene, ali smo igrali raznovrsnije u odbrani odnosno napadu.

Najveći problem naše košarke je odlazak igrača.

- Slažem se i to nije ništa novo. Jednostavno to pre svega diktira ekonomska situacija odnosno nemogućnost klubova da zadrže najbolje igrače. Bojim se da smo tu nemoćni i za sada ne vidim način da se to spreči. Najsvežiji primer je Vujančić, koji je zaista ekstra igrač, sa svim predispozicijama da čak prestigne jednog Dražena Petrovića. Dostigao je određeni nivo, ali mora da nastavi da radi bez obzira gde ode. Iste probleme ima i *Budućnost*, jer verovatno će otići, Pavlović, Čabarkapa, Vraneš...

Bez rezultata smo i u evropskim klubskim takmčenjima?

- Nažalost tu smo gde smo. Partizan recimo nije uspeo da izbori plasman među 16 ekipa Evrolige sa Vujančićem, a zamislite šta može da uradi bez njega. Verujem da će biti bolje, ali teško se boriti ili mjeriti sa budžetima koje imaju timovi u Španiji, Italiji, Francuskoj i da ne nabrajam dalje. To se direktno odražava i na rezultate.

D. Pašić

good management and players' personnel. We'll see how the things will go on. I have a contract with FMP until 2005, the season ended recently, conversations on new season and plan of preparations are ahead of me...

What have you changed since your return to Zeleznik?

- I didn't have much time for some radical changes. Simply we made the atmosphere better, more relaxed, more funny and thus we entered the finish of the season, ie. finals of the Cup more happily. I tried not to load my players and this surely brought us trophy in Nis. My predecessor did an excellent job and certainly he was also meritorious for this trophy. In the tactical sense we didn't have time for detailed changes, but we played more diversely in defense, ie. offense.

Is the biggest problem of our basketball going away of our players?

- I agree with that and this isn't anything new. Simply this is dictated by economic situation, ie. club impossibility to keep the best players. I am afraid that we are helpless in this situation and for now I don't see how can we prevent that. The most recent example is Vujanic, that is really an extra player, with all the predispositions to even overcome Drazen Petrovic. He reached certain level but he has to continue to work no matter where he goes. *Budućnost* has the same problems as we do because, probably, Pavlovic, Čabarkapa, Vranes...are going to leave.

The protest committee of the Alliance of Independent Trade Unions of Serbia and Montenegro (SSS SCG) Thursday declared the rest of 2003 as „the year of protests and the struggle for workers' rights in the state union of Serbia and Montenegro“.

We have no results in the European club competitions too?

- Unfortunately that's like that. Partizan for example hasn't managed to get the placement among 16 teams of the Euroleague with Vujanic, and just imagine what it could do without it. I consider that it will be better but it is hard to struggle and compare us to the budgets that the teams in Spain, Italy, France and other countries have. This is directly reflected on the results.

D. Pasic



FIBA Assist magazin: Svetislav Pešić

Napad protiv zone

Osvojio je evropske šampionate za kadete, juniore i seniore, par zlatnih medalja na svetskom šampionatu za juniore i svetskom šampionatu za seniore sa jugoslovenskom reprezentacijom. Pešić je takođe briljirao na evropskom šampionatu za seniore dok je bio na čelu nemačke reprezentacije 1991. Sa klupskim timom, osvojio je jugoslovenski šampionat i Kup Jugoslavije, dva Šampionata Nemačke i dva Kupa Nemačke. Sada je glavni trener tima iz Barselone.



He won a European Cadet, Junior and Senior Championships, a pair of World Junior and World Senior Gold Medals with the Yugoslav national teams. Pešić also won A European Senior Championship while at the helm of the German National team in 1991. With a club team, he won one Yugoslavian Championship and one Yugoslavia Cup, two German Championships and two Germany Cups. He is now head coach of the team in Barcelona.

UVOD

Uvođenje perioda od 24 sekunde za napad i 8 sekundi ubrzali su tok igre. Mnogi treneri su brzo usvojili ofanzivnu igru: koja bi se mogla pokrenuti u roku od šest ili manje sekundi. Zbog ovoga, tranzicija u napad je postala sve važnija; organizovana, brza i jednostavna. Veoma malo timova sada koristi ofanzivne strategije, koje koriste sve tri faze napada: rani kontranapad, drugi kontranapad i pozicionu igru. Pogrešno je misliti da je odbrana sada manje važna nego u prošlosti. Nikad nisam video veliki tim ili sjajnog trenera koji nisu imali jaku odbranu. Tokom godina, suočavaćemo se sa organizovanijim odbranama i više zonskih odbrana, koje se koriste obuzdavanje i razbijanje organizovanih napada. Cilj je forsirati brzi napad ili ubrzati odluke igrača napada. Sa pravilom od 24 sekunde, nećemo naići na klasične zonske odbrane kao u prošlosti, meč up (match-up) ili kombinaciju odbrana, kao što su trougao-i-dva (trojica igraju zonu a dvojica igraju čoveka) i 4 igrača u zoni i 1 igra čoveka (box-and-one).

NAPAD PROTIV ZONE

Tim mora biti spreman za svako eventualno iznenađenje. U svetu neprestanih odbrana i pozicionih igri, tim mora imati u svom arsenalu napad koji je koristan protiv čoveka-na-čoveka, kao i protiv zonske odbrane. U većini slučajeva, najbolje oružje protiv zone je kontranapad. Zato što je jedna od slabih tačaka zone protiv kontranapada činjenica da igrači odbrane ne mogu da stignu do svojih dodeljenih pozicija pre nego što stignu igrači napada. Želimo da naši igrači trče brzo do dela terena

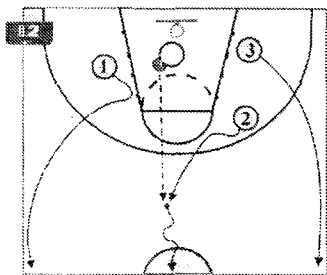
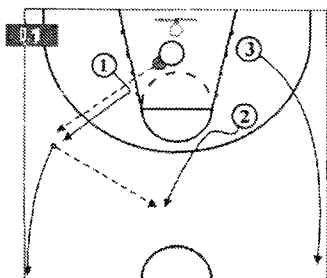
za napad, dodajući loptu preko terena na takav način da ne daju odbrani šansu da se oporavi. Na ovaj način možemo iskoristiti prednost svih ponuđenih opcija tokom tranzicije u napad nakon krađe, izgubljene lopte, skoka ili brzog dodavanja bez skoka nakon što je dat koš.

RANI KONTRANAPAD

Ovo su pravila koja igrači treba da slede.

1. IZLAZNO DODAVANJE (OUTLET PASS) I PRIMANJE DODATE LOPTE

Imamo dve opcije i dva rešenja. Oba beka moraju



INTRODUCTION

The introduction of the 24-second shot clock and eight-seconds speeded up the pace of the game. Many coaches quickly adopted offensive plays that could be put in motion in six or less seconds. For these reasons, the transition offense has become more and more important; it is organized, quick and simple. Very few teams now utilize offensive strategies, that use all the three phases of offense: early fastbreak, secondary fastbreak and set play. Don't make the mistake of thinking that defense is now less important than in the past. I've never seen a great team or winning coach that did not have a great defense. During the course of the years, we will face more and more organized defenses and more zone defenses, which are used for containing and disrupting organized offenses. The aim is to force a quick shot or to speed up the decisions of the offense. With the 24-second rule, we will not face the classic zone defenses as in the past, but match-up or combination defenses, such as the triangle-and-two and the box-and-one.

ZONE OFFENSE

A team must be prepared for every eventuality. In a world of endless defenses and set plays, a team must have in his arsenal an offense that is useful against man-to-man, as well as zone defense. In the majority of cases, the best weapon against the zone is the fastbreak. Because of the weak points of the zone versus the fastbreak is the fact that the defensive players cannot reach their assigned positions before the arrival of the offensive players. We want our players to run quickly to the offensive end, passing the ball up court without giving the defense a chance to recuperate. This way we can take advantage of all the options offered during the transition attack after a steal, a turnover, a rebound, or quick out-of-bounds pass after a field goal made.

EARLY FASTBREAK

These are the rules the plays should follow.

1. OUTLET PASS AND RECEIVING THE PASS

We have two options and two solutions. Both guards must be ready to receive the outlet pass. The outlet pass can be made to 1 in the wing position or to 2 in the middle of the floor (diagr. 1 & 2).

2. THE FORWARD SPRINTS STRAIGHT TO THE BASKET

The forward sprints, near the sideline, in a position where he can receive a pass from one of the guards (diagr. 3).

This transition offense has three trailers.

FIBA Assist magazin: by Svetislav Pesic

Zone offense

biti spremni da prime izlazno dodavanje. Izlazno dodavanje se može napraviti na 1 u krilnoj poziciji ili 2 u sredini terena (dijagrami 1& 2).

2. SPRINTOVI NAPRED PRAVO KA KOŠU

Sprintovi napred, blizu bočne linije, u poziciji gde može da se primi dodavanje od jednog od bekova (dijagram 3). Ovaj prelazni napad ima tri pratioca.

PRVI PRATILAC

On trči suprotno od lopte. On je najopasniji igrač kontranapada i mora biti spreman da primi dodavanje.

DRUGI PRATILAC

On je uključen u drugi kontranapad. On trči srednjim koridorom terena i mora ići do donjeg posta.

TREĆI PRATILAC

On je poslednji igrač koji ide u napad. On mora da promeni stranu lopte, doda na donji post i napravi blokadu.

3. PET KORIDORA

U idealnom slučaju, teren je podeljen na pet koridora i igrač (dijagram 4) mora da zauzme svaki koridor.

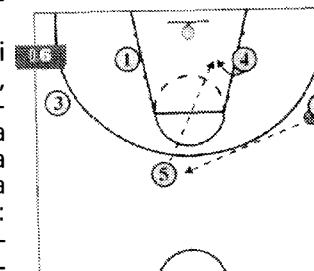
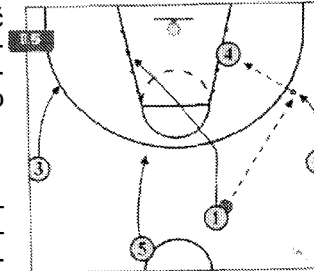
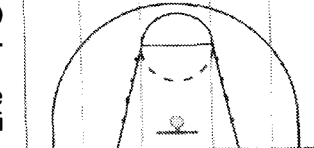
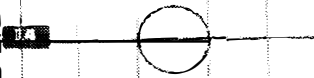
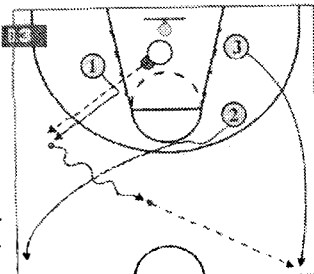
4. BRZI DRIBLING DO SREDINE TERENA ILI BOČNO DODAVANJE

Bolje je napraviti kraće dodavanje umesto dugog i najbolje dodavanje je obično bočno dodavanje. Igrač sa suprotne strane, prvi pratilac, može da pretrči do jednog od bekova da bi ubrzao kontranapad.

5. UNUTRAŠNJA IGRA

Ako ne možemo da stignemo do koša pri prvom pokušaju, napadači moraju odmah da stvore druge mogućnosti.

Drugi pratilac, igrač koji trči srednjom linijom terena, mora da ode do donjeg posta i spoljni igrači treba da mu daju loptu. Ako nema ove opcije, pokušavamo da iskoristimo trećeg pratioca: cilj je napasti zonu ispod koša, korišćenjem drugog kon-



FIRST TRAILER

He sprints opposite the ball. He is the most dangerous player of the fastbreak and must be ready to receive the ball.

SECOND TRAILER

He is involved with the secondary break. He runs the middle lane of the court and must go to the low post area.

THIRD TRAILER

He is the last player who goes on offense. He must change the side of the ball, pass to the low post, and make a screen.

3. THE FIVE LANES

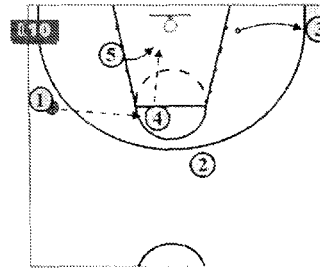
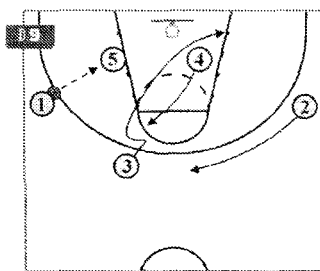
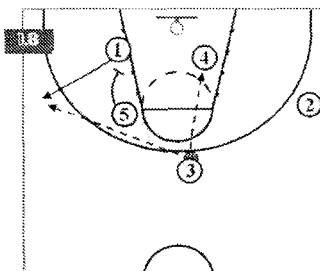
Ideally, the court is divided in five lanes and a player (diagr. 4) must occupy each lane.

4. QUICK DRIBBLE TO THE MIDDLE OF THE COURT OR A LATERAL PASS

It is better to make a short pass instead of a long one and the best pass is typically the laterall pass. The player on the opposite side, the first trailer, can run over to one of the guards to speed up the fastbreak.

5. INTERNAL PLAY

If we cannot get to the basket on the first try, the offense must immediately create other options.



The second trailer, the player who runs in the middle lane of the floor, must go to the low post area and the perimeter players should give him the ball. If there is not this option, we try we use the third trailer: the aim is to attack the zone under the basket, using the secondary break, because this part of the lane is not controlled by the defense during this phase of the play.

SECONDARY BREAK

1 passes to 2 and 2 to 4. 1 after making pass, cuts in the lane, 5 stops outside the free-throw line area and 3 outside the three-point line (diagr. 5).

If 2 cannot pass to 4, 2 passes to 5 and 5 makes a pass to 4, who cuts in the lane (diagr. 6).

5 can also make a screen for 3, who receives the ball from 2. 4 cuts in the lane (diagr. 7).

After screening for 3, 5 picks for 1. 3 can pass to 1 or 4 (diagr. 8).

tranapada zato što ovaj deo koridora ne kontroliše odbrana tokom ove faze igre.

DRUGI KONTRANAPAD

1 dodaje 2 i 2 dodaje 4. 1 nakon dodavanja, kreće u koridor. 5 staje spolja u odnosu na liniju slobodnih bacanja i 3 spolja u odnosu na liniju trojke (dijagram 5).

Ako 2 ne može da doda 4, 2 dodaje 5 a 5 dodaje 4, koja kreće u koridor (dijagram 6).

5 takođe može da uradi blokadu 3, koji prima loptu od 2, 4 pravi kretnju u liniji trčanja (dijagram 7).

Nakon blokade nad 3, 5 blokira 1, 3 može da doda 1 ili 4 (dijagram 8).

1 dodaje 5 na donji post, dok 4 ide visoko da bi blokirao 3. 2 ide do sredine terena (dijagram 9).

Ako 1 ne može da doda 5, 1 dodaje 4 i 4 dodaje 5 (dijagram 10).

POZICIONI NAPAD PROTIV ZONE

Svaki napad zavisi od toga kako je pozicioniran i kako se igra izvršava.

Da bi bio uspešan, svaki napad:

- * Mora biti efikasan protiv svake vrste odbrane (čovек-na-čoveka, zonska ili kombinovana odbrana)

- * Mora da bude u mogućnosti da se prilagodi promenama kod odbrane.

PRINCIPI NAPADA

1. Napad mora biti fleksibilan i uravnotežen korišćenjem:

- a. dodavanja
- b. dribling prodora
- c. ofanzivnog skoka

2. Mora imati kontinuitet od početnog dodavanja sve do kraja napada.

3. Mora da sakrije slabosti napada i da iskoristi jake tačke tima.

4. Igrači moraju imati odlično tehničko znanje.

5. Napad mora da se koristi protiv svake vrste odbrane.

SPECIJALNA PRAVILA PROTIV KLASICNE ZONE I KOMBINOVANA ODBRANA

Spoljni igrači

Na početku pozicione igre, svi spoljni igrači moraju biti u fizičkom kontaktu sa igračima odbrane najbližim njima.

UNUTRAŠNJI IGRAČI

Oba unutrašnja igrača moraju biti postavljena ka spolja, jedan sleva a drugi sdesna, malo spolja u odnosu na oblast tri sekunde, blizu osnovne linije.

U početku, nema igrača na gornjem postu. Ova tačka će kasnije biti zauzeta.

1 pass to 5 in the low post, while 4 goes high to screen 3. 2 goes in the middle of the floor (diagr. 9).

If 1 cannot pass to 5, 1 passes to 4 and 4 passes to 5 (diagr. 10).

SET OFFENSE AGAINST THE ZONE

Every offense depends on how it is set up and how the plays are executed.

In order to be successful, every offense:

- * Must be efficient against every type of defense (man-to-man, zone or combination defense).

- * Must be able to adapt according to the changing defenses.

OFFENSIVE PRINCIPLES

1. The offense must be flexible and balanced, using:

a. Passes

b. Dribble Penetration
c. Offensive Rebounding

2. Must have continuity from the starting pass until the end of the offense.

3. Must hide the offensive weaknesses and exploit the strong points of the team.

4. The players must have excellent technical knowledge.

5. The offense must be usable against any type of defense.

SPECIAL RULES AGAINST THE CLASSIC ZONE AND THE COMBINATION DEFENSES

Perimeter Players

At the beginning of the set play, all the perimeter players must be in physical contact with the defensive players nearest to them.

INSIDE PLAYERS

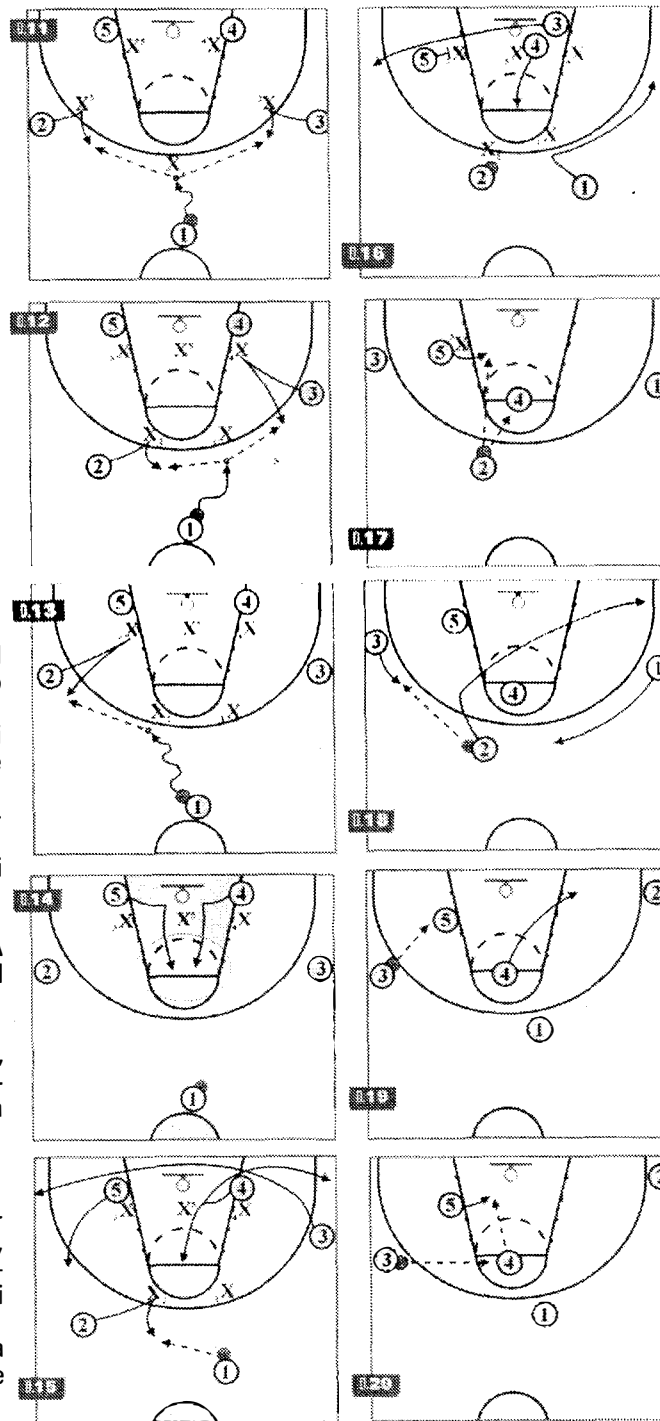
Both inside players must be positioned externally, one on the left and the other on the right, slightly outside of the three-second area, near the baseline.

Initially, there is no player on the high post area. This spot will be occupied latter on.

DRIBBLE PENETRATION

Dribble penetration among two defenders of the zone. All the offensive players must be ready to receive the ball if:

- a) A teammate makes a dribble penetration
- b) The low post receives the ball
- c) The high post receives the ball.



DRIBLING PRODOR

Dribling prodor između dva igrača zonske odbrane. Svi igrači napada moraju biti spremni da prime loptu ako:

- a) njihov saigrač napravi dribling prodor
- b) donji post primi loptu
- c) gornji post primi loptu

BLOKADE

Svaki put kada igrač blokira, mora da se zaokrene i krene prema lopti nakon blokade.

DODAVANJA

Najefikasnija dodavanja su kratka i brza.

UNUTRAŠNJA IGRA

Od početka, važno je da lopta mora biti dodata ispod koša (unutrašnja igra), pre nego što se odbrana oporavi. Nije preporučljivo odmah šutirati od spolja, jer želimo da rezervišemo skok šut za drugi stadijum igre.

OPCIJA A

Počnite ovu pozicionu igru sleva ili sdesna protiv dva-tri zone. 1 pokušava da napravi fizički kontakt sa X1, kao što i 2 i 3 rade sa X2 i X3 (dijagram 11).

1 može da doda 2 ili 3: ova dva igrača napada moraju imati fizički kontakt sa X2 i X3, pre nego što izađu prema lopti (dijagrami 12 & 13).

TAJMING KRETANJA

U početku, gornji post je slobodan i 4 i 5 ostaju iza svojih igrača odbrane X4 i X5. Njihovo kretanje zavisi od položaja lpte. Oni se kreću prema otvorenom delu terena blizu koša i iza igrača odbrane i onda oni nastavljaju da se kreću napred prema gornjem postu. (dijagram 14).

KONTINUITET NAPADA

Protiv tri-dva zonske odbrane, 1 dribla pravo protiv igrača napada koji mu je najbliži i onda dodaje 2, koji nakon kontakta sa X2, izlazi da primi loptu. 3 i 4 idu iza odbrane, sa 4 koji visoko ide u oblasti linije slobodnih bacanja, ili u uglu. 3 može ići u suprotni ugao ili takođe otići do oblasti slobodnih bacanja (dijagram 15).

5 može da se postavi ka spolja ili da napravi blokadu nad 3, ako 3 ode u suprotni ugao, 1, nakon dodavanja 2 pravi kontakt sa igračem odbrane i ide spolja na krilo pod uglom od 45 stepeni (dijagram 16).

2 ima mogućnost da doda 4 ispod koša, ili 5, koji se zaokrene nakon blokade nad 3 (dijagram 17).

2 dodaje 3 i ide u suprotni ugao, dok 1 ide do sredine terena (dijagram 18).

3 može da doda, da dribluje ili da šutira. Ako 3 doda 5, 4

SCREENS

Every time a player screens, he must roll to the ball after the screen.

PASSES

The most efficient passes are the short and quick ones.

INSIDE PLAY

From the beginning, it's important that the ball must be passed under the basket (inside play), before the defense can recuperate. It is not advisable to immediately shoot from the outside, because we like to reserve the jump shot in the second stage of the play.

OPTION A

Start this set play on the left or right side against the two-three zone. 1 tries to make physical contact with X1, as well as 2 and 3 with X2 and X3 (diagr. 11).

1 can pass to 2 or 3: these two offensive players must have physical contact with X2 and X3, before popping out for receiving the ball (diagr. 12 & 13).

TIMING ON MOVEMENTS

Initially, the high post area is free and 4 and 5 stay behind their defensive players X4 and X5. Their movements depend on the position of the ball. They move to the open area near the basket and behind the defensive players and then they continue the cut toward the high-post area (diagr. 14).

CONTINUITY ON OFFENSE

Against the three-two zone defense, 1 dribbles straight against the defensive player nearest to him and then passes to 2, who after contact with X2, pops out to receive the ball. 3 and 4 cut behind the defense, with 4 cutting high at the free-throw line area, or in the corner. 3 can go on the opposite corner or go also at the free-throw area (diagr. 15).

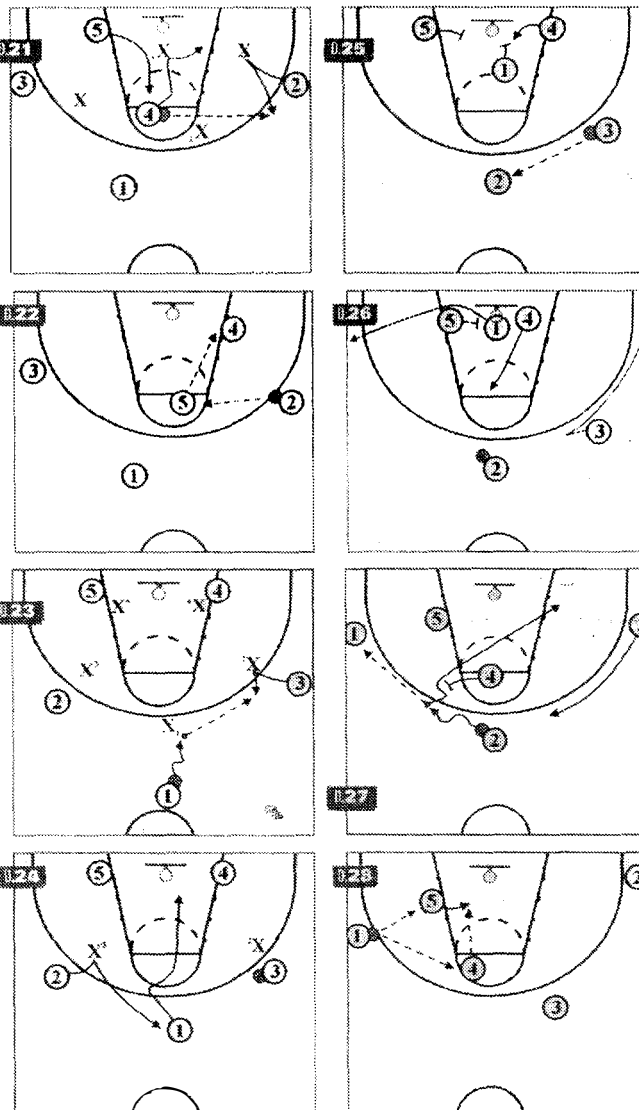
5 can post out or make a screen for 3, if 3 cuts to the opposite corner, 1, after passing to 2, makes contact with his defensive player and goes outside on the wing at a 45° angle (diagr. 16).

2 has the option of passing to 4 under the basket, or to 5, who rolls after the pick for 3 (diagr. 17).

2 passes to 3 and cuts to the opposite corner, while 1 goes in the middle of the floor (diagr. 18).

3 can pass, dribble, or shoot. If 3 passes to 5, 4 cuts and goes to the low post on the opposite side to 5 (diagr. 19).

If 3 passes to 4, 4 can shoot, dribble to the basket, or pass to 5 (diagr. 20).



ide do donjeg posta sa suprotne strane u odnosu na 5 (dijagram 19).

Ako 3 doda 4, 4 može da šutira, dribluje do koša, ili doda 5 (dijagram 20).

4 može takođe da promeni strane sa loptom, dodajući 2, zatim ide u koridor i ide pravo prema X4, i zatim do pozicije donjeg posta.

Istovremeno, 5 pravi kontakt sa X5 i zatim ide do sredine koridora (dijagram 21).

2 dodaje 5, 5 može da šutira ili da doda 4 i 3 skače (dijagram 22).

OPCIJA B

KRETANJE PLEJMEJKERA

1 dribluje prema X1 i zatim dodaje 3 (dijagram 23). 1 zatim ide prema košu i 2, zatim 1 se kreće, pravi kontakt sa X3 i zatim izlazi prema lopti (dijagram 24).

1 seče i blokira 4 (dijagram 25).

Nakon blokade nad 4, 1 ide u ugao koristeći blokadu nad 5 i prima loptu od 2. 4 ide u oblast gornjeg posta (dijagram 26).

2 dodaje loptu 1, i krećući se oko 4 ide u suprotni ugao, dok 3 ide visoko (dijagram 27).

1 dodaje 4 u oblasti gornjeg posta, ili 5 u donjem postu. Ako 4 primi loptu, ona može da doda 5, koji ide u koridor (dijagram 28).

KONAČNA RAZMATRANJA

Izuzetno je važno trčati poziciju precizno da bi se razbile normalne zone i kombinovana odbrana.

Želimo da lopta bude na određenoj tački terena, a i igrači na tačnoj poziciji. Ponovo bih želeo da podvučem činjenicu da igrači napada, pre nego što izađu da prime loptu, moraju da naprave fizički kontakt sa najbližim igračom odbrane i zatim moraju da zauzmu otvorena mesta. Ako se svaki pokret uradi kao što sam objasnio, možemo imati raznovrsna rešenja za šut.

Ključ uspeha je da uvek u kojoj meri igrači izvršavaju kretanje, njihov nivo pripreme i njihovo treniranje. Prednosti opisanih pojmova su:

1. Neograničene mogućnosti za sve igrače da stvore individualne mogućnosti za šut.

2. Mogućnosti da se napravi brzi šut u svakoj specijalnoj situaciji, kao kad vreme ističe ili kada odbrana ima problema sa faulom.

4 can also change side with the ball, passing to 2, then cutting in the lane and going straight toward X4, and then to the low-post position.

At the same time, 5 makes contact with X5 and then cuts in the middle of the lane (diagr. 21).

2 passes to 5, 5 can shoot or pass to 4 and 3 rebounds (diagr. 22).

OPTION B

Cutting the point guard

1 dribbles toward X1 and then passes to 3 (diagr. 23). 1 then cuts to the basket and 2, while 1 cuts, makes contact with X3 and then pops out toward the ball (diagr. 24).

1 cuts and screens for 4 (diagr. 25).

After screening for 4, 1 cuts in the corner using the pick of 5 and receives the ball from 2. 4 cuts and goes in the high post area (diagr. 26).

2 passes the ball to 1, and cutting around 4 goes in the opposite corner, while 3 goes high (diagr. 27).

1 pass to 4 in the high-post area, or to 5 in the low-post. If 4 receives the ball, he can pass to 5, who cuts in the lane (diagr. 28).

FINAL CONSIDERATIONS

It is extremely important to run the set in a precise way to break down the normal zones and the combination defenses.

We want that the ball to be in certain spot on the floor, with the players in the exact position. Again, I would like to underline the fact that the offensive players, before popping out to receive the ball, must make physical contact with the nearest defender, and then must occupy the open spaces. If every moment is done as I've explained, we can have a variety of shooting solutions.

The key to success is always how well the players execute the movements, their level of preparation, and their coaching.

The advantages of the described concepts are:

1. Unlimited possibilities for our players to create individual shooting opportunities.

2. The possibilities to make a quick shot in every special situation, such as time running out or foul problems for the defense.



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Savremeni zahtevi fizičke pripreme

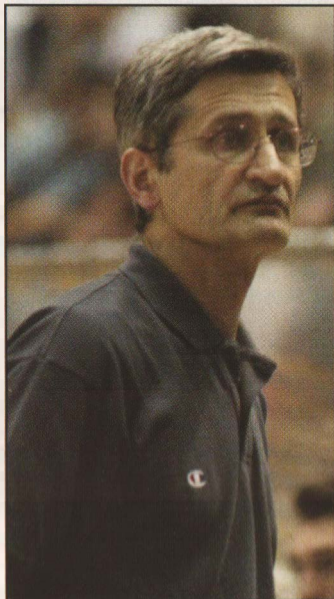
U decenijama uspeha na najvećim takmičenjima, jugoslovenska košarka je uvek pridavala veliki značaj fizičkoj pripremi košarkaša. To je bilo vidljivo ne samo u reprezentativnim selekcijama, već i u klubovima različitog nivoa takmičenja. Košarkaški radnici, u prvom redu treneri, odavno su uvideli direktnu vezu između postignutih rezultata i nivoa fizičke pripremljenosti igrača. Osim toga, postalo je jasno da problem nije jednostavan i da je neophodno angažovanje specijalista za ovakvu vrstu rada. Tako su tzv. kondicioni treneri postali stalni članovi stručnih štabova i dobili značajnu ulogu u ukupnoj pripremi ekipe za takmičenje.

U početku, po prirodi stvari, stručnjaci za fizičku pripremu nisu bili dovoljno osposobljeni za ovakve izazove. Znanja i iskustva iz drugih sportskih grana, naročito iz atletike i dizanja tegova, nekritički su se prenosila u košarku. Nisu se dovoljno uvažavale specifičnosti košarke, pa se dešavalo da fizička priprema ima negativne posledice na efikasnost u igri, pa i na zdravlje košarkaša. Sa napretkom košarke i sa sve većim znanjima o njoj, stasavao je značajan broj specijalista za ovu vrstu rada. Oni su doprineli da nove generacije košarkaša, poboljšavajući nivo fizičke pripremljenosti, unapređuju košarkašku igru u celini.

U ovom trenutku je evidentno da se evropska košarka približava profesionalnoj NBA košarci. Kada bi se podrobnije analizirao put približavanja, nesumnjivo bi se pokazalo da su sadašnje generacije igrača, u odnosu na svoje prethodnike, fizički manje inferiorne NBA igračima. Prema tome, sve veći broj igrača odlazi u najjaču ligu sveta zahvaljujući svojim prirodnim motoričkim svojstvima, ali i visokom nivou fizičke sposobnosti i motoričke efikasnosti u uslovima igre. Sve ovo se nije odigralo preko noći. Drugim rečima, igrači koji uspešno nastupaju u NBA ligi nisu odjednom postali sposobniji vežbajući u relativno kratkom seniorskom uzrastu. Jasno je da su pristigle generacije u čijem se treningu radilo na podizanju fizičkih sposobnosti već od prvih košarkaških koraka. Tako se problem fizičke pripreme proširio na sve kategorije igrača i izvesno je da će on biti izuzetno aktuelan i u narednom periodu.

Uporedo sa napredovanjem igrača, formirala se svest trenera o neophodnosti fizičke pripreme i usavršavao se stručni profil kondicionog trenera. Praksa je zahtevala da kondicioni trener, pored znanja o fizičkim svojstvima, mora imati znanja, pre svega, o strukturi košarkaške igre i periodizaciji procesa treninga i takmičenja.

Svaki stručni skup trenera, pa i ovaj najveći koji smo nazvali Košarkaška klinika, ima višestruki značaj. Predložene teme su samo povod za razmenu mišljenja i različitih ideja u košarci. Košarkaška struka, kao i svaka druga, nastaje i napreduje u raz-



In the decades of success at the biggest competitions, Yugoslav basketball has always paid great attention to the physical preparation of basketball players. This was evident not only in the selections of the national teams, but also in the clubs of different competition level. Basketball workers, above all the coaches, have seen long ago the direct connection between realized results and the level of physical preparation of basketball players. Besides that, it is obvious that the problem is not simple and that engagement of specialist for this sort of work is necessary. So the conditioning coaches became permanent members of the professional headquarters and got important role in the whole preparation of the team for the competition.

At the beginning, naturally, experts for physical preparation were not capable enough for these challenges. Knowledges and experiences from other sports branches, especially from athletics and weight lifting, uncritically was transmitted to basketball. Particularities of basketball were not taken into account as much as they should be, so it occurred that the physical preparation has negative consequences at the game efficacy, and the health of basketball players as well. With the development of basketball and great knowledges about it, there was more significant number of specialists for this sort of work. They contributed for the new generations of basketball players, improving the level of their physical preparation, to improve basketball game as a whole.

In this moment it is clear that the European basketball is getting closer to the professional NBA basketball. If one analyzed the way of getting closer in more details, undoubtedly one would see that the current generations of players, comparing to their predecessors are physically less inferior to the NBA players.

Consequently, the greater number of players goes to the strongest league of the world because of their innate motorical characteristics, but also because of the high level of physical capability and motorical efficacy in the conditions of the game. All this hasn't happened over night. In other words, players that

are successful in the NBA league haven't become more capable out of a sudden exercising in a relatively short senior age. It is clear that generation arrived in whose training there was done a lot to increase physical skills since the early basketball steps. So the problem of the physical preparation spread to all the categories of the players and it is certain that it will be extremely popular in the following period too.

Parallely with the perfection of players, coach consciousness of the necessity of physical preparation was formed and expert profile of the conditioning coach was developed. Practice demanded for the conditioning coach, besides the knowledge on physical characteristics, to possess the knowl-

Vladimir Koprivica

Contemporary demands of physical preparation

govoru, u razmeni iskustva i naučnih i stručnih informacija. Vreme koje je predviđeno za predavanje na temu »Savremeni zahtevi fizičke pripreme«, dovoljno je samo za otvaranje ovog mnogostruko složenog problema. On se može razmatrati u veoma širokom rasponu od specifičnih vežbi za razvoj pojedinih fizičkih sposobnosti, do opštih teorijskih postavki strateški značajnih za razvoj košarkaške igre u vremenu koje je pred nama. Budući da je vežba samo sredstvo kojim se ostvaruje neki cilj i da ciljevi proističu iz opštih strateških opredeljenja, jasno je da je teorijski nivo ovog problema neuporedivo značajniji.

U aktuelnom trenutku razvoja košarke, problem fizičke pripreme se može predstaviti kroz nekoliko osnovnih zahteva:

1. SARADNJA

Trener, igrači, članovi stručnog štaba i kondicioni trener, moraju maksimalno sinhronizovano saradivati u planiranju i programiranju treninga, u kontroli efekata treninga i korekciji u domenu fizičke pripreme. U periodu koji je pred nama, ova saradnja će biti sve izraženija, a realno je očekivati da će se povećati broj kondicionih trenera jednog tima, jer će se zahtevati njihova veća specijalizacija u pojedinim segmentima fizičke pripreme. Pretpostavlja se da će sve izraženija biti potreba za specijalistima za fizičku pripremu mladih košarkaša, za rad sa devojkama, za rad u teretani, za rehabilitacioni trening, za istraživači rad... Univerzalni profil trenera za fizičku pripremu koji sada dominira, neće biti dovoljno efikasan, jer će se vrlo brzo količina stručnog znanja u tolikoj meri nagomilati da će to morati da apsorbuje veći broj stručnjaka uske specijalizacije.

2. PRAVOVREMENA SPECIJALIZOVANA FIZIČKA PRIPREMA

Fizička priprema košarkaša mora početi od prvog treninga i biti specijalizovana po meri sportskog (košarkaškog) napretka igrača. U mlađim kategorijama igrača moraju se koristiti ekstenzivna i tradicionalna sredstva za razvoj fizičkih sposobnosti. Trening u početnim etapama mora odgovarati uzrasnim karakteristikama mladih i podržavati njihov sveukupni razvoj. Ni u kojem slučaju ne smeju se narušiti prirodni tokovi razvoja, jer to može dovesti do teških posledica. Veoma je važno da se visokospecijalizovana fizička priprema (i ne samo fizička) košarkaša ne sprovodi suviše rano, jer to protivureči prirodnom razvoju mladih.

Napredak košarke ne leži u prevremenoj specijalizaciji, što se prvenstveno odnosi na trenažna i takmičarska opterećenja. Nažalost, sve je češća praksa da se mladi veoma rano izlažu velikim psihofizičkim naporima u treningu i takmičenju. Naglo se povećava intenzitet rada što mlade rano limitira u sportskom razvoju, a može narušiti i njihovo zdravlje. Pravi i jedino mogući racionalni put je da se prate senzitivni periodi razvoja fizičkih svojstava i da akcenat u radu bude na obimu, a ne na intenzitetu rada. Takav pristup, uz poštovanje osnovnih zakonitosti sportskog treninga, omogućava pravilan biopsihosocijalni i sportski razvoj i uspešno usvajanje opštih i specifičnih veština.

U seniorskom uzrastu košarkaši su već adaptirani na tradi-

edge, on, above all, the structure of the game and periodization of the process of training and competition.

Each expert gathering of coaches, even the biggest one we called Basketball Clinic, has multiple importance. Suggested topics are just the reason for exchange of opinions and different ideas on basketball. Basketball profession, as any other, is formed and developed in conversation, in exchange of experiences and scientific and professional information. Time intended for the lecture on the „Contemporary demands of physical preparation“, is enough only for the opening of this multiply complex problem. It can be analyzed in very broad range from specific exercises for the development of certain physical skills, until general theoretical assumptions strategically important for the development of basketball game in the period that's ahead of us. Since the exercise is only the means to realize certain objective and that objectives result from general strategical determinations, it is clear that theoretical level of the problem is incomparably more significant.

In the current moment of the basketball development, the problem of physical preparation may be represented through a few basic demands:

1. COOPERATION

Coach, players, members of the expert headquarters and conditioning coach must cooperate with maximum synchronization in planning and programming of the training, in control of the effects of the training and erection regarding physical preparation. In the period that's ahead of us, this cooperation will be more evident, and it is realistic to expect that the number of the conditioning coaches of a team will increase, because greater specialization in certain segments of physical preparation will be required. It is supposed that the need for specialists for physical preparation of young basketball players, for the work with girls, work in the gyms, for rehabilitation training, for research work... will be more pronounced. Universal profile of the coach for physical preparation that is dominating right now, will not be efficient enough, because very soon the amount of expert knowledge will accumulate so much that lots of experts of narrow specialization will have to absorb that.

2. TIMELY SPECIALIZED PHYSICAL PREPARATION

Physical preparation of the basketball players will have to start from the first training and be specialised to fit the sports (basketball) development of a player. In younger categories of players one should use extensive and traditional means of development of physical skills. Training in initial phases must suit age characteristics of the young and support their whole development. In any case, should one violate natural phases of development, because this may cause grave consequences. It is very important that the highly specialised physical preparation (and not only physical one) of the basketball players is not performed too early, because this contradicts natural development of the young.

Progress of basketball doesn't lie in too early specialization, here we think of training and competition burden.

cionalna sredstva i metode, pa je novi stimulans održavanja i porasta fizičkih sposobnosti moguć uz korišćenje netradicionalnih sredstava i ekstremnih metoda. Nažalost, ova sredstva i metodi ostavljaju čitav niz nedoumica, jer nisu dovoljno proučeni.

3. IZRAZITA INDIVIDUALIZACIJA

Savremena fizička priprema ide putem sve veće individualizacije. Izrazito nadareni pojedinci uskoro će biti okruženi stručnjacima različitog profila koji će planirati i programirati pripremu košarkaša u svim njegovim segmentima na osnovu individualnih karakteristika igrača. Osnovu rada na fizičkoj pripremi će činiti ne samo slika njegovih pojedinih motoričkih sposobnosti, već, pre svega, karakteristike njegove motoričke efikasnosti. Neophodna je individualna diferencirana analiza osnovnih kretanja u košarci: trčanja (pravolinijska, sa promenom smera i pravca, lučna), kretanja u stavu, zaustavljanje, skok (sa loptom i bez nje), polazak u dribling, dodavanje lopte, postavljanje blokada, borba za poziciju pod košem itd. Svako od navedenih kretanja zahteva različit nivo sile, snage, brzine, gipkosti i koordinacije, i različitu metodiku koja mora biti prilagođena individualnim karakteristikama igrača. U vezi sa tim, od neprocenjivog značaja će biti sačinjavanje individualnog modelnog stanja košarkaša u budućnosti, što je u stvari jasno definisan cilj ka kome se teži. Na toj osnovi će se određivati i model individualnog trenažnog puta, kao i prognoza takmičarske aktivnosti košarkaša.

4. USKLADENOST RAZLIČITIH FIZIČKIH SPOSOBNOSTI

Problem nije nov, ali povećanje sumarnog trenažnog opterećenja i povećanje broja takmičenja (i utakmica) rađa nove dileme. Povećanje rada na jednom segmentu fizičke pripreme može imati pozitivan, neutralan, ali i negativan efekat na razvoj drugih segmenata. Osnovni problem nije u maksimalnom razvoju pojedinih fizičkih svojstava (što najčešće nije racionalno), već u njihovom optimalnom jedinstvu.

Svako fizičko svojstvo čoveka je u određenoj meri povezano sa drugim njegovim svojstvima. Razvoj pojedinih fizičkih sposobnosti često nije direktan, već se to čini posredno, razvojem drugih sposobnosti koje ga definišu. Tu se krije jedna od najvećih zabluda u treningu košarkaša. Na primer, košarkaš neće moći mnogo da napreduje u skočnosti ukoliko to pokuša da ostvari samo skakanjem; neće moći da trči brže primenjujući samo trčanje; da dugo izdrži ponovljeni rad u glikolitičkoj zoni intenziteta ako trenira samo glikolitički mehanizam.

Jedna od glavnih osobina dobrog košarkaša je da uspešno i stabilno tokom igre realizuje tehničko-taktičke zadatke pri većim brzinama, što znači da poseduje visok nivo specifične izdržljivosti. Posle visokointenzivnog kretanja dolaze pauze (aut, slobodna bacanja, tajm aut i dr.) u kojima se košarkaš oporavlja. Brzina procesa oporavka je određena moćima aerobnih izvora energije.

Košarka je acikličnog karaktera, što znači da se stalno smeњуju različiti režimi mišićnog rada, brze mišićne kontrakcije i labavljenje. To zahteva da se tokom trenažnog procesa povećavaju kontraktilna, ali i oksidativna svojstva mišića.

Brzina košarkaša se ne može razviti samo brzim kretanjem, jer je uslovljena dostignutim nivoom snage koja opet zavisi od veličine mišićne sile. Sve to čini veoma složenu sliku koja se stalno menja ne samo u malim trenažnim jedinicama, već tokom čitave karijere košarkaša. Potrebno je visokostručno poznavanje složene strukture motoričkih sposobnosti, a naročito poznavanje karaktera njihove međusobne povezanosti kako bi se pojedine sposobnosti optimalno razvile i međusobno uskladile.

Interesantno je da je kod vrhunskih košarkaša trening u uslovima zamora dao u praksi dobre rezultate, dok se u stručnoj literaturi (ne uvek) zahteva da se takva vrsta rada izbegava, jer narušava koordinacionu osnovu kretanja. Po svemu sude-

Unfortunately, the practice to expose the young very early to great psychophysical efforts in the training is getting more frequent. Abruptly the intensity of the work is increased what limits the young in their sports development, and can harm their health as well. The true and only possible rational way is to follow the sensitive periods of development of physical characteristics and to put accent in work on the volume and not on the intensity of the work. Such an approach, with full respect of basic laws of sports training, provides for regular biopsychosocial and sports development and successful adoption of general and specific skills.

In the senior age the players are already adapted to the traditional means and methods, so the new stimulus of maintenance and increase of physical skills is possible with the usage of nontraditional means and extreme methods. Unfortunately, these means and methods leave a series of hesitations, because they are not studied enough.

3. PRONOUNCED INDIVIDUALIZATION

Contemporary physical preparation goes towards greater individualization. Extremely gifted individuals soon will be surrounded with experts of different profile that will plan and programme the players' preparation in all the segments according to the individual characteristics of the players. The basis of the work on physical preparation will consist not only of the picture of its particular motorical skills, but, above all, the characteristics of his motorical efficacy. Individual differentiated analysis of basic movements in basketball is necessary: running (rectilinear, with change of course and direction, arched), movement in the pose, stopping, jump (with ball or without it), starting the dribbling, dribbling, passing the ball, making blockades, fight for the position under the basket etc. Each of the mentioned movements requires the different level of force, strength, speed, flexibility and coordination, and different methodics that must be adjusted to the individual characteristics of a player. Regarding that, it is of unvaluable importance to make an individual model of the state of players in the future, what is in fact clearly defined objective we are longing for. On this basis the model of individual training way, as well as the forecast of the competition activity will be determined.

4. COMPATIBILITY OF DIFFERENT PHYSICAL SKILLS

Problem is not new, but the increase of summary training burden and increase of the number of competitions (and matches) creates new dilemmas. The increase of work on one segment of the physical preparation may have positive, neutral, but also the negative effect on the development of other segments. Basic problem is not the maximum development of particular physical properties (what is mostly not rational), but in their optimum unity.

Each physical characteristic of a man is in some way connected to his other characteristics. The development of particular physical skills is often not direct, but this is done separately, with development of other skills that define him. There lies one of the greatest prejudices in the players' training. For example, a player will not be able to make much progress in jumps if he tries to manage it only by jumping; he will not be able to run faster by applying only running; he will not be able to endure repeated work in the glycolitical zone of intensity if he only trains glycolitical mechanism.

One of the main properties of the good basketball player is to successfully and in a stable way during the game realize technical-tactical tasks in greater speeds, what means that he possess high level of specific endurance. After the movement of high intensity there are breaks (out, free throws, time out etc.) during which the player recovers. The speed of the process of recovery is determined with the power of aerobic sources of energy.

Basketball is of acyclical character, what means that vario-

ći, praksa u ovom slučaju ide ispred teorije, mada treba veoma pažljivo izučiti ova iskustva.

5. USKLADENOST FIZIČKE PRIPREME SA OSTALIM VRSTAMA PRIPREME

Jedna od najčešćih zabluda u treningu je da je fizička priprema nezavisna od svih drugih vrsta pripreme. Kada košarkaš uhvati loptu, proceni situaciju (aktuelni rezultat, vreme, položaj protivnika, saigrača i sudije i drugo), krene u prodor ka košu, skoči i baci loptu – u ovom kretanju su sadržane sve vrste njegove pripremljenosti: tehničko-taktička, fizička, psihološka i teorijska. Prema tome, praktično svaka vrsta vežbanja je ujedno i fizička priprema!

Najbolji primer neophodnosti da se fizička priprema uskladi sa drugim vrstama pripreme je rad u pripremnom periodu i to na njegovom početku. Nekada se smatralo da to nije potrebno, pa se početkom pripremnog perioda radilo samo na fizičkoj pripremi. Tek posle određenog perioda vremena prelazilo se na rad sa loptom. Ovakav način je dovodio do gubitka osećaja lopte i gubitka koordinacije što je prouzrokovalo gubitak veštine baratanja sa loptom. Čim se to uočilo, prešlo se na kompleksno rešavanje različitih zadataka. Korekcija je bila posledica praktičnog iskustva, ali sam mehanizam nije bio jasan. Odgovor leži u nervnim putevima. Nervni impulsi koji dospevaju do mišića putuju nervnim vlaknima koji su grupisani u snopove. Najznačajniji snopovi koji se nazivaju motornim putevima, su piramidalni i ekstrapiramidalni. Piramidalni put je zadužen za jednostavna, najčešće ciklična kretanja, dok je ekstrapiramidalni put zadužen za fine pokrete neophodne za uspešno izvođenje tehnike. Zanemarivanjem rada na tehnici sa loptom gasi se fina veza između ovih puteva. Prema tome, već na samom početku pripremnog perioda treba kombinovati jednostavna ciklična kretanja sa radom na tehnici.

Najspeficiji segment fizičke pripreme je trening u režimu igre ili njemu bliskom i sama utakmica. Međutim, takva priprema nije dovoljna. Poseban rad na fizičkoj pripremi se primenjuje za razvoj onih sposobnosti koje se ne mogu razviti kroz igru (npr. sila i gipkost), i u onim režimima rada koji su ispod i iznad nivoa intenziteta igre (aerobni i anaerobni alaktatni). Može se raditi na fizičkoj pripremi i u aktuelnom režimu igre, ali samo onda kada to iz bilo kog razloga nije racionalno učiniti sa loptom (npr. rad sa ciljem maksimalnog opterećenja igrača i u uslovima vidljivog nekompenzovanog zamora). Takođe je neracionalno sve raditi sa loptom, dakle u aerobnom ili anaerobno alaktatnoj zoni intenziteta. Naučene veštine se moraju izvoditi na nivou intenziteta koji je vrlo blizak njihovom intenzitetu u igri. U protivnom, remeti se specifičnost vežbe. Osim toga, veoma je teško raditi sa loptom i u alaktatnoj zoni intenziteta, a istovremeno strogo poštovati pauze neophodne za obnovu izvora energije i logiku košarkaške igre.

us regimes of the muscle work, quick muscle contractions and loosening are exchanged constantly. This requires that contractile but also oxidative muscle characteristics are increased during the training process.

The speed of a player cannot be developed only by quick movement, because it is related to the reached level of strength that depends on the amount of the muscle mass. All this makes a very complex picture that constantly changes not only in little training units, but during whole player's career too. Great expert knowledge of the complex structure of motorical skills, and knowledge of the character of their mutual connection is necessary in order to develop particular skills optimally and to coordinate them.

It is interesting that at top players the training in the conditions of exhaustion gave in practice good results, while in the expert literature (not always) is demanded that this type of work is avoided, because it violates the coordinating basis of movement. It seems that the practice in this case goes ahead of theory, although these experiences should be studied carefully.

5. COORDINATION OF PHYSICAL PREPARATION WITH OTHER FORMS OF PREPARATION

One of the most frequent prejudices in the training is that physical preparation is independent from all other forms of preparation. When a player catches the ball, he assesses the situation (current result, time, opponent's position, teammate and referees etc.), he starts penetration towards the basket, jumps and throws the ball - in this movement all sorts of his preparation are present: technical-tactical, physical, psychological and theoretical.

Thus, practically each type of exercise is at the same time the physical preparation!

The best example of the necessity to coordinate the physical preparation with other types of preparation is work in the preparatory period and at its very beginning. Some time ago it was believed that this is not necessary, so at the beginning of the preparatory period one worked only on the physical preparation. Only after a certain period of time one moved to work with ball. This way caused loss of sense of ball and loss of coordination what caused loss of skill of handling the ball. When this was perceived, one began to solve various complex tasks. Correction was the consequence of practical experience, but the mechanism was not understood. The answer lies in the nerve paths. Nerve impulses that reach the muscles travel through the nerve tissues that are gathered in sheaves. The most important sheaves that are called the motorical paths are pyramidal and extrapyramidal. Pyramidal path is in charge of the simple, mostly cyclical movements, while the extrapyramidal path is in charge of fine movements necessary for successful performance of the technique. Neglect of the



Foto: Stanislav Miličković

6. »SUFICITARNOST« FIZIČKE PRIPREMLJENOSTI

Fizička pripremljenost košarkaša određuje se na osnovu njegove sposobnosti da realizuje motoričku aktivnost na odgovarajućem nivou u trajanju koje zahteva igra. Nedovoljna pripremljenost ne može dati rezultat. U tom slučaju prvi deo pripreme mora biti usmeren ka sticanju potrebnih sposobnosti. Ako je mala razlika između aktuelnog i potrebnog stanja spo-

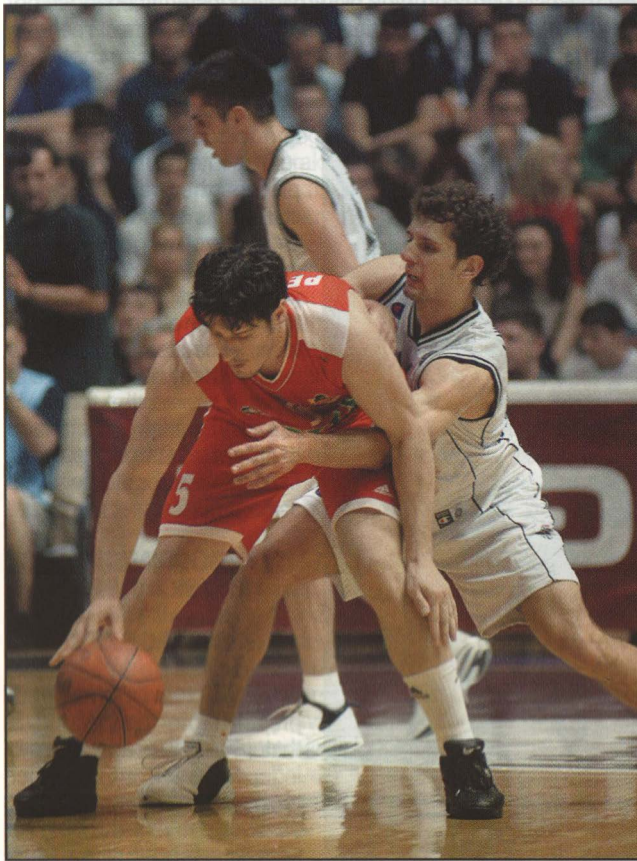


Foto: Stanislav Milogričević

sobnosti, onda je najbolja varijanta da se fizičke sposobnosti u najvećoj meri stiču kroz specifičan košarkaški trening sa loptom. To je tipično za pripreme reprezentativnih selekcija, kada raspoložemo sa relativno malo vremena. Ipak, do cilja se sa više verovatnoće može doći ako priprema premašuje zahtevani nivo potencijala. Tada ekipa raspolaze rezervom potencijala koji se iz bilo kojih razloga može pokazati neophodnim (izuzetno naporna takmičenja, povrede igrača, zgusnut režim utakmica itd). Budući da se planirani »suficit« fizičke pripremljenosti ne može ostvariti u kratkom periodu, individualna priprema mora početi znatno ranije. To je važno strateško opredeljenje trenera kada sprema ekipu za neko značajno takmičenje.

7. RACIONALNA POTROŠNJA ENERGIJE

U savremenoj košarci je znatno porastao broj treninga i utakmica. Naročito veliku promenu izazvala su nova pravila igre. Ona su znatno izmenila fiziološku sliku košarke i košarkaša u njoj. Neki smatraju da je košarkaška igra uglavnom u mešovitoj, aerobno-anaerobnoj zoni intenziteta, dok drugi govore da se igra pretežno odvija u anaerobnoj (laktatnoj) zoni. Moguće su obe varijante, jer su u igri, čiji je tok neizvestan, košarkaši koji na različite načine funkcionišu i koji imaju različitu minutažu u igri. Sa povećanjem minutaže (obima rada) smanjuje se intenzitet rada. U igri po novim pravilima se povećao broj napada tokom utakmice (oko 20%) čime se povećao i obim trčanja i broj izvedenih tehničko-taktičkih elemenata u istom trajanju igre. Veći značaj su dobili skokovi u odbrani i napadu, brza kretanja i dodavanja, preciznost u izvođenju slobodnih bacanja

work on technique with ball will extinguish the fine relation among these paths. So, at the very beginning of the preparatory period one should combine the simple cyclical movements with the work on tactics.

The most specific segment of the physical preparation is training in the game regime or in the one similar to it and the match itself. However, such a preparation is not enough. Special work on the physical preparation is applied to the development of those skills that cannot be developed in the game (for example: strength and flexibility), in those regimes of work that are under or above the level of the game intensity (aerobic and anaerobic alactates). One can work on physical preparation in the current game regime as well, but only when this is from some reason not rational to be done with the ball (for example: work in order to place a maximum load on a player and in the conditions of visible uncompensated exhaustion). Also it is irrational to do everything with ball, ie. in aerobic or anaerobic alactate zone of intensity. The acquired skills must be performed at the level of intensity that is very close to their intensity in the game. On the contrary, the particularity of the exercise is harmed. Besides that, it is very hard to work with ball in the alactate zone of intensity, and at the same time obey strictly breaks necessary for renewal of the energy sources and the logics of the basketball game.

6. »SURPLUS« OF THE PHYSICAL READINESS

Physical readiness of the player is determined according to his skill to realize motorical activity at the corresponding level in duration that the game demands. Not adequate readiness cannot give result. In that case the first part of the preparation must be directed towards acquiring of necessary skills. If the difference between the current and the required state of skill is small, then the best variant is to acquire physical skills mostly in the particular basketball training with ball. Nevertheless, one can reach the objective most probably if the preparation overcomes the required level of the potential. Then the team possesses the reserve of the potential that can from any reason be proved necessary (extremely strenuous competitions, players' injuries, dense regime of matches etc.). Because planned »surplus« of the physical readiness cannot be realized in a short period, individual preparation must began much earlier. This is very important strategical determination of the coach when he prepares the team for some crucial competition.

7. RATIONAL CONSUMMATION OF THE ENERGY

In the contemporary basketball the number of trainings and matches has increased. Especially great change was caused by new rules of the game. They changed a lot the physiologic picture of basketball and players in it. Some consider that the basketball game is mostly in the mixed, aerobic-anaerobic zone of intensity, while others say that the game is predominantly played in the anaerobic (lactate) zone. Both variants are possible, because in the game, whose outcome is not certain, are the players that function in different ways and that have different length of minutes in the game (work volume). With the increase of the length of minutes in the game (work volume) the work intensity decreases. In the game according to the new rules the number of offenses is increased during the match (around 20%) what made the amount of running and the number of the performed technical-tactical elements in the same game duration greater. Jumps in the offense and defense, quick movements and passes, precise performance of free throws etc. became more important. Thus, the game intensity is greater and moved towards anaerobic work zone.

Number of pauses in the game increased what provided for the more game intensity. By simple calculation one can see that the average ration of efforts and breaks in the game 1:1,5 during the first and the second and the third and the fourth game period (among these periods pause is longer). Certainly,

i drugo. Dakle, intenzitet igre se povećao i još više pomorio ka anaerobnoj zoni rada.

Broj pauza u igri se povećao što je omogućilo veći intenzitet u igri. Prostim računom može se videti da je prosečan odnos napora i odmora u igri 1:1,5 tokom prvog i drugog i trećeg i četvrtog perioda igre (između ovih perioda pauza je duža). Naravno, ovi intervali nisu pravilni, ali se moraju uvažiti u procesu treninga i prilikom određivanja strateških taktičkih zamisli. Ovo naročito dolazi do izražaja u turnirskom sistemu takmičenja kada se utakmice igraju svakodnevno i kada nema dovoljno vremena za potpuni oporavak. Nova situacija zahteva i drugačiji sistem pripreme tokom godine u kome se već može primetiti drastično smanjenje pauze između dve takmičarske sezone i povećanje značaja aerobnog rada u pripremnom periodu.

Visok intenzitet rada je karakterističan po intenzivnom trošenju energije za takav rad i relativno kratkom vremenu u kome se može održati na potrebnom nivou. Igra submaksimalnog intenziteta zahteva energiju koja se dobija razgradnjom ugljenih hidrata (glikogena) do mlečne kiseline (laktata). Rezerve glikogena u mišićima su dovoljne za rad od 30 sekundi do 3-4 minuta, posle čega se rad zasniva na aerobnim procesima. Budući da igra nije neprekidna, košarkaš je u stanju da funkcioniše na visokom intenzitetu nešto duže, oko 6-7 minuta, što zavisi od trajanja pauza i nivoa njegove spremnosti. Posle toga sledi neminovni pad intenziteta rada. To znači da trener mora veoma pažljivo ekonomisati sa energetskim potencijalom ekipe. Kako bi se zadržao visok intenzitet rada ekipe tokom čitave utakmice, neophodna je češća zamena igrača u igri. Ova tendencija će biti sve aktuelnija u narednom periodu, jer po važećim pravilima drugih mogućnosti nema. Budući da je glavni trener tokom igre obuzet realizacijom taktičkih zamisli, kondicioni trener je taj koji mu u ovome može najviše pomoći. To će u košarci budućnosti, bržoj i snažnijoj, atraktivnijoj i fizički zahtevnijoj, biti značajan deo njegovog posla.

8. NEOPHODNOST VEĆEG UKLJUČENJA NAUKE U SISTEM PRIPREME

Dosadašnji sistem rada, uz skromno angažovanje nauke, u budućnosti neće moći da da rezultat. Sve veća svetska konkurencija i utakmice u kojima u susretu ravnopravnih često odlučuje neki detalj, definitivno nas upućuje da se okrenemo ka sportskoj nauci. Potrebno je naučno izučavanje igre u novim uslovima, kao i predviđenje tokova razvoja igre i njene karakteristike u budućnosti – igre za koju treba spremati mlade košarkaše. Sportska nauka može pomoći u formiranju modela fizičke pripremljenosti igrača, modela selekcije, modela dijagnostike, u praćenju razvoja igrača tokom karijere, u formiranju baze podataka o igračima i u drugom.

Svaki od navedenih zahteva fizičke pripreme može biti predmet posebnog stručnog razgovora. Autor je svestan da time nije iscrpna lista aktuelnih problema, pa od svih zainteresovanih očekuje radi dobrobiti košarke da u narednom periodu kritički preispitaju ovaj tekst i javnosti u pisanoj formi saopšte svoje stručno mišljenje.

(Neki segmenti fizičke pripreme iz ovog teksta na Klinici će biti akcentovani i podrobnije obrazloženi uz praktičnu demonstraciju).

these intervals are not regular, but they have to be taken into account in the training process during the determination of strategic tactical ideas. This is especially important in the tournament system of the competition when the matches are played every day and when there's not enough time for complete recovery. New situation demands for the different system of the preparation during the year in which already one can notice drastical reduction of the break between two competition seasons and the increase of the importance of aerobicwork in the preparatory period.

High work intensity is characteristic for its intensive energy consummation for such work and relatively short period of time one can endure at the necessary level. Game of submaximum intensity requires energy obtained from the desintegration of the carbo hydrates (glycogen) until the milk acid (lactate). Reserves of glycogen in the muscles are enough for the work of 30 seconds until 3-4 minutes, after what the work is based on aerobic processes. Taking into account the fact that the game is not constant, the player can function with high intensity somewhat longer, around 6-7 minutes, what depends on the pause duration and the level of his readiness. After that there's inevitable decrease of work intensity. In order to maintain the high work intensity of the team during whole match, more frequent replacement of the players in the game is necessary. This tendency will be more popular in the following period, because according to the valid rules there are no other possibilities. Because the head coach during the game is occupied with the realization of tactical ideas, a conditioning coach is the one that can help him most with this. This will be the important part of his work in the basketball of the future, basketball that is quicker, stronger, more attractive and more physically demanding.

8. NECESSITY FOR GREATER PARTICIPATION OF THE SCIENCE IN THE PREPARATION SYSTEM

The work system up to now, with modest engagement of science, in the future will no longer be able to give results. The greater world competition and the matches in which in the encounter of the equal often a detail is decisive, definitely make us turn towards the sports science. Scientific study of the game in new conditions and the anticipations of the trends of the game development and its characteristics in future- game for which young players should be prepared- are necessary. Sports science may help with formation of the models of the physical readiness, model selection, model diagnostics, monitoring of the players' development during their career, formation of the data basis on players and other staff.

Each of the mentioned demands of the physical preparation may be the subject of the special expert talk. Author is conscious that the list of the current problems is not definite, and he expects from all the interested people for the benefit of basketball to critically analyze in the following period this text and to give their expert opinion to the publicity in the written form.

(Some segments of the physical preparation from this text at the Clinic will be pointed out and explained in more details with practical demonstration).

TRENER

ČASOPIS UDRUŽENJA KOŠARKAŠKIH TRENERA

Osnivač i izdavač:
Founder and publisher:
Udruženje košarkaških
trenera SCG Beograd,
Ul. Sazonova, br. 83

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**Glavni i odgovorni urednik
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Opačić, Milutin Luta Pavlović,
Mirko Polovina, Zoran Radović,
Mirko Stojaković,
Jovan Maksimović
**Tehnička priprema:
Technical preparation:**
DAN GRAF, Beograd, Alekse
Nenadovića 19-21

Adresa redakcije:

Editorial office:
Beograd, Ul. Sazonova, br. 83
E-mail: uktj@EUnet.yu
Telefon: 34-00-851
Fax: 403-864
Štampa: Standard 2, Beograd
Tiraž: 1000 primeraka
Circulation: 1000 copies
**List izlazi tromesečno
Magazine is published three times
a month**

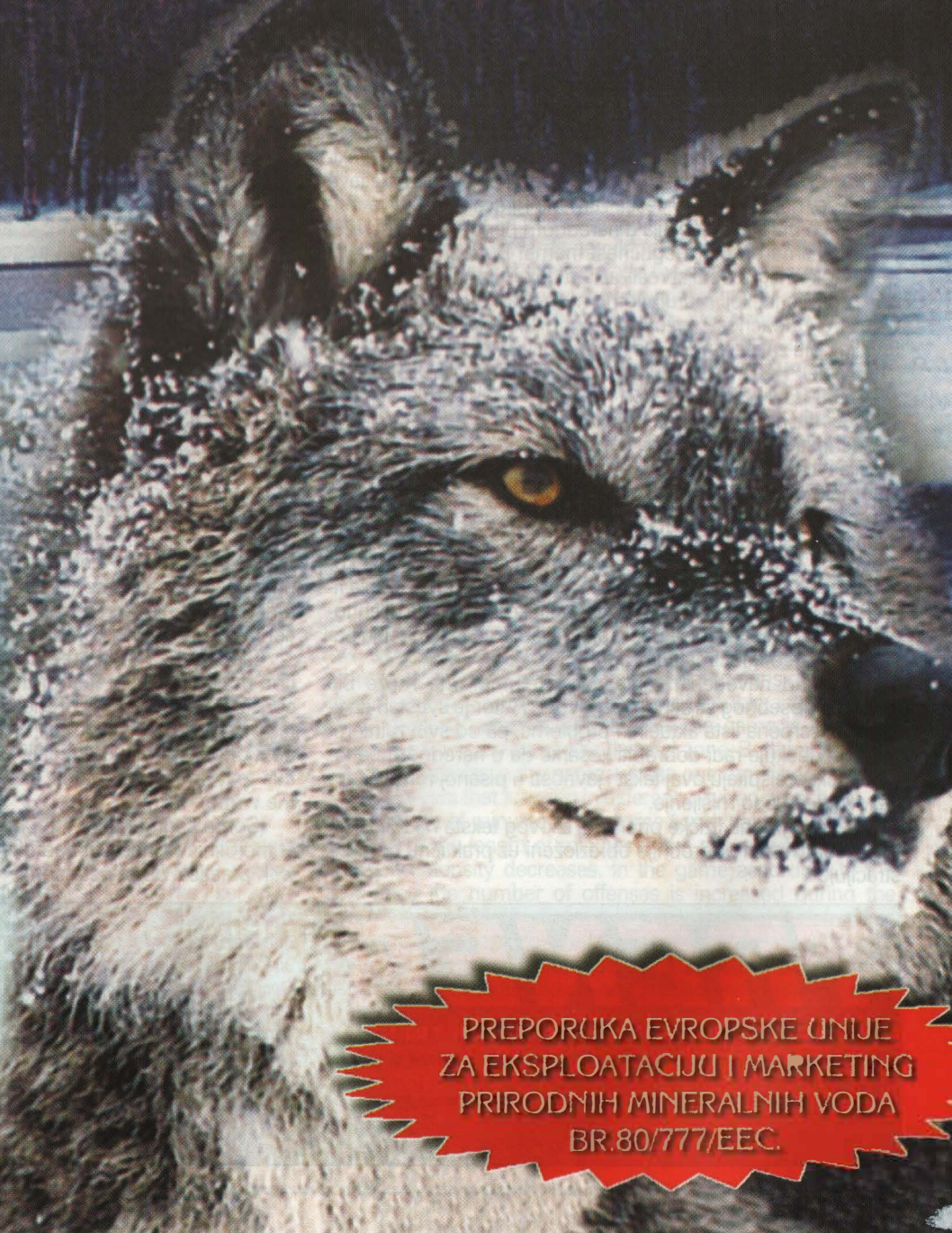
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BR.80/777/EEC.

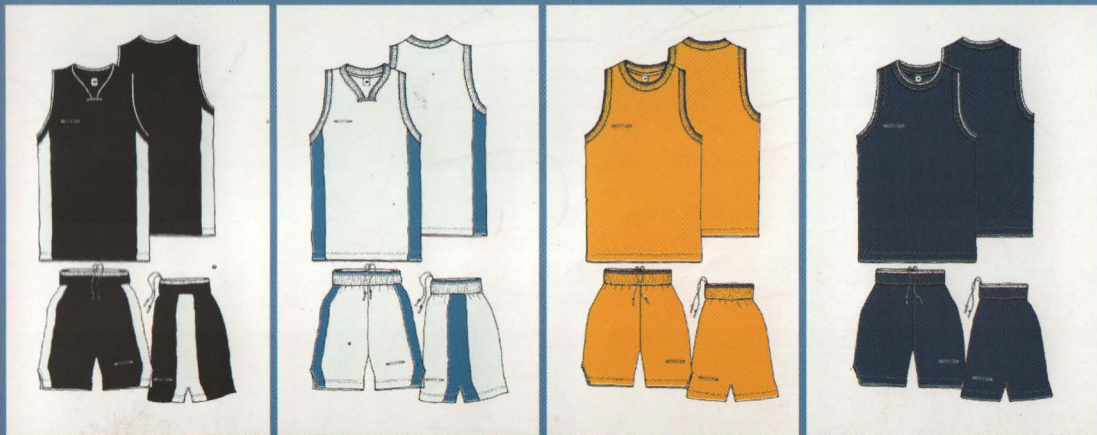


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SPORT MEDIA

IME ZA VRHUNSKI SPORT

Smetanina 2, 11000 Beograd, Jugoslavija, Tel/Fax: +381 11 666 859, 666 879
www.sport-media.co.yu, E-mail: office@sport-media.co.yu

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