

časopis udruženja košarkaških trenera



TRENER

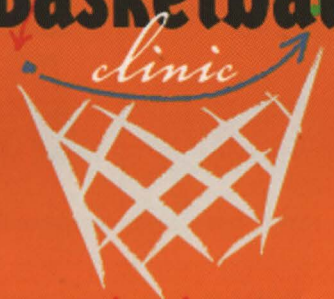


Larry Brown
Gregg Popovich

Roy Williams

Božidar Maljković

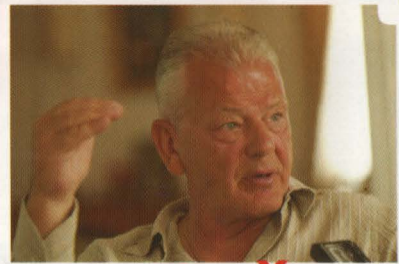
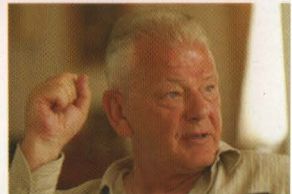
Basketball
clinic



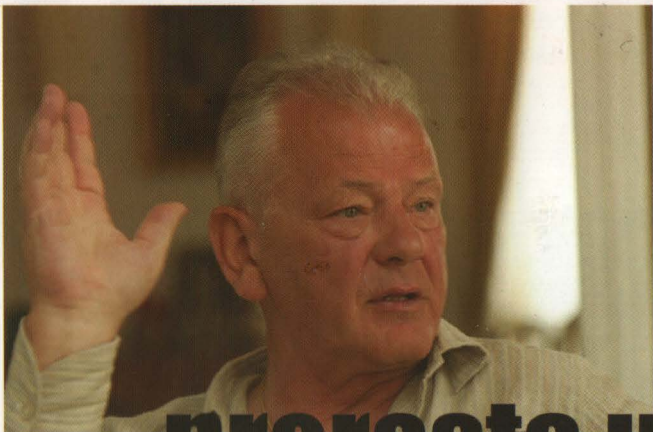
Belgrade 2004.

Ettore Messina

Arnie Kander
Dušan Ugarković



Dušan Ivković



Klinika
prerasta u svetski kongres
clinic

is growing into a World Congress

AVGUST 2004. GODINA VIII BR. 29 CENA 100 DIN.

Zvanični sponzor za opremu OKK "Beograd"

Zvanični sponzor za opremu košarkaškog kampa

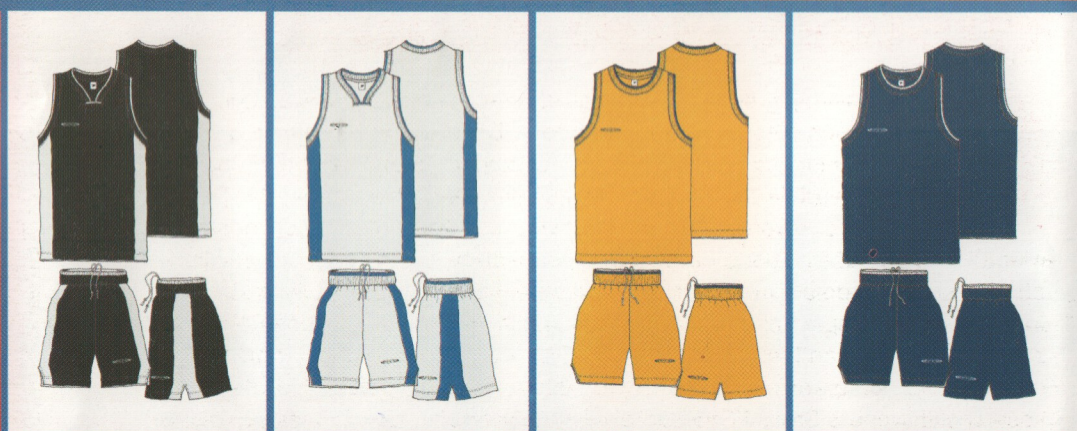


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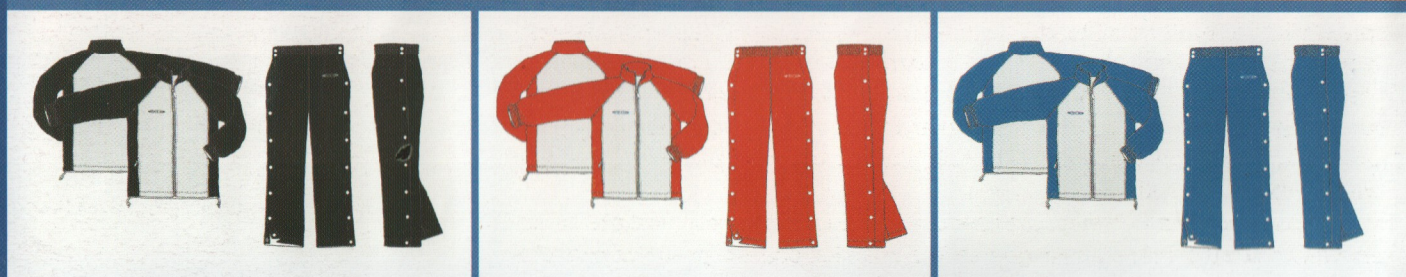


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časopis udruženja košarkaških trenera

TRENER

Košarka u Beogradu

Basketball in Belgrade

Sedam dana za istoriju i budućnost

Seven Days for History and Future

poslednjeg dana jula, pa narednih sedam dana, do 6. avgusta, argumentovano se može tvrditi, Beograd će biti glavni grad košarke na planeti Zemlji. U tom periodu najmanje četiri događaja ući će u anale naše košarke: prvog dana, 31. jula biće otvorena reprezentativna sportska hala Beogradska arena i time će našem sportu biti podaren jedan od najsavremenijih sportskih objekata u ovom delu Evrope. Grandiozan objekat biće otvoren košarkaškim turnirom Zlatna lopta uz učešće reprezentacija šampiona i vicešampiona sveta i četiri kontinentalna prvaka. Od 4-5. avgusta biće održana Beogradska košarkaška klinika (BCB 2004) u organizaciji Udruženja košarkaških trenera Srbije i Crne Gore, a kruna svega je utakmica aktuelnog prvaka sveta - SCG i olimpijskog šampiona - SAD.

Za članove Udruženja košarkaških trenera naše zemlje, svakako, specifičnu težinu imaće trenerska Klinika, koja će, to se već sada može tvrditi, premašiti dve prethodne, mada su i one imale epitet najznačajnijih trenerskih seminara ikada održanih u Evropi. Za poznavaoce prilika u našoj trenerskoj i sportskoj javnosti, ovaj podatak svakako neće biti iznenađenje. Izvesno je da Upravni odbor Udruženja košarkaških trenera, predvođen Dušanom Ivkovićem ima znanja, energije i kredibiliteta, u svetskim razmerama, da održi visok rejting svoje klinike.

Tako se, pored predavača, čija imena izazivaju poštovanje ljubitelja košarke u svakom kutku zemljine kugle, gde se igra košarka, očekuje prisustvo oko 150 trenera iz inostranstva i oko hiljadu iz naše zemlje, koji će doći po nova znanja i iskustva.

Ipak, podsetimo. Predsednik našeg udruženja je sezonu 2001/2002. posvetio konsolidaciji trenerske organizacije. Pre svega, kako to čine iskusni treneri, od Upravnog odbora je napravio dobar i uigran tim. U marketinškoj agenciji TAF sports iz Atine pronađen je partner koji je imao sluha za viziju o stvaranju najkvalitetnijeg košarkaškog seminara u Evropi. U martu 2002. na konferenciji za novinare vlasnik Agencije Deris Konstantinos i predsednik Ivković, saopštili su da je TAF, zvanični sponzor Košarkaške klinike. Uz obezbeđenu materijalnu podršku i timski rad, za prvog operativca - izvršnog direktora Klinike postavljen je Milan Opačić.

O kvalitetu urađenog najbolje govore sledeće činjenice: Na Klinici, 7-9. juna 2002. predavači su bili. Don Nelson, DeJ Harris, Don Nelson, Rik Madžers i ovaj

- 8 Dušan Ivković
Klinika prerasta u svetski kongres
- 26 Duško Vujošević
Ljubav, entuzijazam i težak rad
- 40 Naši u SAD
Zalog za budućnost
- 48 Stari album
Rimska lekcija Amerikanaca
- 8 Dusan Ivkovic
Clinic is Becoming a World Congress
- 26 Dusko Vujosevic
Love, Enthusiasm and Hard Work
- 40 Our People in USA
Stake for Future
- 48 Old album
American's Lesson from Rome

NBA sastav upotpunio je naš Igor Kokoškov. Prošle godine učinjen je novi pomak. Predavači su Greg Popović, sa tek osvojenim zlatnim prstenom, Javier Imbroda, Duško Ivanović i profesori naše Više košarkaške škole dr Dragan Koković i dr Vladimir Koprivica. Ovih dana u ulozi predavača, stižu nam, s one strane "bare": Leri Braun, takođe sa najnovijim zlatnim prstenom NBA lige, ujedno i prvi trener Olimpijskog tima koji će nastupiti u Atini, zatim Greg Popović, Roj

Vilijams i Anri Kander. Evropsku i našu košarku, kao predavači, predstavljaju Ettore Messina, rado očekivani Božidar Maljković i profesor dr Dušan Ugarković.

Prethodni pasus, najbolji je argument razmera i uspeha Beogradske klinike. Jednostavno, ne samo da u svetu ne postoji kvalitetan košarkaški trener koji ne bi poželeo da dobije poziv i bude predavač na Beogradskoj klinici. To je već postala stvar prestiža. Poziv za predavača na našu kliniku, postao je nezvanični sertifikat da si vrhunski. Uostalom samo prepoznatljiv vrhunski kvalitet može privući trenere iz preko dvadeset zemalja da ne propuste učešće na

PROGRAM PREDAVANJA BCB 04

SREDA, 4. AVGUST

08.00h Akreditacija (hol hotela InterContinental Beograd)

09.55h Otvaranje BCB 2004 (hotel InterContinental Beograd)

10.00h Božidar Maljković - Savremeni trendovi u košarci (hotel InterContinental)

12.00h Dušan Ugarković - Biološki ritam treninga i oporavka (hotel InterContinental)

17.00h Ettore Messina - Osnovni principi u odbrani čovek na čoveka (hala Pionir)

19.00h Božidar Maljković - Napad protiv svih vrsta zonskih odbrana (hala Pionir)

ČETVRTAK, 5. AVGUST

10.00h Arnie Kander - Priprema košarkaša u predsezoni (hala Pionir)

12.00h Ettore Messina - Formiranje i realizacija napada (hala Pionir)

16.00h Lary Brown - Napadačka filozofija (hala Pionir)

17.00h Roy Williams - Zonska odbrana (hala Pionir)

18.00h Gregg Popovich - Individualni rad sa visokim igračima (hala Pionir)

Beogradskoj košarkaškoj klinici. Kakva je to šansa, praktično privilegija za domaće trenere, suviše je dokazivati.

U takvoj atmosferi, 1. avgusta u hotelu Interkontinental, biće održana redovna Izborna skupština koja će, po tradiciji, biti otvorena za sve zainteresovane članove Udruženja. Uostalom, stručno usavršavanje i obrazovanje naših trenera, jedan pod ključnih preduslova je da i ubuduće svim sportskim prijateljima koji nam dolaze u goste, po bilo kom osnovu, i dalje možemo reći: - Dobro došli u zemlju svetskih prvaka!

● Mirko Polovina





On the last day of July and during the following week, Belgrade will become the planetary basketball capital. In this period at least four events will enter into the annals of our basketball: on the first day,

July 31, the representative sports hall Belgrade Arena will be opened and thus one of the most contemporary sports facilities in this part of Europe will be given to our sports. A grandiose facility will be opened with the basketball tournament. There will be a golden ball with the participation of the national teams of champions and vice world champions and four continental champions. From August 4th to 5th Belgrade Basketball Clinic (BCB 2004) in the organization of the Association of Basketball Coaches of Serbia and Montenegro will be held, and the match between the current world champion - Serbia and Montenegro and the

a great understanding for the vision of the creation of the most quality basketball seminar in Europe was found in the marketing agency TAF Sports from Athens. At the press conference in March 2002 the owner of the Agency Deris Konstantinos and President Ivkovic have announced that TAF is an official sponsor of the Basketball clinic. Having provided material support and team work, Milan Opacic was appointed to be the first operative man and the executive Clinic director.

The following facts illustrate the quality of the work that has been done: Don Nelson, Del Harris, Donn Nelson, Rick Mudgers and our Igor Kokoskov, who complemented this NBA composition, were the lecturers at the Clinic on June 7th-9th, 2002. Last year a new shift was made and the lecturers were Gregg Popovich, who won the golden ring, Javier Imbroda, Dusko Ivanovic and the Professors of

our Basketball Academy PhD Dragan Kokovic and PhD Vladimir Koprivica. These days the lecturers will come from the overseas: Larry Brown, also with the latest NBA league golden ring, and at the same time the first coach of the Olympic team that will participate in Athens, then Gregg Popovich, Roy Williams and Arnie Kander. Euro-

Schedule of BCB04

Wednesday, August 4th

- 08.00h Accreditation (entrance hall of the InterContinental hotel)
- 09.55h Opening Ceremony "BCB 2004" (InterContinental hotel)
- 10.00h Bozidar Maljkovic - Modern Basketball Demands (InterContinental hotel)
- 12.00h PhD Dusan Ugarkovic - Biological rhythm Of Training and Rest (InterContinental hotel)
- 17.00h Ettore Messina - Basic Principles Of Man to Man Defense (arena Pionir)
- 19.00h Bozidar Maljkovic - Offense Against All Types Of Zone Defense (arena Pionir)

Thursday, August 5th

- 10.00h Arnie Kander - Team Warm Up (arena Pionir)
- 12.00h Ettore Messina - Forming and Realization Of Offense (arena Pionir)
- 16.00h Larry Brown - Philosophy of Offense (arena Pionir)
- 17.00h Roy Williams - Zone Defense (arena Pionir)
- 18.00h Gregg Popovich - Big Man Individual Training (arena Pionir)

Olympic Champion - the USA will be the crown of that event.

The coaching Clinic will, certainly, be of special significance for the members of the Association of Basketball Coaches of our country, and it will, it can be stated even now, surpass the two previous clinics, although that previous were said to be the most important coaching seminars ever held in Europe. They who know the circumstances in our coaching and sports public will not be surprised by the data. It is certain that the Managing Board of the Association of Basketball Coaches, headed by Dusan Ivkovic has knowledge, energy and credibility, in world dimensions, to hold a high ranking of its clinic.

Thus, besides the lecturers, whose names are respected by the basketball fans in every corner of the planet where basketball is played, it is expected that around 150 coaches from abroad and around a thousand from our country will come to get new knowledge and experiences. Nevertheless, let's remind. The President of our Association has dedicated the season 2001/2002 to the consolidation of the coaching organization. Above all, as experienced coaches do it, he made a good and coordinated team out of the Managing Board. A partner who had

European and our basketball will be represented by lecturers Ettore Messina, gladly expected Bozidar Maljkovic and Professor PhD Dusan Ugarkovic.

The previous passage is the best argument of the dimensions and success of the Belgrade Clinic. Simply, not only that there is no quality basketball coach in the world not wishing to obtain the invitation and be a lecturer at the Belgrade Clinic, but also it has already become a matter of prestige. An invitation to lecture at our clinic has become an unofficial certificate that you are top. After all, only recognizable top quality can attract coaches from over twenty countries to participate in the Belgrade Basketball Clinic. What a chance it is, practically a privilege, for the local coaches, we don't need to explain.

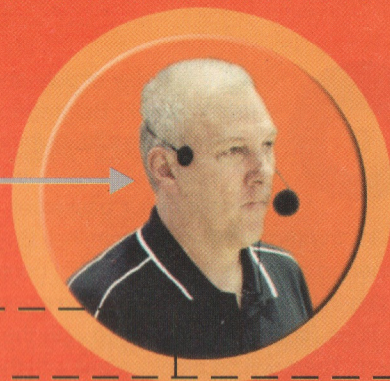
In such atmosphere, in the hotel Intercontinental on August 1, a regular electoral assembly will be held, which, according to tradition, will be open for all the interested members of our Association. After all, a professional specialization and education of our coaches is one of the key preconditions for us to be able to say in future to all the sports friends that come as our guests, on any basis: - Welcome to the country of the world champions!

● Mirko Polovina

**LARRY
BROWN**



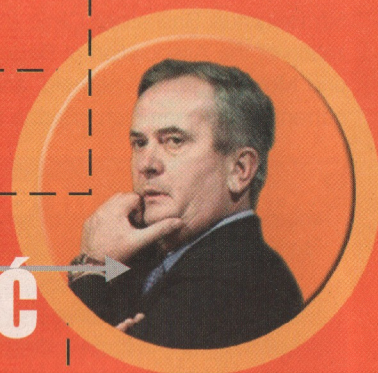
GREGG POPOVICH



ROY WILLIAMS



BOŽIDAR MALJKOVIĆ



Basketball

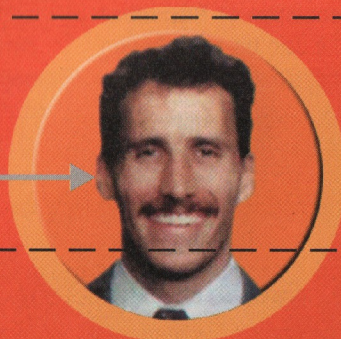
clinic

Belgrade 2004.

ETTORE MESSINA



ARNIE KANDER



Prof dr DUŠAN UGARKOVIĆ



arena

diamond ball

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Predsednik UKT SCG - Dušan Ivković o okupljanju najboljih svetskih trenera u Beogradu

ABCSCM President Dusan Ivkovic on the Gathering of the Best World Coaches in Belgrade

Klinika prerasta u svetski kongres

Clinic is Becoming a World Congress

da nije Beogradske košarkaške klinike, ne bi bilo ni duela svetskih šampiona sa braniocima olimpijskog zlata u novo-beogradskoj Areni.

Možda ova tvrdnja nekome zvuči pretenciozno, međutim, svi kolekcionari košarkaških informacija znaju da je upravo prijateljstvo Dušana Ivkovića, predsednika Udruženja košarkaških trenera SCG i Svetske trenerske asocijacije i Lerija Brauna, trenera NBA šampiona Detroita bilo presudno za dolazak reprezentacije SAD u naš glavni grad.

Ivkovićev poziv Braunu da bude predavač na Klinici, kao i iskustva od prethodne godine koja je prvom treneru olimpijskog tima SAD preneo njegov dugogodišnji prijatelj i saradnik Greg Popović, uticali su da se u

Međunarodni skup

Novina u Beogradskoj trenerskoj klinici je i kotizacija prilikom prijavljivanja.

- Znam da je našim trenerima teško, mnogi će da se prijave u poslednjem momentu, zato smo i produžili rok za prijavljivanje. Očekujemo oko hiljadu naših, a od stranih za sada nam je potvrdu dolaska poslalo 115 trenera iz 25 zemalja. Najviše ih ima iz Švedske - 18, potom iz Austrije - 10...

ovogodišnjem programu priprema Tima snova nađe i duel sa SCG u novobeogradskoj Areni.

Poslednjih godina dvadesetog veka UKT na čelu sa Ivkovićem je organizovalo vrlo kvalitetne seminare na kojima su za katedrom bili vodeći univerzitetski stručnjaci. Ipak, u poslednje tri godine seminar je izrastao u jedan od najcenjenijih svetskih skupova, kada je reč o skupovima košarkaških trenera.

- Kad smo počeli da pripremamo seminar rekli smo ili ćemo organizovati da bude najbolji ili nećemo uopšte da radimo - kaže Dušan Ivković.

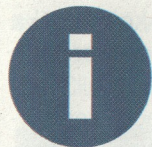
● Drugu godinu zaredom među predavačima je i trener NBA šampiona.

- Uvek smo godinu dana ranije birali, po našem mišljenju, najboljeg ili jednog od najboljih američkih trenera. Sada se već kroz šalu, možda malo i kroz zbilju, priča da ako neki NBA trener želi da osvoji prvenstvo pre svega mora biti pozvan na našu kliniku da tako dobije neophodnu pozitivnu energiju za osvajanje zlatnog prstena. Očekujemo da se prijavi oko hiljadu domaćih i 200 trenera iz inostranstva. Shodno tome, svakom stručnjaku je veliko priznanje i zadovoljstvo da predaje na takvom seminaru.

● Dakle, uloga predavača na Beogradskoj klinici postala je stvar prestiža:

- Imamo objektivni pokazatelj da se neki treneri, koji misle da zaslužuju da budu predavači na našem se-





f there hadn't been a "Belgrade Basketball Clinic", there would not have been a duel of the world champions with the defenders of the Olympic gold in the Novi Beograd arena.

Maybe this assertion sounds pretentious, however, all the collectors of the basketball information know that actually the friendship of Dušan Ivković, President of the Association of the Basketball Coaches of Serbia and Montenegro and the World Coach Association, and Larry Brown, the coach of the NBA champion Detroit, were crucial for the arrival of the US national team to our capital.

Ivković's invitation to Brown to be a lecturer at the Clinic, and the last year's experiences retold to the first coach of the US Olympic team by his long standing friend and an associate Gregg Popovich, have influenced that a



Dušan Ivković u razgovoru sa našim reporterom • Dusan Ivkovic talking to our reporter

Piva - man with a vision

Many people do not know that Slobodan Ivković Piva is the most meritorious for the establishment of the coach association. In 1991 he invited his colleagues to come to Igman and founded the Association.

- He had a splendid vision, idea, above all, basketball one. He dedicated all his life to it. Perhaps it's a great pity he wasn't directed at some other direction. His talent was extremely great for everything. Surely he would be proud and satisfied now.

What Dušan Ivković has insisted on since the first day in Association is the education of our basketball experts.

- With the team work we reached the possibility to offer the specialization programme to five coaches we can be proud of. The coaches are supposed to spend two weeks in San Antonio camp and to continue their staying afterwards in North Carolina. Gregg Popovich told us that his headquarters would prepare well for this action because five coaches would come from the country of top experts. These are the facts we have to be proud of, because our basic aim in the work is the education and professional specialization of coaches. It is possible that we, experiencing everything what happened in our country, have faced certain problems, but we probably perform our job well.

duel with Serbia and Montenegro in the Novi Beograd arena be placed in this year's programme of preparations of the Dream team.

In the last years of the 20th century the Association of Basketball Coaches headed by Ivković organized good quality seminars with the leading university experts as lecturers. Nevertheless, during last three years the seminar has become one of the most appreciated world gatherings, if reunions of the basketball coaches are concerned.

- When we began to prepare the seminar we told that we would organize the best one or we would not work at all- says Dušan Ivković.

● **Second year in a row the NBA champion coach is among the lecturers:**

- We have always been choosing a year in advance, the best or one of the best American coaches in our opinion. Nowadays there is a joke and perhaps a true story that if an NBA coach wishes to win the championship he has to be above all invited to our clinic and in that way to get the needed positive energy for winning the golden ring. We expect that around thousand local and 200 foreign coaches will register. Thus its a great acknowledgement and pleasure for every expert to lecture at such a seminar.

● **The role of a Belgrade Clinic lecturer has become an issue of prestige and that is proven by the Ivković's words:**

- We have an objective parameter showing that certain coaches, believing to deserve to be lecturers at our seminar, are angry for not being invited. We cannot call all the coaches at the same time. There is a schedule, simply, we lack time and space for all the ones wishing to do this. It is important to point out that lecturers come and work here and we pay the costs of staying and trip but we do not give them any salary.

● **After the first Clinic where total expert headquarters of Dallas (Don and Donn Nelson, Del Harris)**

minaru, ljute zato što nisu pozvani. Ne možemo mi sve trenere da gurnemo odjedanput. Postoji redosled, jednostavno nemamo ni vremena, ni prostora za sve koji bi to želeli. Važno je naglasiti i to da kod nas predavači dolaze i rade, a mi snosimo troškove boravka i puta, ali im ne dajemo honorare.

● **Posle prve klinike na kojoj je bio kompletan stručni štab Dalasa (Don i Doni Nelson, Del Harris) pojačan strategom Univerziteta Juta Rikom Madžersom, u organizaciji klinike došlo je do korekcija.**

Piva - vizionar

Mnogi ne znaju da je najzaslužniji za osnivanje trenerske asocijacije Slobodan Ivković Piva. Na Igmanu 1991. okupio je struku i osnovao Udruženje.

- Imao je jednu veliku viziju, ideju, prvenstveno košarkašku. Tome je posvetio ceo život. Možda je velika šteta što se nije usmerio u nekom drugom pravcu. Njegov talenat je bio za sve izuzetno veliki. Sigurno je da bi sada bio ponosan i zadovoljan.

- Bilo je opravdanih kritika da ključni predavači ne moraju da budu samo NBA treneri. Rešili smo, potom, da napravimo kombinaciju najboljih naših, evropskih i američkih stručnjaka. Kad smo uspeli da obezbedimo dolazak Brauna, Popovića i Vilijamsa, želeli smo da tu bude i Boža Maljković, koji dugo nije bio na klinikama, kao i Mesina koji odskače u Italiji. Postojala je i ideja da dođe i neko od vrhunskih ruskih kondicionih stručnjaka poput Zocijorskog... Međutim, on je već čovek u godinama, zahvalio se, nije mogao doći. Zato je tu dr Ugarković, profesor naše Više košarkaške škole.

Potrebni operativci

Udruženje košarkaških trenera SCG funkcionisalo je dobro, a sve dosadašnje akcije uspelo je da uradi sa samo jednim profesionalcem.

- Zna se ko je direktor Klinike Milan Opačić i on taj posao vrlo dobro radi. Nemamo ni jednog profesionalca osim sekretara Mirka Ockoljića. Možda ćemo malo da se proširimo. O tome će razgovarati Upravni odbor Udruženja koji radi kao organizovan tim. Nikako nisam za to da širim administraciju i profesionalni deo i uđemo možda u neki finansijski problem. To mora da bude nešto, šta će se u većem broju uključiti članovi našeg udruženja, da bude još kvalitetniji rad.

● **Tematika na seminaru nije isključivo košarkaška taktika, već i mnoge, nekome naizgled sporedne stvari, ipak, trenerima vrlo korisne u radu.**

- Mnogo će moći da se čuje o organizaciji i radu vrhunskih američkih trenera, najtrofejnijih evropskih i naših stručnjaka, a sve će to biti uklopljeno sa medicinskim i delom fizičke pripreme. Treneri svakako mnogo toga treba da čuju i o prevenciji i oporavku igrača, kako ne bi došlo do negativnih pokazatelja u sred sezone. Jednostavno da se bi ni desilo da igrač pregori u sred sezone, da je u slaboj formi, a da trener nema ni jedan jedini pokazatelj što se tiče krvi, potrošnje kiseonika, svega ostaloga što je vrlo bitno.

● **Plan je ostvaren - skup je prerastao u internacionalnu, dobro pokrivenu, dobro organizovanu kliniku. Koliko je teško održati visok nivo u organizaciji:**

- Sada Klinika već pomalo prerasta naše mogućnosti. Radimo u Upravnom odboru kao štab za elementarne nepogode. Poslednje dve-tri nedelje češće se nalazimo. Svi članovi su obavezni da budu aktivni tokom seminara. Za sada nemamo ni takve materijalne mogućnosti da obezbedimo najkvalitetniju audio-video opremu za snimanje, najkvalitetnije ozvučenje i sve ostalo, što ovako kvalitetan seminar zaslužuje. Verovatno bi za

Sponzori zadovoljni

Zahvaljujući ugledu koji Dušan Ivković uživa u Grčkoj, atinska marketinška agencija "TAF sports marketing", opredelila se da od ideje o organizaciji Klinike bude uz UKT SCG.

- Mi bez sponzora ne bismo mogli da izdržimo. Bili su oduševljeni kada su videli kako se radi, gde odlaze sredstva, da sav novac odlazi isključivo u marketing i organizaciju Klinike, a što preostane usmerava se na stručno usavršavanje trenera. Tačnije, sredstva se troše strogo namenski.

ovakav poduhvat trebalo da nam Beograd obezbedi, recimo, Sava centar. Jer, ovaj seminar je prerastao u svetski kongres. Ovo je najkvalitetnije internacionalno okupljanje košarkaških trenera iz celog sveta sa našim trenerima. Zato, moramo da ponudimo najkvalitetniju tehniku, koju Udruženje ovog trenutka ne može da platiti. Pred takvim auditorijumom moramo biti u svemu vrhunski pokriveni. Trebalo bi malo da zalegnu i drugi. Da se pokažemo na vreme, a ne samo poslednjeg dana kada se skup završava i kada obično odemo u posetu kod predsednika Skupštine, gradonačelnika, ministara ili predsednika nekog drugog foruma.

● **Na kraju razgovora, otkrijte nam tajnu kome ćete "pokloniti" šampionski prsten sledeće godine?**

- Valjda će jedan prsten da stigne i Udruženju - sa osmehom je odgovorio Ivković.

● **Predrag Sarić**

enhanced with the strategist of the Utah University Rick Madgers assisted, the corrections were made in the Clinic organization.

Sponsors satisfied

Due to the reputation that Dušan Ivković has in Greece, the Athens marketing agency "TAF Sports Marketing" has decided to support the ABCSM since the idea on the Clinic organization.

- It would not have been possible to endure without sponsors. They were delighted when they got to know the way we work, what the funds are spent for, and that all the money is spent exclusively on marketing and Clinic organization, and that what remains is directed at the professional specialization of the coaches. To be more precise, the funds are spent strictly according to their purpose.

- There was justified criticism that key lecturers do not have to be only the NBA coaches. We decided, afterwards, to make a combination of the best our, European and American experts. When we have managed to provide the arrival of Brown, Popović and Williams, we wished that Boža Maljković, not assisting Clinics for a long time, and Mesina, renown in Italy, be there. There was an idea that some of the top Russian conditioning experts like Zocijorski comes...However, he is a man of an age, and he thanked but could not come. That's why doctor Ugarković, Professor at our Basketball Academy, will be there.

● The subject matter at our seminar is not exclusively basketball tactics, but many, to someone seeming unimportant issues, but very useful to coaches in their work.

- A lot will be heard about the organization and work of the top American experts, most trophy winning European and our experts, and all this will be matched with the medicine and part of the physical preparation. The coaches

International reunion

The novelty at the Belgrade Coach Clinic is collecting payments on the occasion of the registration.

- I know that it is hard for our coaches, and many will register at the last moment, and thus we have prolonged the deadline for registration. We expect around thousand our coaches, and we have obtained the confirmation of arrival of 115 foreign coaches from 25 countries. Most of them are from Sweden- 18, then Austria- 10...

certainly should hear a lot about the prevention and players' recovery, in order to prevent negative indicators during the season. Simply to avoid player being overburnt in the middle of the season, to be in bad shape, and that the coach lacks a single indicator regarding blood, oxygen consumption, everything else, what is very important.

● The plan made by Ivković and his associates when starting the work on the Clinic is realized- the gathering has become an international, well covered, well organized Clinic. Answering the question why it is so hard to maintain high organization level, Ivković responds:

- At present Clinic has been in a way overcoming our possibilities. We work in the Managing Board, like a natural disasters' headquarters. The last two-three weeks we meet more often. All the members are obliged to be active during the seminar. At the moment we don't have material possibilities to provide the best quality audio-video equipment for recording, most quality sound and all the rest, what such a quality seminar deserves. Belgrade should probably offer us for such a project, for example, Sava Centar. This is the

Operative people needed

The Association of Basketball Coaches of Serbia and Montenegro has been functioning well and has managed to execute all the actions with only one professional.

- It is well known that the Clinic Director is Milan Opačić and that he performs this job well. We do not have a single professional except the secretary Mirko Ocokoljić. Perhaps we will engage more people. This will be discussed by the Managing Board of the Association that works as an organization team. I do not agree with introducing more people to administration and professionals and be faced perhaps with some financial problem. This has to be something the members of our Association will be engaged in, in order to make the work more quality one.

most quality international meeting of the basketball coaches from all over the world with our coaches. Thus, we have to offer most quality technique, which Association at present cannot pay. We have to be top covered in front of this audience. Others should help as well. One should work on time and not only on the last day when the meeting ends and when we usually go to visit the Assembly President, Mayor, Ministers or the President of some other forum.

● At the end of the interview, please tell us the secret: to whom you will "give as a present" the champion ring next year?

- I suppose that the Association will get one ring- with smile responded Ivković.

● Predrag Sarić

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Saradnja za uspeh

Cooperation for Success

početak saradnje Agencije TAF i UKT SCG zvanično su promovisali gospodin Deris Konstantinos, vlasnik Agencije i predsednik Udruženja Dušan Ivković, sredinom marta 2000. godine, najavivši Prvi beogradski međunarodni košarkaški trenerski seminar koji je održan od 7-9 juna iste godine. Svakako među najzaslužnije za obostrano uspešnu saradnju možemo istaći gospodina Vuka Mitrovića, internacionalnog menadžera Agencije TAF, koji je aktivno propraatio svaki detalj dosadašnje saradnje. Sve to bio je povod da zamolimo gospodina Mitrovića za ocenu saradnje sa pozicije svoje agencije i jednog od najagilnijih sagovornika te saradnje.

- Iz ove perspektive posmatrano, mislim da je ceo projekat prevazišao naša očekivanja. Naime, i sa organizacione strane kao i sa marketinške strane ovo je bio jedan pilot projekat za nas, i kako to obično biva u takvim situacijama, naša očekivanja nisu bila jasno definisana nekim striktnim biznis planovima i sl. Ideja je bila da u zemlji kojoj je košarka, a naročito košarkaški treneri, najbolji izvozni proizvod povežemo Seminar sa sponzorima, koji će kroz Kliniku naći svoj interes za oglašavanje i prepoznati tu manifestaciju kao dobru priliku za svoju promociju. Sa druge strane, bilo je neophodno u organizacionom smislu napraviti veliki pomak i dići Kliniku na nivo da ona kao takva bude interesantna osim, naravno, trenerima i svima koji imaju veze sa košarkom, medijima i samim tim i potencijalnim sponzorima. Mislim da se u tome uspelo, posebno u organizacionom smislu. Zaista najveću zaslugu definitivno imaju ljudi koji vode UKT SCG.

Na konferenciji za novinare, 15. juna u Beogradu, predsednik Dušan Ivković, izvršni direktor Milan Opačić i gospodin Mitrović najavili su BCB-2004. Našeg sagovornika zamolili smo za ocenu i očekivanja od ovogodišnje Klinike.

- Sama činjenica da se Klinika održava u vreme između Diamond Ball-a i utakmice SCG – USA u Beogradu, ali da je i pored toga u okviru ovogodišnje manifestacije BASKETSUPERSTARS ostala na neki način izdvojena i prepoznatljiva, pokazuje da je ona izborila zapaženo mesto u kalendaru košarkaških dešavanja i to ne samo kod nas. Za to je najbolji dokaz broj stranih trenera koji dolaze ove godine da slušaju predavanja a posebno učešće trenera koji su članovi stručnog štaba USA selekcije, koji su uspeli da u svoj veoma gust i mesecima unapred isplaniran raspored uvrste Kliniku kao nešto što se ne propušta. Nije nimalo lako da, pored ovakvih košarkaških događaja (Diamond Ball i utakmica sa Amerikancima) koji se održavaju u Beogradu veoma retko, pa još samo 10 dana pre Olimpijade u Atini, napravite tako nešto, što je već prepoznatljivo ne samo ljudima iz košarke. To zanači da smo uspeli da od Klinike napravimo brand, što je i bilo naš cilj.

A od ovogodišnje Klinike, kao i svake naredne očekujem samo da ne padne u kvalitetu, već da ide napred, da ima više učesnika nego prethodna, da dođe više stranih i domaćih trenera, da to druženje i rad dovede do nekih konkretnih vidova saradnje naših trenera i sveta... To nije nimalo lako, ali nadam se da ćemo uspeti. Za sada su tu odlični predavači, velika imena iz Evrope i opet vlasnik NBA prstena iz tek završene sezone, veliki broj prijavljenih trenera... Dakle bolje nije moglo

O perspektivi saradnje TAF i Udruženja košarkaških trenera SCG, Vuk Mitrović kaže:

- Mi imamo sa Udruženjem ugovor na četiri godine. To je suva profesionalna informacija. Ali odnos TAFa i UKT SCG je, po mom mišljenju, prevazišao čisti profesionalizam, tako da mi već razgovaramo o periodu posle toga. Lično smatram da ćemo nastaviti saradnju i posle ove četiri godine koje su, kao što sam već rekao, bile jedan pilot projekat. E sad, kad je taj pilot projekat uspeo, glupo bi bilo tu da stanemo. I pored dobrih rezultata i obostranog zadovoljstva postoji tu još neograničena količina mogućnosti za saradnju i unapređenje rada ne samo Klinike već celog Udruženja - zaključio je naš sagovornik.



Uspeh koji traje: Milan Opačić direktor BCB04, Dušan Ivković predsednik
Success that lasts: Milan Opačić Director BCB04, Dusan Ivkovic ABC

t

he beginning of the cooperation between the TAF Agency and the Association of Basketball Coaches of Serbia and Montenegro was officially promoted by Mr Deris Konstantinos, the owner of the Agency, and the Association President Dušan Ivković, at the middle of March in 2000, announcing the first Belgrade international basketball coaching seminar that was held on June 7-9 in the same year. Certainly we may point out among the most meritorious for the mutual successful cooperation Mr Vuk Mitrović, international manager of the TAF Agency, who actively monitored each detail of the up-to-now cooperation. Everything has been a cause to ask Mr Mitrović for the assessment of the cooperation from the point of view of his agency and one of the most agile collocutors on the cooperation.

- Looking from this perspective, I believe that the whole project has surpassed our expectations. From the organizational and the marketing point of view this has been a pilot project for us and as it usually occurs in these situations, our expectations haven't been clearly defined with some strict business plans etc. The idea was to link, in the country where basketball and particularly basketball coaches are the best export product, the Seminar with the sponsors, who will in the Clinic find their interest for advertising and look at the manifestation as a good opportunity for their promotion. On the other hand, it was necessary in the organizational sense to make a huge shift and raise Clinic to the level where it will be interesting to the coaches of course, and to all the ones related to basketball, to media and to the potential sponsors. I

believe that we managed to do it, especially in the organizational sense, due definitely to the most meritorious people heading the Association of Basketball Coaches of Serbia and Montenegro.

- At the press conference, in Belgrade on June 15, the President Dušan Ivković, Executive Director Milan Opačić and Mr Mitrović have announced BCB-2004. We have asked our collocutor to assess this year's Clinic and to tell us what are the expectations?

- The very fact that the Clinic is being held in the period between the Diamond Ball and the match between SMG and the USA in Belgrade, but that besides that it has within this year's manifestation BASKETSUPERSTARS remained special and recognizable, means that it has won a remarkable place in the calendar of basketball events and not only in our country. The best proof for this is the number of foreign coaches that come this year to the lectures and especially the participation of the coaches that are members of the expert headquarters of the US national team, that have succeeded to put the Clinic into their dense and months in advance planned schedule, as something that should not be missed. It is not easy at all to make, besides these basketball events (Diamond Ball and the match with the Americans) held in Belgrade very rarely, and 10 days before the Olympics in Athens, something like this, what is recognizable not only for the people from the basketball world. This means that we have managed to make a brand out of a Clinic, what was our objective.

From this year's Clinic, and from each following Clinic, I expect not to decrease in quality, but to go forward, to have more participants than the previous one, that more foreign and local coaches come, that this friendship and work lead to some concrete forms of cooperation between our and foreign coaches...It is not easy, but we hope that we will achieve it. Up to now we have had excellent lecturers, renown names from Europe and the holder of the NBA ring from the finished season, a great number of registered coaches...It could not be better than that.

On the perspective of the cooperation between TAF and the the Association of Basketball Coaches of Serbia and Montenegro, Vuk Mitrović says:

- We have a contract with the Association for four years. This is a plain professional information. But the relation between TAF and ABCSM has, in my opinion, surpassed pure professionalism, so that we have been talking of the period after this. I personally believe that we will continue the cooperation after these four years, which as I have already said been a pilot project. Nowadays, when the project has succeeded, it would be stupid to stop here. Besides good results and mutual pleasure there is an infinite quantity of possibilities for cooperation and improvement of the work not only of the Clinic, but also of the whole Association-concluded our collocutor.



Vuk Mitrović menadžer TAF Sports
t and Vuk Mitrović TAF Sports Manager

Osnove odbrane čovek na čoveka

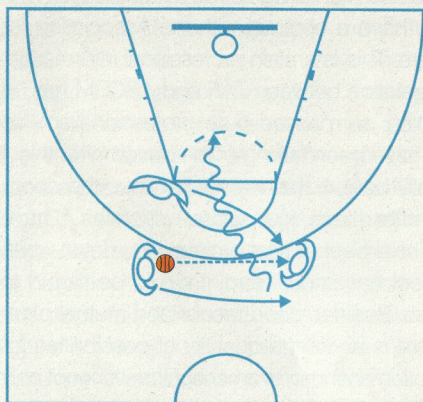
The Fundamentals of the Man-To-Man Defense

Ettore Messina je osvojio tri italijanska šampionata, tri italijanska kupa, dva šampionata Evrolige i jedan Kup kupova. Sa italijanskom reprezentacijom, Messina je osvojio zlatnu medalju na Mediteranskim igrama, jednu srebrnu na Gudvil igrama i na Evropskom šampionatu u Barseloni. Izabran je za trenera godine tri puta u Italiji i jednom za trenera godine Evrope. Potpredsednik je evropskog Udruženja trenera. Trenirao je Benetton Treviso za italijanski kup 2003.

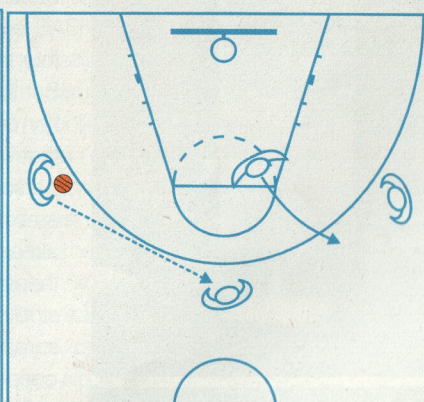
dobar napadač mora da bude spreman da savlada odbranu, posebno u situacijama 1-na-1 i 2-na-2. On, takođe, treba da poznaje kako se odbrana kreće i reaguje na igru na strani pomoći. Aktivno kretanje lopte i odgovarajući razmak

igrača napada na terenu su problemi sa kojima će se odbrana suočiti. Na strani lopte, odbrana mora da se potrudi u jedan-na-jedan situacijama, blokovima koje je postavio spoljni igrač za centra i pik-end-rol situacijama. Zbog svih ovih razloga, odbrana takođe mora da bude spremna da se rotira i da pomogne i na strani pomoći. Glavni cilj odbrane u ovim situacijama je da forsira i ograniči odbranu na 1-na-1 i 2-na-2 opcije. Sva prodorna dodavanja treba da budu sprečena. Ovo su dodavanja direktno ka centarskim oblastima, ili dodavanja ka krilima koja mogu dovesti do dodavanja centru. Vi želite da držite igrače napada podalje od igre na strani pomoći jer tamo ima nekoliko mogućnosti, uključujući: dribling prodor i šut radi skok šuta; 1-na-1 sa odbrambenim igračem u situaciji pomoći-i-vraćanja na svog igrača; situacije zauzimanja centarskih pozicija sa njihovim centrom; prednosti od proreda i kretanja na loptu; i drugi pokušaji šuta nakon odskoka.

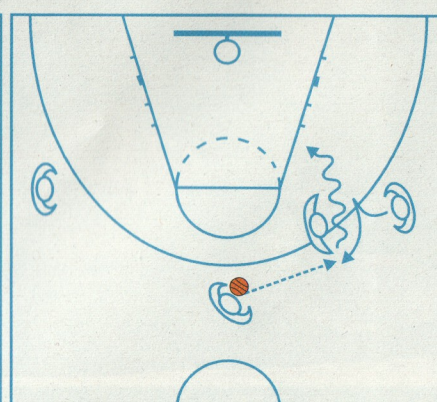
Najbolji način da se dosledno obezbedi solidna timska odbrana je da se istakne odbrana jedan-na-jedan.



Dijagram/Diagram 1



Dijagram/Diagram 2



Dijagram/Diagram 3

Ettore Messina won three Italian Championships, three Italian Cups, two Euroleague Championships, and one Cup of Cups. With the Italian National team, Messina won a gold medal at the Mediterranean Games, one silver medal at the Goodwill Games, and at the European Championship in Barcelona. He was selected Coach of the Year three times in Italy, and once as European Coach of the Year. He is Vice President of the European Coaches Association. He coached Benetton Treviso to the 2003 Italian Cup.

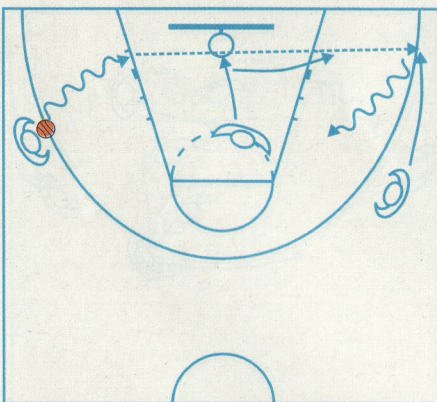
a good offense has to be ready to beat the defense, especially in 1-on-1 and 2-on-2 situations. It also has to know how the defense moves and reacts on weak-side plays. Active ball movement and the proper spacing of the offensive players on the court are problems a defense will face. On the strongside, the defense has to work hard against one-on-one situations, screens set by a perimeter player for a big man, and pick-and-roll situations.

For all these reasons, the defense must also be ready to rotate and help out on the weakside as well. The main goal of the defense in these situations is to force and limit the offense to 1-on-1 and 2-on-2 options. All penetrating passes are to be denied. These are passes directly into the post areas, or passes to the wings that may lead to a post pass.

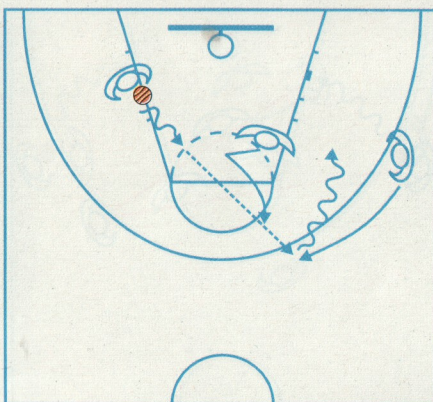
You want to keep the offense from working on the weak side because there the options are several, including: dribble penetration and kick away for jump shot; 1-on-1 with the defender on a help-and-recover situation; post-up situations with their big man; advantages from spacing and movement of the ball; and second shot attempts after a rebound.



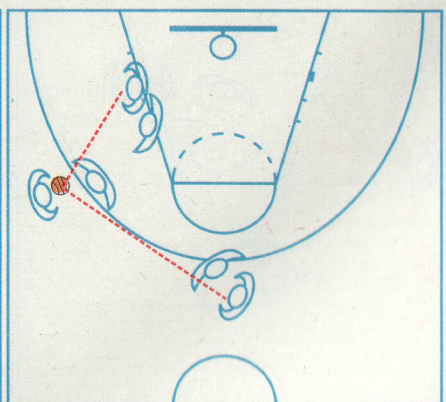
The best way to provide a consistently solid team defense is to emphasize the one-on-one defense. This defensive strategy places all the responsibility on the individual player to stop his man from passing and attempting to score. With each defensive player now responsible for his own man, it makes it easy for a coach to find defensive mistakes when a basket is scored and note which player made the mistake. Since there is individual defensive responsibility, the coach will then know what to suggest to a particular player about how to react during crucial moments of the game. Daily practice sessions should be geared towards improving the indi-



Dijagram/Diagram 4



Dijagram/Diagram 5



Dijagram/Diagram 6

Ova odbrambena strategija stavlja svu odgovornost na pojedinog igrača da zaustavi svog čoveka da ne doda i da ne pokuša da napravi šut. Sada kada je svaki odbrambeni igrač odgovoran za svog čoveka, lakše je treneru da pronađe defanzivne greške kada je postignut pogodak i da primeti koji je igrač napravio grešku. Budući da postoji individualna odbrambena odgovornost, trener će onda znati šta da predloži određenom igraču na koji način da reaguje tokom presudnih trenutaka igre. Svakodnevni treninzi bi trebalo da budu usmereni prema poboljšanju individualnih tehnika odbrane vaših igrača i da oni nauče da predvide poteze igrača napada, i kao pojedinačni igrači odbrane i kao članovi tima koji zajedno rade na odbrani.

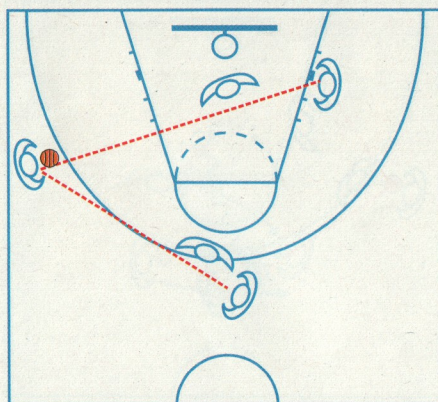
VEŽBA BR. 1 ODBRANA UKRŠTENOG KORAKA

Igrač napada dodaje treneru, sledi dodavanje, prima uručenje, i zatim radi jaki ukršteni dribling. Da bi izbegao da bude poražen u ovoj igri, defanzivni igrač mora da napravi korak povlačenja i istovremeno bočni klizni da bi održao svoje telo između lopte i koša (dijagram 1). Kada odbrambeni igrač drži grudi između lopte i koša, ovo nazivamo „pravljenje zida” (pravilo br. 1).

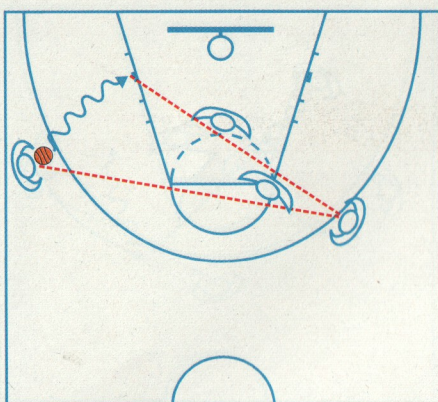
VEŽBA BR. 2 KRETANJE SA LOPTOM

Akcentat u ovoj vežbi je na defanzivnoj poziciji koju treba upotrebiti nad igračem napada sa loptom, kao i klizne korake koje treba napraviti, što je sve zasnovano na kretanju sa loptom (dijagrami 2 i 3). Kada lopta promeni stranu i bude u rukama igrača napada, mi

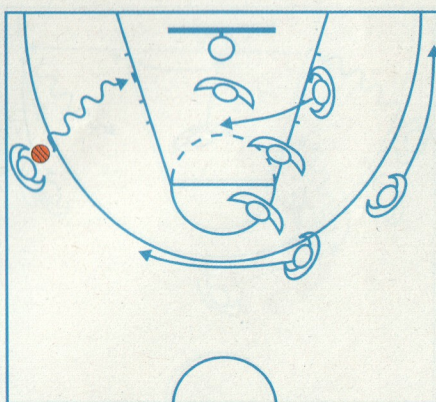
podvlačimo značaj reagovanja i ispravljanja položaja tela, što je, ponovo, bazirano na kretanju sa loptom. Na ovaj način, igrač je spreman da „napravi zid” prema lopti. Igrač odbrane mora da bude u stanju da razmišlja na svojim nogama i da može da analizira i predvidi razne ofanzivne situacije. On mora da nauči da poveća defanzivni pritisak kada igrač napada želi da doda loptu i malo smanji pritisak kada on želi da započne dribling.



Dijagram/Diagram 7



Dijagram/Diagram 8



Dijagram/Diagram 9

vidual defensive techniques of your players and having them learn to anticipate the offensive moves, both as individual defenders and as a member of team working together on defense.

DRILL N.1 DEFENSE ON THE CROSS-OVER STEP

The offensive player passes to the coach, follows the pass, receives a hand-off pass, and then makes a strong cross-over dribble. To avoid being beaten on this play, the defensive player must make a retreat step and, at the same time, a lateral slide in order to keep his body between the ball and the basket (diagr. 1). When the defensive player has his chest between the ball and the basket, we call this "making a wall." (RULE N.1).

DRILL N.2 MOVE WITH THE BALL

The emphasis in this drill is on the defensive position to be used on the offensive player with the ball, as

well as the slides that need to be made, all which are based on the movements of the ball (diagr.2 and 3). When the ball changes sides and is in the hands of the offensive player, we stress the importance of reacting and correcting the position of the body, which again, is based on ball movement. In this way, the player is ready to "make a wall" on the ball. The defensive player has to be able to think on his feet and be able to analyze and anticipate various offensive situations. He has to learn to increase the defensive pressure when the offensive player wants to pass the ball and slightly decrease the pressure when he wants to start the dribble.

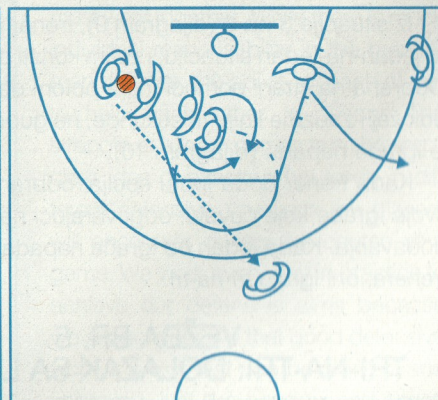
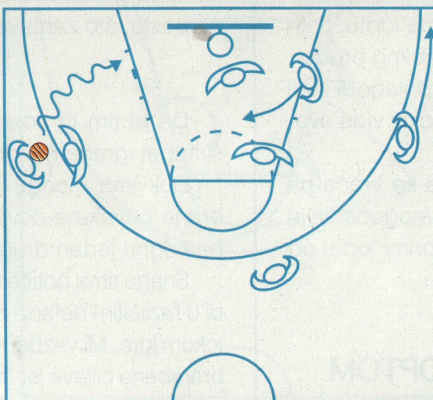
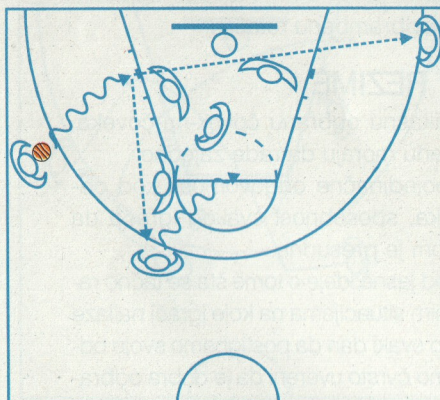
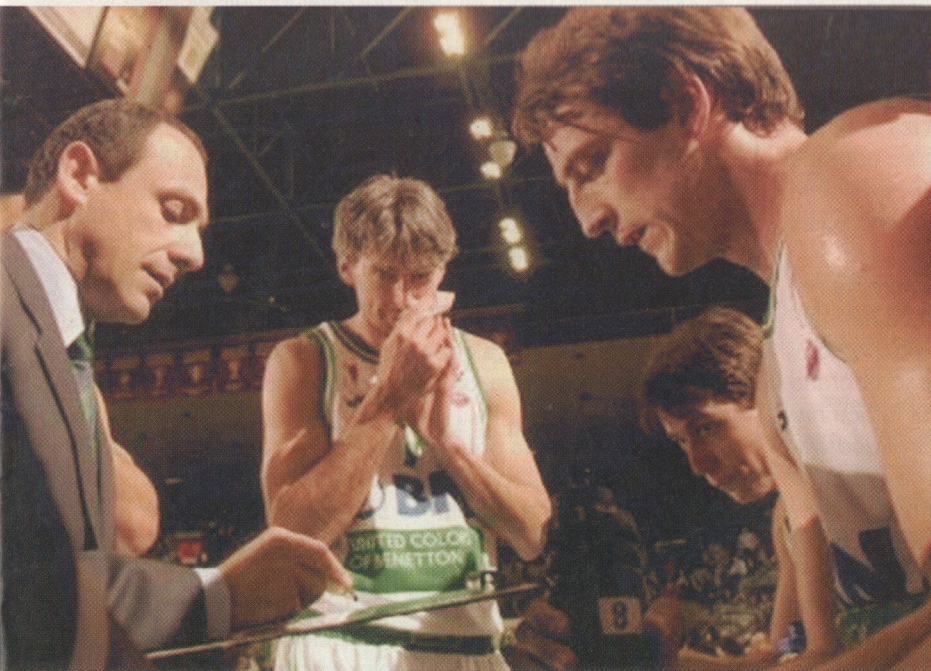
DRILL N.3 DYNAMIC ONE-ON-ONE: THE RECOVERY

In the diagr. 4 and 5, the coach fakes a dribble penetration on a one-on-one situation and then passes the ball to the weakside. The defender and offensive player react to

this situation by playing one-on-one without the ball. On the pass, the defensive player, while recovering, changes his position from the weakside to the strongside, guarding the offensive player with the ball. While he is recovering, he should get closer to the offensive player with short, quick steps, faking to go toward the ball with his hands: the aim is not to allow a jump shot to be taken. Immediately after, he should be able to react by stepping back, stopping the possible dribble penetration, and forcing the offensive player towards the baseline (do not allow any dribble penetration in the middle of the court).

The second aim is to force the offense out of their usual positions, pressuring the ball and anticipating all passes (RULE N. 2).

On the strongside, the defense must anticipate in such a way as to force the offensive players to receive the ball in



Dijagram/Diagram 10

Dijagram/Diagram 11

Dijagram/Diagram 12

VEŽBA BR. 3 **DINAMIKA JEDAN-NA-JEDAN:** **VRAĆANJE NA SVOG IGRAČA**

Na dijagramima 4 i 5, trener pravi fintu dribling prodora u situaciji jedan-na-jedan i zatim dodaje loptu ka strani pomoći. Igrač odbrane i igrač napada reaguju na ovu situaciju igranjem jedan-na-jedan bez lopte. Pri drugom dodavanju, igrač odbrane, dok se vraća na svog igrača, menja položaj od strane pomoći ka strani lopte, čuvajući igrača napada sa loptom. Dok se oporavlja, on bi trebalo da se približi igraču napada kratkim brzim koracima, fintirajući da ide ka lopti svojim rukama; cilj je da se ne dozvoli skok šut. Odmah zatim, on bi trebalo da bude u stanju da reaguje iskorakom unazad, zaustavljajući moguću dribling prodor, i gurajući igrača napada ka čenoj liniji (da ne dopusti dribling prodor na sredini terena).

Drugi cilj je da se istisne postavka napada iz svojih uobičajenih pozicija, pritiskom na loptu i predviđanjem svih dodavanja (pravilo br. 2).

Na strani lopte, odbrana mora da anticipira na takav način da prisili igrača napada da prime loptu u onim pozicijama koje predstavljaju najmanje opasnu napadačku pretnju (dijagram 6). U svakom slučaju, odbrana mora da uspori kretanje lopte, a da ne zauzme otvoreni defanzivni stav i da ne bude potučena kretanjem iza leđa odbrane, a prema košu. Na strani pomoći, igrač odbrane mora da postavi svoje telo tako da može da presretne moguća dodavanja (dijagram 7), ali istovremeno, uvek proveravajući da li prati svog čoveka i loptu.

Tokom dribling prodora (dijagram 8), on mora da prilagodi svoj stav, i dok se lopta približava, on će napraviti dodatni korak u teren (spreman za defanzivnu pomoć). Ključno je u ovoj dinamičnoj situaciji da igrač odbrane ostane na liniji dodavanja da bi držao loptu i igrača napada izvan nje. Mi ovo nazivamo „ostati na liniji dodavanja”, kao način da podsetimo igrača da ne možemo predviđati ukoliko ne postoji pritisak na loptu.

Evo nekoliko vežbi koje koristimo pri podučavanju ove faze odbrane.

VEŽBA BR. 4 **TRI-NA-TRI: ODBRAMBENA** **POSTAVKA U OBLIKU RAJSFERŠLUSA**

Iz situacije 3-na-3 (dijagram 9), trener ima loptu, fintira jedan-na-jedan situaciju, i zatim koristi dribling prodor. Odbrana na strani pomoći mora potom da prilagodi svoj položaj i zauzme liniju tri sekunde, ne gubeći iz vida svoje igrača napada (dijagram 10).

Kada trener doda loptu spolja, odbrana se vraća na svoje igrača koje čuvaju, odgovarajući na moguće linije dodavanja. Kada jedan od igrača napada primi loptu od trenera, oni igraju tri-na-tri.

VEŽBA BR. 5 **TRI-NA-TRI: DOLAZAK SA LOPTOM**

Ova vežba je slična prethodnoj, osim što trener kreće na strani pomoći (dijagram 11). Napadač sa

loptom, zajedno sa igračem odbrane koji ga čuva, prodire driblingom. Kada se započne ovo kretanje, druga dva igrača odbrane klizaju u liniju. Kada igrač napada doda loptu treneru, koji se nalazi na sredini terena, tri igrača odbrane zatim klize visoko prema lopti, odgovarajući na položaj u liniji dodavanja (dijagram 12).

Mora se primetiti da je ovo prirodno teža situacija u odnosu na one na koje će igrači naići u stvarnoj igri, gde je otežano dodavanje iz te pozicije ka centru terena i/ili kada je dodavanje usporeno.

VEŽBA BR. 6 **TRI-NA-TRI: SKOK NA LOPTU**

Kao što se vidi na dijagramima 13 i 14, ova vežba je sastavljena od niza kretanja i pozicija, gde igrači odbrane menjaju svoje pozicije, krećući se od strane pomoći ka strani lopte terena.

Cilj ove vežbe je da odbrana nauči da se zatvori kada je lopta blizu koša (dodavanjem), i da se otvori, kada je lopta dodata izvan, ali uvek održavajući pritisak na linije dodavanja.

Treći cilj je da se odbrane, spreče šutevi unutar linije, i da se „kontrolišu svi odbrambeni odsjeci” (pravilo br. 3).

Da bi se postigao ovaj cilj, ne treba samo da otežavate napadačkim igračima u centarskoj poziciji, da zaustavite dribling prodore i zauzmete liniju, nego je potrebno da razumete napad drugog tima i da napravite odgovarajuće odbrambene poteze. Mi uvek želimo da naš centar patrolira linijom i mi mu pomažemo odabirajući prave taktike za odbranu od jednog ili više ofanzivnih setova, koji pokušavaju da ga izguraju sa linije pik-end-rolom.

Ne zaboravite da poboljšanje pojedinih odbrambenih veština može da se postigne svakodnevnim vežbanjem. Naša odbrambena pravila ne stvaraju konfuziju našim igračima jer oni redovno vežbaju odbranu i tačno znaju šta treba da urade. Ono što smo opisali ovde je samo osnova naše filozofije odbrane. Dodatni aspekti odbrane čovek-na-čoveka koje treba obraditi uključuju kako braniti protiv šutera koji koriste blokadu; slepe blokade spoljnih igrača za centre; pik-end-rol; i takođe dupli tim na postu, što zahteva odbrambenu rotaciju.

REZIME

Da bi tim igrao efikasnu odbranu čovek-na-čoveka, svih pet igrača na terenu moraju da rade zajedno.

Dok ima mnogo pojedinačne odgovornosti kod odbrane čovek-na-čoveka, sposobnost svakog igrača da pomogne jedan drugom je presudna.

Snaga tima potiče od jasne ideje o tome šta se tačno radi u različitim defanzivnim situacijama na koje igrači nailaze tokom igre. Mi vežbamo svaki dan da postignemo svoje odbrambene ciljeve jer smo čvrsto uvereni da je dobra odbrana veština koja se može naučiti i poboljšati, kao i dodavanja i šutiranje. Sav ovaj naporan rad će dati rezultate.

those positions where they are the least dangerous offensive threats (diagr. 6). In any case, the defense must slow down the ball movement without taking an open defensive stance and getting beaten by the backdoor cuts. On the weakside, the defender must position his body in such a way so he can intercept possible passes (diagr. 7), but at the same time, always being sure to watch his man and the ball.

On a dribble penetration (diagr. 8), he must adapt his stance, and as the ball gets closer, he will take an extra step in the lane (ready for a defensive help). It is crucial in this dynamic situation that the defensive player stays in the passing lane to keep the ball and offensive players out. We call this "stay on the passing lane", as a way of reminding players that we can't anticipate unless there is pressure on the ball.

Here some drills we use to teach this phase of the defense.

DRILL N.4 THREE-ON-THREE: DEFENSIVE ZIPPER

From a situation of 3-on-3 (diagr.9), the coach has the ball, fakes a one-on-one situation, and then uses dribble penetration. The defenders on the weakside must then adapt their position and pack the three-second lane, without losing sight of their own offensive players (diagr. 10).

When the coach passes the ball outside, the defenders recover on their man, contesting the potential passing lanes. Once one of the offensive players receives the ball from the coach, they play three-on-three.

DRILL N.5 THREE-ON-THREE: COME UP WITH THE BALL

This drill is similar to the previous one, except that the coach starts on the weakside (diagr. 11). The offensive player with the ball, along with a defensive player on him, penetrates with a dribble. As this move is started, the other two defenders slide into the lane. When the offensive player passes the ball to the coach, who is positioned in the middle of the floor, the three defenders then

slide high toward the ball, contesting the position in the passing lane (diagr. 12).

It must be noted that this is naturally a tougher situation than the players will encounter in an actual game, where a pass from that position to the center of the court is contested and/or slowed down.

DRILL N.6 THREE-ON-THREE: JUMP TO THE BALL

As seen in the diagr. 13 and 14, this drill is made from a sequence of cuts and positions, where the defenders change their positions, going from the weak to the strong side of the court.

The aim of this drill is to teach the defense to close up when the ball is near the basket (with the pass), and then open up, when the ball is passed away, but always keeping pressure on the passing lanes.

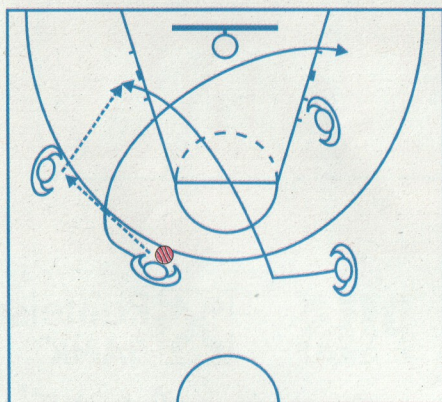
The third aim is to defend, prevent shots inside the lane, and "control all defensive rebounds" (RULE N. 3).

To achieve this goal, you do not only need to contest the offensive players in the low post, stop the dribble penetrations, and crowd the lane, but you also need to understand the offense of the other team and make the proper defensive match-ups. We always want to have our center patrol the lane and we help him choosing the proper tactics for defending against one or more offensive sets, which attempt to bring him out of the lane with a pick-and-roll.

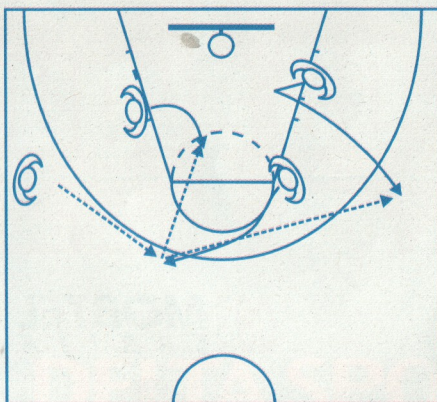
Don't forget that improving individual defensive skills can be assured through daily practice. Our defensive rules don't create confusion for our players because they practice defense regularly and know exactly what they need to do. What we have described here is only the foundation of our defensive philosophy. Additional aspects of man-to-man defense that have to be worked on include how to defend against shooters using a screen; back picks of the perimeter players for the big men; the pick-and-roll; and also the double team on the post, which necessitates a defensive rotation.

SUMMATION

In order for a team to play an effective man-to-man defense, all five players on the court must work together. While there is much individual responsibility in the man-to-man defense, the ability of each player to help each other is critical. The strength of a team comes from having a clear idea of exactly what to do in different defensive situations the players will encounter during the course of a game. We work every day in practice to achieve our defensive aims because we strongly believe that good defensive work is a skill that can be learned and improved, just like passing and shooting. All this hard work will yield results.



Dijagram/Diagram 13



Dijagram/Diagram 14

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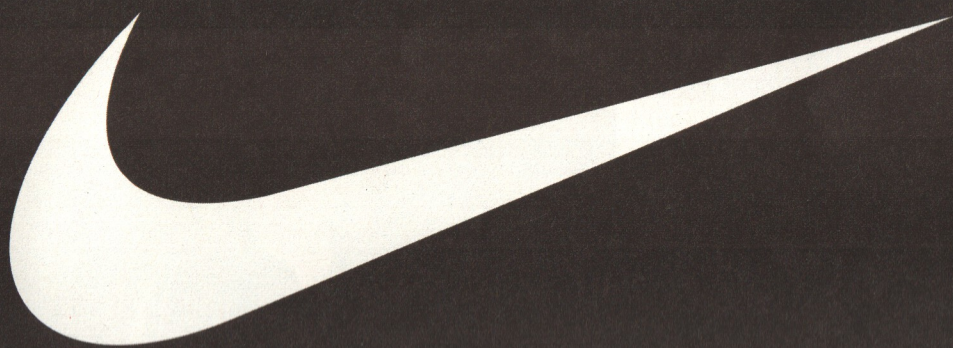
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Željko Obradović

Počela operacija Atina!

Athens Operation Started!

slabljeni jesmo, ali ne odustajemo od medalje na Olimpijskim igrama u Atini - mogla bi da glasi sportska poruka aktualnih šampiona sveta. Sa Obradovićevog spiska od 20 igrača u hotelu "Interkontinental", 27. juna, na prozivci se pojavilo 17 momaka. Predrag Stojaković i Željko Rebrača su ostali pri svom stavu, a Kosta Perović je prekomandovan u mladu reprezentaciju koja je otputovala u Dalas na nezvanično prvenstvo sveta. Glavni stateg u ostvarenju pomenutih ambicija, naš selektor - Željko Obradović u startu je, posle prvog radnog dana naglasio:

- Oduševljen sam atmosferom koja je vladala tokom prozivke. Evidentno je da su svi igrači spremni za rad i željni uspeha. Tokom priprema uradićemo sve što je u našoj moći da maksimalno spremni odemo u Atinu. Naš cilj je zlatna medalja, a ako nas neko zaustavi i pobedi na parketu, sportski ćemo kao i uvek pružiti ruku i čestitati rivalu - naglasio je Željko Obradović.

Naravno, pres konferencijam na zahtev novinara, nije mogla da prođe bez dodatne analize slučaja "Stojaković - Rebrača".

- Sada želim da stavim tačku na tu priču. Stojaković i Rebrača, koje izuzetno cenim kao košarkaše i ljude, nisu došli na pripreme i neće ići u Grčku. Pročitao sam da je Rebrača izjavio da Sombor nije daleko od Beograda. Zato me i čudi da nije došao da se ispričamo kao ljudi. Stojaković naglašava da jako želi da igra u reprezentaciji, ali očigledno ne dovoljno jako kao što je to slučaj sa Tomaševićem, Bodirogom i ostalim igračima koji su došli na prozivku. Kao trener ne mogu da dozvolim da igrači dolaze na pripreme sedam dana pre početka Olimpijskih igara. Vrata Stojakoviću i Rebrači su otvorena. Kada god žele mogu da dođu, da nas posete, da nam pruže podršku kao što su to na startu uradili Miličić i Đorđević - naglasio je Željko Obradović.

Predstojeći Olimpijski turnir će, bez ikakve sumnje, biti najjači u istoriji. Od 12 selekcija, čak 10 mašta o medalji. Željko Obradović je, uz jasno razumevanje naših (pre)velikih ambicija, u prijatnoj atmosferi ispričao anegdodu koja pojašnjava naše navijačke ambicije:

- Kada sam sleteo na aerodrom Beograd, dok sam čekirao karte, prvi carinik koga sam sreo postavio je pitanje: Da li ćemo pobediti Amerikance? Ja o tome ne razmišljam. Očekuje nas pakleno težak zadatak već u duelim sa rivalima iz grupe. Prvi meč u Atini igramo protiv Argentine, a o kvalitetima Španije, Italije ne treba trošiti reči. Novi Zeland je izuzetno napredovao što se videlo u Indijanapolisu, dok su i Kinezi sa NBA stručnim štabom i Jao Mingom izuzetno neugodni. Da me ne shvatite pogrešno, sigurno neću pripremati tim da osvojimo šesto



Deo stručnog štaba: Minić, Šakota i Nikolić
Part of the expert headquarters: Minić, Sakota and Nikolic

mesto. Optimista sam, ali sada je najvažnije da se posvetimo radu, i da svakog jutra kada se pogledamo u ogledalo kažemo, sve bliži smo željenoj formi, reka je Obradović.

Za razliku od igračkog, stručni štab je u hotel Interkontinental stigao u kompletnom sastavu. Milan Minić, Dragan Šakota, Igor Kokoškov, uz najavljenju i sasvim izvesnu podršku Dušana Ivkovića, daje nam za pravo da se nadamo dobrom rezultatu u Atini.

- Sastav stručnog štaba govori sam za sebe. Sa Dušanom Ivkovićem sam se video i pridružiće nam se. Odavno sam rekao da ćemo imati Ivkovićevu podršku tokom priprema i na Olimpijskim igrama. Svakako potrebna nam je i podrška javnosti - zaključio je Obradović.

• S. Janičić



e are weakened, but we will not g- We are weakened, but we will not give up the medal at the Olympic Games in Athens- could be the sports message of the current world champions.

Seventeen players appeared on a roll-call in the hotel „Intercontinental“ on June 27 out of 20 players from Obradović's list. Predrag Stojaković and Željko Rebrača did not change their mind, and Kosta Perović was moved to the young national team that set off to Dallas to the unofficial world championship. The main strategist in the realization of the mentioned ambitions, a head coach of our national team- Željko Obradović said in the very beginning, after the first working day:

- I am thrilled with the enthusiasm at the moment of the roll-call. It is obvious that all players are ready for work and eager to succeed. In the course of the preparations we will do everything possible to be ready in the maximum way for Athens. Our goal is a golden medal and if someone stops us and wins at the floor we will shake hands as always in a sports manner and congratulate to the rival- said Željko Obradović.

Certainly, the press conference could not be held, at the journalists' request, without the additional analysis of the case „Stojaković-Rebrača“.

- Now, I would like to end this story. Stojaković and Rebrača, who I extremely appreciate as players and people, haven't come to the preparations and will not go to Greece. I have read that Rebrača said that Sombor is not far away from Belgrade. Thus I am surprised that he has not come to have a talk. Stojaković is pointing out that he wishes very much to play in the national team, but obviously not enough as is the case with Tomašević, Bodiroga and other players that have come to the roll-call. As a coach I cannot allow that players come to the preparations seven days before the beginning of the Olympic Games. The doors are open to Stojaković and Rebrača. They can come anytime they like, to visit us, to give us support, as was done in the very beginning by Miličić and Đorđević- said Željko Obradović.

The following Olympic tournament, will without doubt be the toughest in the history. Even 10 national teams out of 12 are dreaming of the medal. Željko Obradović, clearly understanding our (far) great ambitions in the agreeable atmosphere told the anecdote that explains our fans' ambitions: - When I landed at the Belgrade Airport, while checking in, the first Customs officer I met asked me: „Are we going to beat the Americans?“ I don't think of that. There is a hell hard task ahead of us in the duels with the rivals from the group. The first match in Athens we play against Argentina, and the qualities of Spain and Italy should not be mentioned. New Zealand has progressed very much what could be seen in Indianapolis, while the Chinese with the NBA headquarters and Yao Ming are extremely disagreeable- said Obradović and continued: - I would not like you to understand me wrongly, I will surely not prepare my team for



winning the sixth place. I am an optimist, but the most important is to start the work, and every morning when we look ourselves in the mirror we have to be able to say that we are closer to the desirable shape.

Unlike the players, the expert headquarters came to the hotel Intercontinental in full composition. Milan Minić, Dragan Šakota, Igor Kokoškov, with the announced and very certain support of Dušan Ivković, make it realistic to hope for the good result in Athens.

- The composition of the expert headquarters speaks for itself. I met Dušan Ivković and he is joining us. Long time ago I said that we would have Ivković's support at the preparations and at the Olympic Games. We certainly need the public support as well, Obradović concluded.

● S. Janičić

Duško Vujošević sa Partizanom osvojio treću uzastopnu titulu prvaka SCG

Dusko Vujosevic Has Won With Partizan the Third Title in a Row of SMG Champion

Ljubav, entuzijazam i težak rad

Love, Enthusiasm and Hard Work

duško Vujošević je po broju titular državnog prvaka apsolutni Partizanov rekorder. Ove godine, osvojio je treću u nizu, možda i najvredniju, jer je naspram sebe imao pet izuzetno snažnih, možda i jačih rivala. A u odnosu na rivale Partizan je u Superligu i plej-of ušao bez Frederika Hausa i Nenada Krstića dva itekako bitna igrača za postavku novog-starog šampiona.

● **Za razliku od ove u prethodnoj sezoni imali ste izrazitog vođu tima Miloša Vujanića?**

- Činjenica je da je Miloš Vujanić odličan igrač koji je u Partizanu igrao izuzetno dobro. Atipičan je, plejmejker

je, ali i realizator. Svesti ga samo na organizatora igre znači izgubiti njegovu veliku vrednost u realizaciji. Iskandalisati ga da u toj realizaciji ne zaboravi na organizaciju i učinak drugih igrača je jedna tanka linija. Iako je on bitno napredovao u tom segmentu igre, njegova odbrana nije bila sjajna. Trudio se, dan-danas se trudi, da to ispravi i to je ona rezerva koju ima da postane još bolji. Sve te karakteristike uslovile su našu igru u prethodnoj sezoni, negde su je limitirale, ali u većini stvari ti njegovi kvaliteti bili su presudni u osvajanju trofeja.

● **Kada je otišao, koncepcija je morala da se menja.**

- Ostajući bez njega, bili smo u prilici može se reći i osuđeni da više formiramo timsku igru kada je u pitanju



d

uško Vujošević is according to the times he won the title of the state champion, an absolute Partizan record holder. This year, he has won the third one in a row, and perhaps the most precious one,

because he had five extremely strong, and maybe stronger rivals against him. Compared to the rivals, Partizan has entered the Super League and Play-Off without Frederick House and Nenad Krstić, two crucial players for the composition of the new-old champion.

● **Unlike this season, you had Miloš Vujanić, a pronounced team leader, in the previous season, 2002-03?**

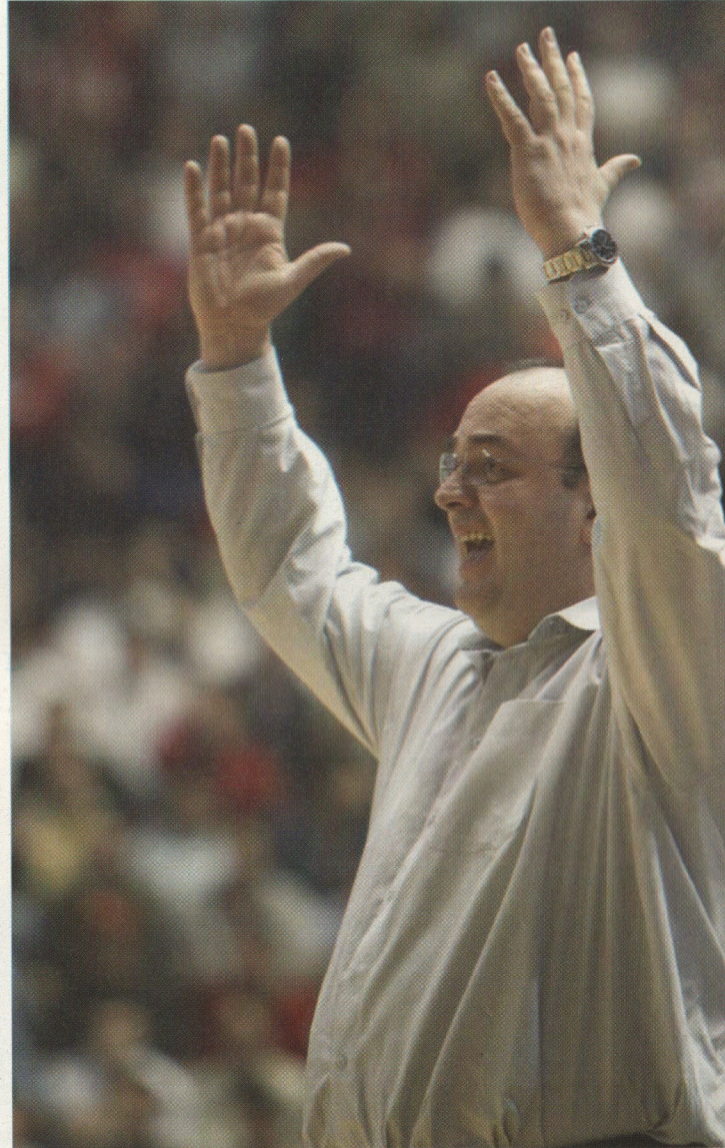
- It's a fact that Miloš Vujanić is an excellent player that has played in Partizan extremely well. He is atypical, a playmaker, but a realizator too. To limit him only to be a game organiser means to lose his great value in realization. Channelling him not to forget in this realization the organization and the efforts of other players is a thin line. Although he has progressed very much in this game segment, his defense was not a splendid one. He made efforts, and he keeps on making efforts in order to correct this and it is the reserve he has to become even better. All these characteristics influenced our game in the previous season, limited it sometimes, but mostly his qualities were decisive in winning the trophy- said Vujošević.

● **The plans had to be changed when he went.**

- Following his departure we were in such circumstances, let's say forced to form a team game regarding the game organization and offense. We had to rise the defense quality. I simply believed that if we manage to do these two things that we would be in the situation that the departure of our absolute leader of the 2002/03 season, which was very successful, be something possible to overcome.

● **The objective was the title, but at the same time the progress of the potentials like Krstić and Perović. Lots of injuries interrupted your initial strategy. How did you manage to adjust to the given situations?**

- When the selection of players is performed we look the athletic characteristics and properties, but above all we try not to make a mistake with human quality. We choose people ready to form a team. This does not mean a group of the best players, but a group of players that functions best as a team. Certainly, such an orientation is a precondition that the problems unavoidably being faced in each season be more easily solved. At the very beginning of the season something we absolutely have not expected was a very long break of Krstić. He was a crucial player for us, out of very tall players, the only one having a big speed. Already in the previous season, we functioned sometimes worse without Krstić than without Vujanić. However since the beginning we have tried to create an atmosphere where the absence of any player is an opportunity for others, but also an obligation to play instead of the absent one and to use the space left with this absence- states the coach of the black-white and continues.



- We did not allow to anyone to be an obstacle and to prevent others from moving in the team hierarchy, and in the group functioning. We have never tried to make an alibi out of a problem, we haven't tried to look for an amnesty from getting the results, no matter how much the realization of the objective in that situation seemed to be difficult. What we have during the season, not only when we were in full composition, is that in some matches we have a weaker outside shoot. The idea was that each player is equally dangerous for the basket, so that the whole team practically could be a shooter. Nevertheless, in certain more important matches we lacked an outside shoot. Thus we decided to engage a player of Šćepanović's qualities, aware that this could interfere with certain existing mechanisms, but convinced that we could perform such an implantation.

● **How difficult is it to make new players every year and at the same to win trophies?**

- Whole expert headquarters headed by me is meritorious for the success. The first assistant Aleksandar

organizacija igre i napad. Morali smo, takođe, da podignemo kvalitet odbrane, Jednostavno, verovao sam da ćemo ako uspemo da uradimo te dve stvari, doći u situaciju da premestimo odlazak našeg apsolutnog lidera iz sezone 2002/03 koja je bila vrlo uspešna, bude stvar koja može da se premosti.

● **Cilj je bila titula, ali i uporedo napredak potencijala kao što su Krstić i Perović. Veliki broj povreda remeti vam je početnu strategiju. Kako ste uspevali da se prilagodite zadatim situacijama?**

- Kada se vrši selekcija igrača gledam i atletske osobine i svojstva, ali pre svega gledam da ne pogrešimo u ljudskom kvalitetu. Tražim da to budu ljudi koji su spremni da formiraju tim, ne grupu najboljih igrača, već grupu igrača koja najbolje funkcioniše zajedno. Sigurno je da je jedna takva orijentacija preduslov da se problemni koji se neizostavno ispreče u svakoj sezoni lakše savladaju. Na samom početku sezone stvar koju apsolutno nismo očekivali je jako duga pauza Krstića. Za nas je on bio jako bitan igrač, od izrazito visokih igrača, jedini koji je imao i veliku brzinu. Već u sezoni pre toga, neki put smo teže funkcionisali bez Krstića, nego bez Vujanića. Međutim, mi smo od početka pokušali da kreiramo atmosferu da je odsustvo bilo kog igrača prilika za druge, ali i obaveza da igraju za odsutnoga i iskoriste prostor koji je nastao tim odsustvom. Obaveza da se preuzme tuđa odgovornost. Nikome nismo dozvolili da bude "čep" i da spreči ostale da se pomere - ne samo u hijerarhiji tima, nego i u funkcionisanju grupe. Nikad od problema nismo pokušali da pravimo alibi, nismo pokušali da tražimo amnestiju od postizanja rezultata, ma koliko se ostvarenje cilja u toj situaciji činilo teško. Ono što smo tokom sezone primetili je da u nekim utakmicama imamo slabiji šut spolja. Zamisao nam je bila da svaki igrač bude podjednako opasan po koš, tako da bi ceo tim praktično bio šuter. Ipak, u nekim važnijim mečevima manjkao nam je šut spolja. Zato smo se odlučili da angažujemo igrača Šćepanovićevih kvaliteta, svesni da to može da poremeti određene postojeće mehanizme, ali i uvereni da možemo da izvršimo takvu implantaciju.

● **Koliko je teško iz godine u godinu stvarati nove igrače, a ujedno i osvajati trofeje?**

- Za uspehe je zaslužan celokupni stručni štab sa mnom na čelu. Prvi asistent Aleksandar Džikić dobro prati savremene tokove i teorije američke košarke, Saša Kesar je izrastao u fantastičnog skauta, koji odlično primenjuje najsavremenije kompjuterske metode. Njegova svaka analiza bila je dobro režiran film sa preciznim informacijama i interesantnim specijalnim efektima. Veliki učinak je imao majstor kondicione pripreme profesor Petronije Zimonjić. Lekarska ekipa na čelu sa dr Maksićem i fizioterapeutom Ilićem je, i pored sve komplikovanost povreda odradila ogroman deo posla. Radili smo puno, ne samo da bismo pričali da radimo puno, nego da bismo dobijali utakmice. Takođe, nismo radili maniristički, svaki trening je bio nešto što se nastavljalo na prethodni. Ujedno je bio priprema za sledeći. Cilj nam je bio da igrača, a pogotovo tim, posle svakog treninga bude bolji nego na



Osvojena je treća uzastopna titula - slavlje je počelo ● *Third title in a row*

početku. Uz sve, stalno smo imali na umu da ne izgubimo obavezu spremanja za sledeću utakmicu, da i u njoj pobedimo. Recept za sve ovo je jednostavan - ljubav, entuzijazam i rad.

● **Partizan je prepoznatljiv po sistemu. Koliko je u njega teško uklopiti nove elemente?**

Treba mnogo voditi računa opet o istim postulatima i kriterijumima sa kojima se počelo. Izbor mora da padne na pozitivne ličnosti, ljude željne napretka. Svima nama prethodni rezultat ne treba da bude nešto što će da utoli glad za trofejima, već zamajac ka novim titulama. Mislim da taj prvi tim stvarno mora da bude vojska koja je potpuno spremna da se pripremi da ide u rat i da ga dobije. Jer, svaka utakmica je jedan mali rat, koji ovde počinje da dobija i psihološku dimenziju, ne onu uobičajenu i iznijansiranu kao u drugim sredinama. Ovde je košarka više od igre, tako da oni koji hoće da je igraju moraju da budu spremni na više od igre.



- celebration has begun

Džikić monitors contemporary trends and the theories of the American basketball well, Saša Kesar has grown into a fantastic scout, who splendidly applies the most contemporary computer methods. Each of his analysis was the well directed move with the precise information and interesting special effects.

The master of conditioning preparation Professor Petronije Zimonjić had a great output. The team of doctors headed by doctor Maksić and physiotherapist Ilić has, despite all the complexity of injuries, performed a huge deal of work. We worked a lot not only to talk of working a lot, but to win the matches. Also, we worked in a manner way, each training was something that was a continuation of the previous one. At the same time it was a preparation for the next one. The objective was that each player, and especially the team, after each training be better than at the beginning. Taken everything into account, we have always kept in mind not to lose the

obligation of getting ready for the next match, to win it as well. The recipe for all this is simple-love, enthusiasm and work.

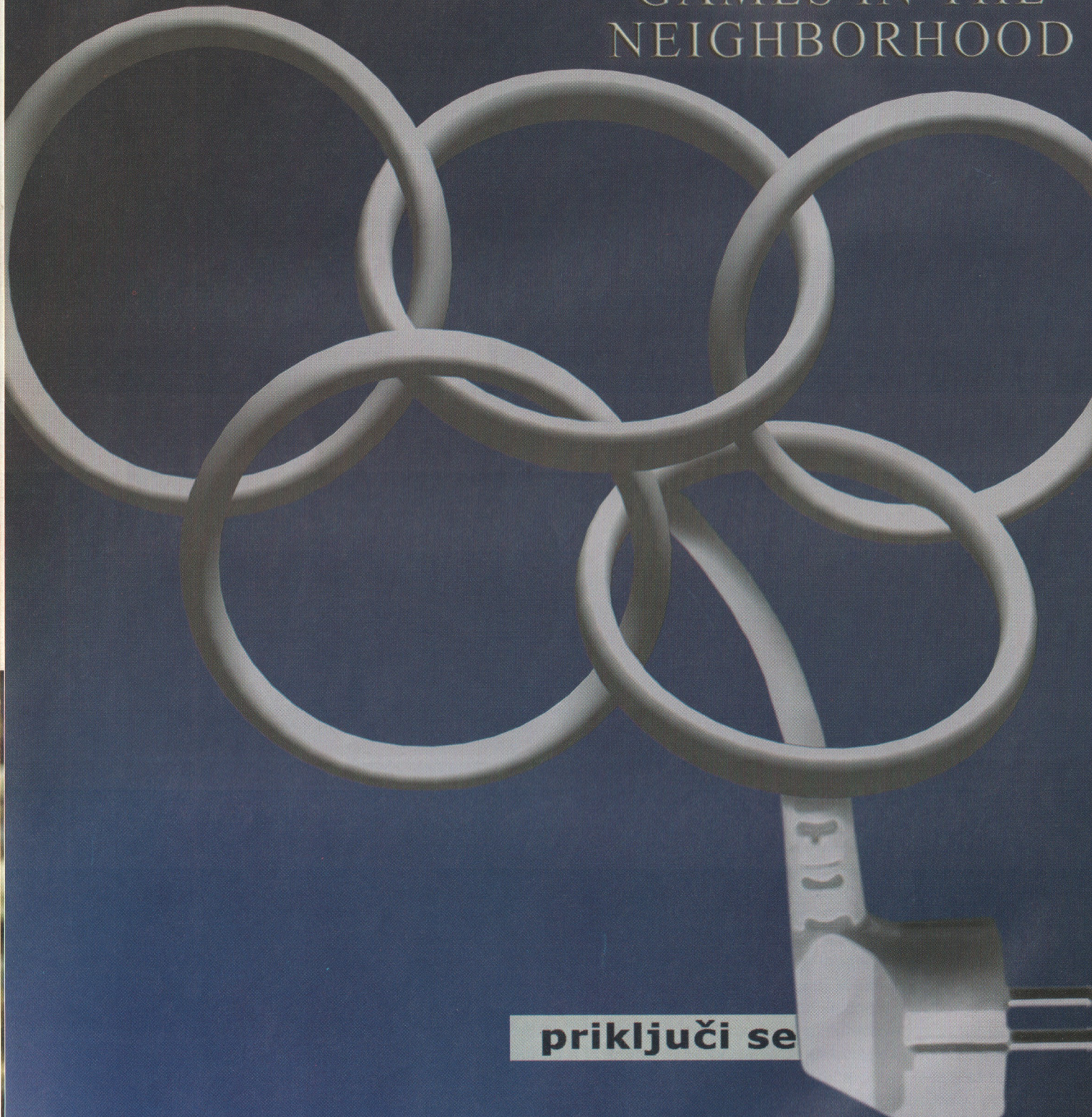
● **Partizan is recognizable for its system, and how hard it is to match new elements?**

- The same postulates and the initial criteria should be taken into account again. The positive persons, people wishing to progress have to be chosen. All of us do not need a previous result as something to meet our hunger for trophies, but a stimulus towards new titles. I believe that this first team really has to be an army fully ready to prepare for going to war and to win it. Because, every match is a small war, that here starts to gain a psychological dimension, not the ordinary one and shaded like in other areas. Here basketball is more than a game, so that the ones wishing to play have to be ready for more than a game.

● P. Sarić



GAMES IN THE NEIGHBORHOOD



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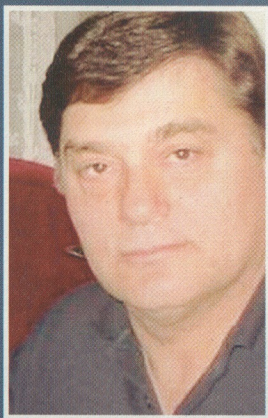
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Biološki ritam treninga i oporavka u sportu

Biological Rhythm of Training and Recovery in Sports



avremeni sport, njegovi ekstremni dometi i limiti ljudskog tela čini se da pričaju poslednju priču. Barem onu priču na koju, bez straha, možemo baciti svetlo javnosti. Jer, tehnologija trenažnog procesa je razrađena do najmanjih pojedinosti, poznate su gotovo sve potrebne pretpostavke uspeha u vezi sa selekcijom i biološkim razvojem, školovanjem i trening sportista i tu više prostora za dalje napredovanje skoro da nema. Gde naći zlatnu rezervu, trun daljeg napretka ako su ove premise tačne? U novoj trenažnoj tehnologiji, novom selektivnom modelu, ili čarobnom napitku? Mogući pravci za razmišljanje, ali - po skromnoj proceni autora ovih redova - pogrešni. U ovom trenutku, mogući pravac razmišljanja nije u povećanju i u kvalitetnijoj tehnologiji treninga, već u suprotnom pravcu - kvalitetnom oporavku.

Zvuči paradoksalno, ali u sledećim redovima pokušaću da dokažem iznet stav.

Sa druge strane, da li priču o oporavku možemo ispričati bez priče o ZAMORU. Naravno da ne jer su to refleksije u ogledalu jedne iste pojave - PROMETA ENERGIJE u ljudskom telu. Čak, ako dublje zagrebemo po, za moderan sport

nezaobilaznoj temi, doping, i tu ćemo pronaći kariku koja oporavak i doping neraskidivo vezuje.

Promet energije u ljudskom telu je osnovna postavka života. On ima svoj bazalni nivo, ima svoj optimalni i, naravno, submaksimalni i maksimalni nivo koji višestruko može nadvisiti osnovni, početni. U modernom sportu koji, iz različitih razloga sve više teži ekstremima, pokušava se u ovu gradaciju uvesti još jedna kategorija - nadmaksimalni, ekstremni nivo. Za taj pokušaj vezana je u najvećoj meri tema o doping. Zamor, kao apsolutno fiziološka pojava nastala pod uticajem nekoliko bitnih

grupa faktora nastaje kao odgovor organizma na povećan utrošak energije, povećano angažovanje organskih sistema u procesu rada (sportskog opterećenja), nagomilavanje "metaboličkog šteta" i osnovna njegova manifestacija je prestanak daljeg rada. Po mehanizmu nastanka, zamor delimo na tri grupe;

1. Zamor usled smanjenja koncentracije:

- transmitera
- hormona
- glikogena
- dotoka O₂
- sposobnosti rashlađivanja (dehidracija)
- elektrolita (Na i K i Ca)

2. Zamor usled povećanja koncentracije:

- kiselih produkata (mlečne kiseline)
- CO₂ (pH krvi)

- mokraćne kiseline
- 3. Zamor kao posledica Psiholoških faktora
- zaštitna kočenja CNS-a
- predstartne groznice (trema)

Prestankom rada, svi mehanizmi stvaranja i prometa energije, bilo u obliku hranljivih materija ili pak u obliku energetske valute (Adenozin tri fosfata - ATP i kreatin fosfata-CP) dobijaju svoju šansu da se oporave, u kraćem ili dužem vremenskom periodu (upravo zbog ovakve razlike u brzini oporavak delimo na brzi i produženi - vidi tabele 1 i 2).

I organizam to čini, ali sa jednom malom "greškom" u proračunu. Naime, u toku oporavka energetskih resursa dolazi do "prebacivanja" i stvaranja u višku energetskih supstanci (ATP i CP), pa čak i depoa (glikogen u mišićima i jetri) što organizam dovodi u povoljniji položaj - za slučaj da mu ova energija zatreba za ponovni rad sličan onom koji je prouzrokovao mobilizaciju depoa. Na izgled

BRZI OPORAVAK

Energetski proces	vreme obnavljanja
Oporavak gasne razmene i deficita O ₂	10 - 15 sec
Obnavljanje ATP-a i CP-a	2 - 5 minuta
Otplata alaktatnog O ₂ duga	3 - 5 minuta
Uklanjanje mlečne kiseline	0.5 - 1.5 časova
Otplata laktatnog O ₂ duga	0.5-1.5 časova

PRODUŽENI OPORAVAK

Energetski proces	vreme obnavljanja
Obnavljanje glikogenskih rezervi mišića	12 - 48 časova
Obnavljanje rezervi glikogena jetre	12 - 48 časova
Sinteza enzima i proteina	24 - 72

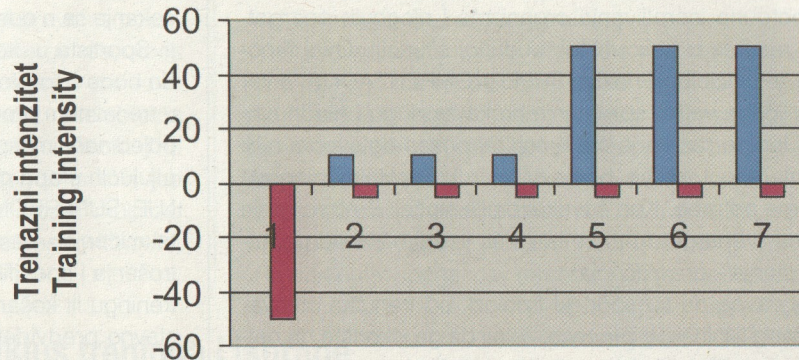


Contemporary sports, its extreme reaches and human body limits seem to tell their last story, at least the story that can, without any fear, be made public. The technology of the training process is elaborated to the last details, almost all the necessary hypotheses of success related to the selection and biological development, schooling and sportists' training are known and there is almost no space for further progress. Where can a golden reserve, a piece of further progress be found if these assumptions are correct? In the training technology, a new selective model, or a magic potion? Possible directions for thinking, but, according to the modest assessment of the author of these lines, wrong ones. In this moment, the possible direction for meditation is not in increase and more quality technology of training, but in the contrary direction- quality recovery. It sounds a paradox, but I will try to support my point in the following lines.

On the other hand, can we tell the story of recovery without mentioning FATIGUE? Certainly we cannot, because these are the reflections in the mirror of the same phenomenon ENERGY FLOW in human body. Even, if we go deeper into the unavoidable issue of the modern sports- doping, we will find there too the link that connects recovery and doping.

Energy flow in human body is the basis of life. It has its basic level, its optimum and, of course, submaximum and maximum level that can manifold overcome the basic, initial level. In modern sports which, for different reasons, inclines more and more to extremes, it is attempted to introduce into this gradation one more category, a supramaximum level- extreme level. The issue of doping is related to this attempt in great measure. Fatigue, as absolutely a physiological phenomenon created under the influence of several important groups of factors is created as a response of organism to the

Klasični mikrociklus treninga i ishrane ugljenim hidratima Classic microcycle of training and nutrition with carbohydrates



Dani treninga Days of a training

increased consumption of energy, increased engagement of organic systems in the process of work (sports overload), accumulation of „metabolic garbage” and its basic manifestation is cessation of further work. According to the mechanism of causing fatigue, we classify fatigue into three groups:

1. Fatigue as a consequence of decrease in concentration of:
 - transmitters
 - hormones
 - glycogen
 - O₂ supply
 - capability of cooling (dehydration)
 - electrolytes (Na and K and Ca)
2. Fatigue as a consequence of increase in concentration of:
 - acid products (lactic acid)
 - CO₂ (blood pH)
 - urine acid
3. Fatigue as a consequence of psychological factors:
 - safety stopping of CNS?
 - pre-start fever (stage fright).

With the cessation of functioning all mechanisms of energy creation and supply- whether in the form of nutritious materia or in the form of energy (Adenosine three phosphates-ATP and creatine phosphate-CP) get their chance to recover, in shorter or longer time period (because of the difference in speed of recovery we classify recovery into quick and prolonged one- see the tables 1 and 2).

An organism does that too but with little "error" in calculations. During the recovery of energy resources there is a "miscalculation" and creation of a surplus of energy substances (ATP and CP), and even of stores (glycogen in muscles and liver) what puts an organism into more favourable position- in the case that this energy is needed for repeated work similar to

QUICK RECOVERY

Energy process	Recovery time
Recovery of gas exchange and O ₂ deficit	10-15 sec
Replenishment of ATP and CP	2-5 minutes
Compensation of alactate O ₂ depletion	3-5 minutes
Removal of lactic acid	0.5-1.5 hours
Compensation of lactate O ₂ depletion	0.5-1.5 hours

PROLONGED RECOVERY

Energy process	Recovery time
Replenishment of muscle glycogen reserves	12-48 hours
Replenishment of liver glycogen reserves	12-48 hours
Synthesis of enzymes and proteins	24-72

"greška", u osnovi predstavlja logičan adaptacioni odgovor jednog sistema na stres koji je prouzrokovao delimično njegovo iscrpljenje. Odgovor koji sprečava eventualno potpuno iscrpljivanje organizma i njegovih energetskih resursa u nekoj N-toj, budućoj situaciji. Ovaj fenomen se u fiziologiji naziva SUPERKOMPENZACIJA, a veoma liči na veliko spremanje hrčka za dugu i hladnu zimu. Jedina razlika je što hrček taj posao uglavnom radi neumereno i zalihe hrane višestruko prelaze njegove stvarne potrebe. Kod čoveka to nije slučaj. Prebacivanje norme u energetskom smislu više je za 1-2% od početnog stanja - pre trošenja.

Naravno da su sportski fiziolozi, od trenutka otkrivanja ovog biološkog procesa, želeli da ga iskoriste na najbolji mogući način i stvore najpovoljniji sistem za pripremu i takmičenje. Sa današnje vremenske distance, možemo ovaj pokušaj prikazati kao krajnosti jedne nauke. Jer, evo kako se drastično razlikuju "protokoli" savremene i klasične superkompensacije (vidi grafikone 2 i 3).

Ovaj protokol je od stane Astranda, osamdesetih godina dvadesetog veka bio veoma popularan i nazivan je "ugljeno hidratnim udarom". Sastojao se, u metodološkom smislu od iscrpljujućeg treninga prvog dana mikrociklusa od koga se sportista "oporavljao" sledećih pet dana, a u poslednja tri dana intenzivno uzimao maksimalne količine ugljenih hidrata u ishrani. Sada je potpuno napušten - prvo od svog autora, a kasnije i od sportista i stručnjaka.

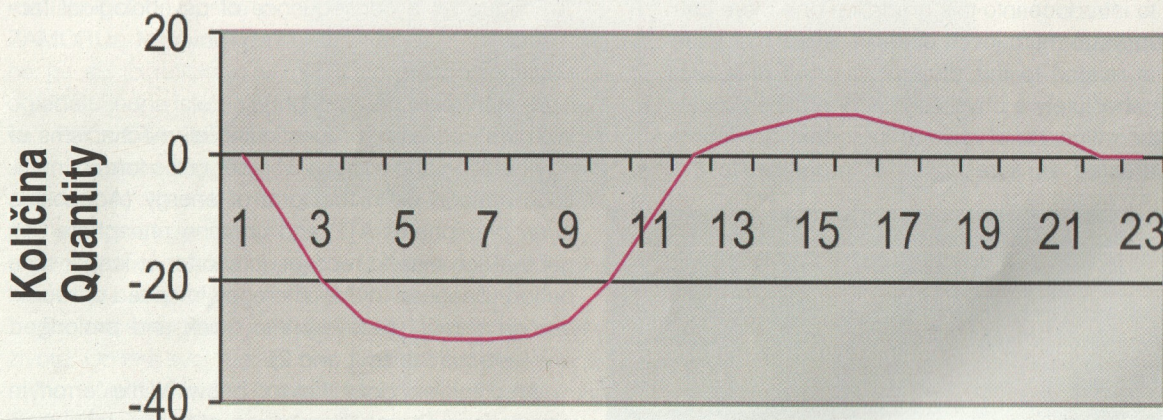
Moderni protokol superkompensacije - koji bismo mogli nazvati kaskadnim protokolom, bazira se na postepenom smanjivanju intenziteta treninga i paralelnom povećanju unosa ugljenih hidrata u ishrani sve do dana takmičenja.

Bilo je pokušaja u kojima su stručnjaci planirali formu poštujući jednostavno prirodno pravilo koje glasi: sačekaj povoljan trenutak i telo će samo odgovoriti. Međutim, čekanje se u određenim trenucima ne može organizovati. Sportista u košarci mora u toku sedam dana tri puta da bude u top formi i nema vremena za prevelike pauze u trenažnom procesu. Takođe, i jedan takmičarski dan u pojedinačnim sportovima može predstavljati više iscrpljujućih etapa do finala. Stoga je oporavak i IŠČEKIVANJE SUPERKOMPENZACIJE osnova budućeg rada - takmičenja - nastupa. Kada se analizom ustanovi način trošenja i specifikacija vrste i količine energije u jednom treningu ili košarkaškoj utakmici, onda je sasvim jednostavno predvideti vremensko trajanje oporavka i očekivano vreme superkompensacije da bi se planirao nov trenažni upliv na organizam. Naravno, cilj svakog stručnog štaba je da ŠTO PRE, najbrže moguće, izvrši oporavak ekipe. Otuda se pribegava velikoj paleti dozvoljenih (ali i nedozvoljenih) sredstava i postupaka kojima se oporavak ubrzava.

Ove postupke, sredstva i procedure možemo podeliti na sledeći način;

1. Fizičke procedure
 masaža i samomasaža bilo ručna ili pomoću aparata
 balneo procedure
 helio procedure
 relaksirajući treninzi (umereni aerobni rad i istezanja)
 plivanje i vodene kupke
 barokomora- hiperbarična terapija
2. Farmakološka sredstva
 ergogene supstance
3. Programirana i kontrolisana ishrana

Energetski tokovi RAD-ODMOR Energy periods WORK-REST



Pri ovom protokolu prvi trening u mikrociklusu je uvek trening oporavka. Čak i u situacijama kada imamo samo tri dana između dve utakmice, prvi trening je trening oporavka.

4. Doping sredstva
 Prema najvećem broju autora, sve govori u prilog tome da se PO PRAVILU kombinuju po jedna procedura iz

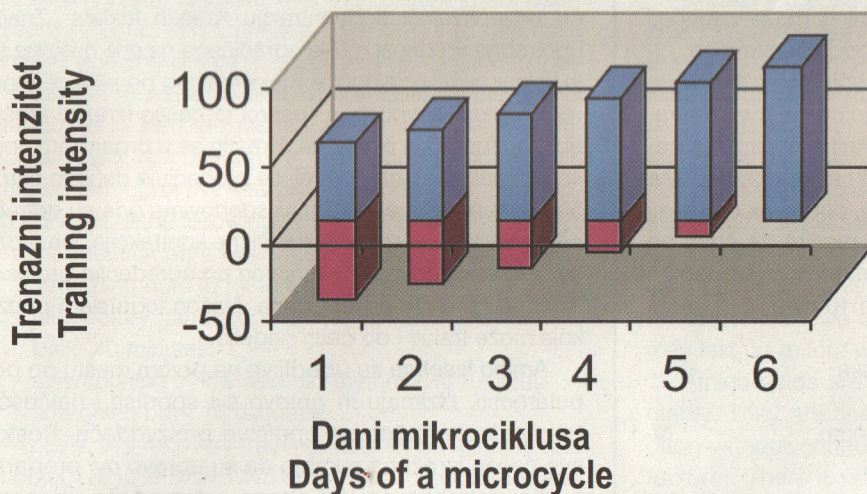
the one that caused the mobilization of stores. What seems to be an "error" in basis represents a logical adaptation response of one system to stress that caused partially its depletion. The response that prevents possible full exhaustion of organism and its energy resources in some N, future situation. This phenomenon is called in physiology SUPERCOMPENSATION and it resembles a great preparation of hamster for long, cold winter. The only difference is that the hamster performs this job mostly without measure and the food stores multifold overcome its real needs. This is not the case with man.

In this protocol the FIRST training in the microcycle is ALWAYS the recovery training. Even in the situations when we have only three days between two matches, the first training is the recovery training.

There were attempts in which the experts planned the form obeying the simple, natural rule which says: "wait for the favourable moment and the body will respond itself". However, waiting in certain moments cannot be organized. A sportist in basketball has three days within seven days to reach top shape and he does not have time for too long breaks in the training process. Also, one competition day in particular sports may represent more strenuous phases

until the finals. Thus the recovery and EXPECTATION OF SUPERCOMPENSATION is the basis of future work-competition- performance. When we determine by analysis the way of wasting and specify the type and quantity of energy on a training or a in basketball match, then it is simple to anticipate the time duration of recovery and expected time of supercompensation in order to plan new training effect on organism. Certainly, the aim of each expert headquarters is to complete, AS SOON AS POSSIBLE, as quickly as possible, the recovery of the team. That's why one uses a wide range of allowed (but

Moderni mikrociklus treninga i ishrane Modern microcycle of training and nutrition



The surplus in energy is higher for 1-2% compared to the initial state- before the waste.

Naturally the sports physiologists, since the moment of discovery of this biological process have wished to use it in the best way and create the most favourable system for preparation and competition. From today's time distance, we may represent this attempt as extremes of one science. This is how drastically differ the "protocols of the contemporary and classic supercompensation". (see the graphs 2 and 3).

This protocol was very popular by Astrand, in 80's of the 20th century and was called the "carbohydrate stroke". It composed, in metodological sense, of exhausting training on the first day of the microcycle from which a sportist "recovered" within following five days and took maximum quantities of carbohydrates in food within last three days. Nowadays it has been completely abandoned, first by its author and then by sportists and experts.

The modern protocol of supercompensation- that could be called a cascade protocol is based on a gradual decrease of training intensity and a parallel increase of carbohydrates intake in food until the competition day. It graphically looks like this:

also of unallowed) means and procedures that speed up the recovery.

These procedures, means and proceedings may be classified into the following way:

1. Physical procedures
 - massage and automassage, manual or by means of devices
 - balneo procedures
 - helio procedures
 - relaxing trainings (moderate aerobic work and stretching out)
 - swimming and bathing
 - barochamber- hyperbaric therapy
2. Pharmacological means
 - ergogenic substances
3. Programmed and controled nutrition
4. Doping means

According to most authors, it is widely accepted that AS A RULE one procedure from each of the above mentioned groups are combined and, of course, the means placed on the positive list of doping substances are avoided. So, in competitions that have an explicit intensity, besides the physical procedures (massage and

svake navedene grupacije uz, naravno, izbegavanje sredstava koja se nalaze na pozitivnoj listi doping supstanci. Tako, u takmičenjima koja imaju izrazit intenzitet, pored fizikalnih procedura (masaže i baro komora), u oporavak se uključuje i programirana ishrana i neki od ergogenih preparata - najčešće keratin.

U jednom predavanju ovakvog tipa nemoguće je obraditi kompletno materiju oporavka sportista, zato smo se odlučili da za ovu priliku obradimo samo moderne suplemente - i to samo jedan deo.

TRENING OPORAVKA I ERGOGENE SUPSTANCE

Trening oporavka, mada se po nazivu čini da se udružuju dva oponenta, predstavlja moderan pristup tretmanu oporavka u sportu. U nekim sportovima, ukoliko se radi o izuzetnim naporima koji su prouzrokovali velike količine laktata u krvi, ovaj trening može započeti ODMAH nakon napora i sastoji se od jednostavnog, nisko aerobnog laganog trčkanja praćenog vežbama istezanja u trajanju od 30 minuta. Cilj je da se, ovakvim radom, smanji koncentracija laktata u krvi njihovim sagorevanjem u mišićima i sa manjim nivoima ovog metabolita krene u period oporavka. Samim tim, oporavak će trajati kraće. Ukoliko se trening oporavka planira 24 časa po završetku utakmice, onda je koncept treninga sledeći:

- uvodni deo - lagano zagrevanje 10 min
- istezanje 10 min
- elementarne igre iz neke sportske igre sa loptom - 10 min
- lagano trčanje u niskom aerobnom ritmu - 10 min
- istezanje - 10 min

Sve ukupno, ovaj trening oporavka traje 45-50 minuta i cilj mu je opuštanje CNS ili Lokomotornog aparata sa podsticajem kardiovaskularnog sistema na poboljšanje prokrvljenost svih tkiva.

Kada je oporavak u pitanju, u modernom sportu sve više pažnje posvećuje se ERGOGENIMA - supstancama koje "ubrzavaju stvaranje energije" i restituciju proteinske potke radnih tkiva - mišića. Pojava ovakvih supstanci je prosto iznuđena nemogućnošću vrhunskog sporta da "sačeka" da se u organizmu, prirodnim putem, restituiše energija. Tempo takmičenja na svim mogućim poljima je iznurujući i samo ekipe koje imaju veliki broj kvalitetnih igrača i sjajno organizovan i unapred planiran oporavak, imaju šansu na putu ka uspehu. Ovu, zaslugom sportske farmakologije, sve veću grupu supstanci možemo podeliti na:

1. preparate amino kiselina, bilo esencijalnih ili ne
2. vitamine
3. nukleozide
4. Soli Aspartata
5. Bikarbonate
6. L - Karnitin
7. Kreatin

Za ovu priliku, zbog posebne zastupljenosti u ishrani i suplementaciji sportista obradićemo samo tri najčešće

grupe preparata, nukleozide (Inozin), kreatin i amino kiseline.

Inozin je nukleozid koji lako prolazi kroz ćelijsku membranu u ćeliju gde se pretvara u ATP ili u purinska baze nukleinskih kiselina. Dakle, mogući efekti bi bili dvostruki; povećanje energetske depoa ćelije i učešće u sintezi proteina. Ukoliko se uzima sa K-rotatom povećava mišićnu masu, rezerve glikogena u mišićima i povećava opštu radnu sposobnost. I pored različitih stručnih i naučnih mišljenja o efikasnosti, veoma je popularan i uzimaju ga sportisti koji žele da povećaju procenat mišićne mase. To su najčešće sportisti kojima je eksplozivnost i brzina neophodna za sportski uspeh. Uzima se u periodu zimskih bazičnih priprema, kada se, pored ostalog, i radi na mišićnoj masi sportista. Nema opravdanja uzimanje više od dve do tri nedelje u toku pomenutog perioda.

Kreatin povećava energetske resurse skeletnih mišića povećavajući koncentraciju Kreatin fosfata. Znači, upotrebna vrednost mu je ograničena na one mišićne sile koje su kratkotrajnog, a maksimalnog porekla, jednom rečju - eksplozivnost. U košarci je našao izrazito mesto upravo zbog ove činjenice. Kreatin se u organizam unosi i normalnom ishranom ali se procenjuje da je to samo 50 odsto potrebne količine u sportovima gde su potrebne ponovljene eksplozivne mišićne kontrakcije. Ne može se uzimati dugotrajno već samo po određenim protokolima i to ne duže od pet dana. Nakon toga sledi pauza koja može trajati i do četiri nedelje.

Amino kiseline su ubedljivo na prvom mestu po popularnosti. Uzimaju ih gotovo svi sportisti i najčešće bez kontrole, samo na uputstvo proizvođača. Postoji sve češće izražena sumnja da su upravo ovi preparati zloupotrebljavani od strane proizvođača ubacivanjem određenih doza anabolika koji nije deklarisan u sastavu. Tako se i objašnjavaju spektakularni uspesi u nadgradnji mišićne mase kod body bildera koji nisu uzimali - zvanično, nikakve hormonske preparate. I u modernim sportskim aferama se pominju kao mogući uzroci pozitivnosti na doping upravo zbog ove svoje osobine da upadaju u hormonske cikluse sportiste i stimulišu ih i maskiraju ili imitiraju dejstvo anabolika. Svejedno, spadaju u grupu ergogena koja ima svoje mesto u oporavku jer uglavnom svoje delovanje lociraju na endokrini sistem stimulišući određene hormonske sprege. Najviše na udaru je hormonska sprega hormona rasta (arginin i ornitin) i funkcionisanje mozga (triptofan) u toku trenažnog opterećenja sa ulogom u odlaganju osećaja zamora.

Zaista je duga paleta sredstava koja sportisti koriste sa jednim jedinim ciljem, da se brže oporave za sledeći trening i iskoriste plimu superkompenzacije u organizmu za porast sposobnosti. O tome bi mogla i na srpskom govornom području da se napiše jedna knjiga. U ovom trenutku i na ovom mestu, pokušali smo da damo samo kratak pregled stanja radi dokaza one naše početne premise, napredak je u oporavku, a ne u još naprijem treningu!

barochamber), programmed nutrition and some of the ergogenic substances- mostly keratin- are included into the recovery.

In this kind of lecture it is impossible to elaborate completely the issue of sportist's recovery and because of that we have decided to discuss on this occasion only the modern supplements- and only one part of them.

RECOVERY TRAINING AND ERGOGENIC SUBSTANCES

The recovery training, though seeming to comprise two opponents, represents a modern approach to the recovery treatment in sports. In some sports, when extraordinary efforts causing large quantities of lactate in blood are concerned, this training may begin IMMEDIATELY after the effort and consists of simple, low, aerobic, slow running followed with the stretching out exercises lasting up to 30 minutes. The aim is to decrease with this work the lactate concentration in blood with their combustion in muscles and with smaller levels of this metabolite to start the recovery period. In this way the recovery will last shorter. If the recovery training is planned 24h upon the match completion, then the training concept is the following:

- introduction part- slow heating up- 10 minutes
- stretching out- 10 minutes
- elementary games from some sports game with ball - 10 minutes
- slow running in low aerobic rhythm - 10 minutes
- stretching out - 10 minutes.

Totally, this recovery training lasts 45-50 minutes and its objective is to relax CNS and the locomotion apparatus with the instigation of the cardiovascular system to improve blood supply of all tissues. When the recovery is concerned, in modern sports lots of attention is paid to ERGOGENES- substances that "speed up energy creation" and restore protein nets of working tissues- muscles. The discovery of these substances is simply forced by the top sport impossibility to "wait" for the energy in organism to be restored in the natural way. Competition rhythm at all areas is exhausting and only teams that have a great number of the quality players and well organized and advance planned recovery have a chance to succeed. This numerous group of substances, thanks to sports pharmacology, may be classified into:

1. preparations of amino acids, essential or non-essential
2. vitamins
3. nucleosides
4. aspartate salts
5. bicarbonates
6. L-Karnitin
7. Kreatin

For this purpose, because of its representation in nutrition and supplementation of sportists, we will discuss here only three most frequent groups of preparations, nucleosides (Inosin) Kreatin and amino acids.

Inosin is a nucleoside that smoothly passes through the cell membrane into the cell where it is transformed into ATP or into purine bases of nucleine acids. The possible effects would be double: increase of energy store of a cell and participation in proteine synthesis. If taken with K-orotate it increases muscle mass, glycogen reserves in muscles and increases overall work capability. Although there are various expert and scientific opinions on its efficacy, it is very popular and taken by sportists who want to increase the muscle mass percent. These are most frequently sportists that need explosiveness and speed for sports success. It is taken in the period of basic winter preparations, when, besides other things, one works on the muscle mass of sportists. There is no justification for taking it for more than two or three weeks in the mentioned period.


Kreatin increases energy resources of skeletal muscles increasing the Kreatin phosphate concentration. Its usage value is limited to the muscle forces that are short lasting but of the maximum origin, that give explosiveness. In basketball it is especially used because of this fact. Kreatin is taken into the organism with normal nutrition but it is assessed that it makes only 50% of the necessary quantity in sports where repeated explosive muscle contractions are needed. It cannot be taken over a long period but only according to certain protocols and no longer than five days. After that there is a break that may last up to four weeks.

Amino acids are no doubt on the first place in popularity. They are used by almost all sportists and most often without control, only on instruction of the manufacturer. There is often expressed suspicion that these preparations are abused by manufacturers by introducing certain doses of anabolics that are not mentioned in the content. This is how spectacular success in creation of additional muscle mass among body builders not taking-officially "hormone preparations"- are explained. In modern sports affairs they are mentioned as possible causes of positivity to doping because of its characteristic to interfere with hormone cycle of sportists and stimulate them and mask or imitate anabolic effect. Nevertheless, they belong to the group of ergogenes that have their role in recovery because they mostly direct their activity to the endocrine system stimulating certain hormone links. The hormone link of growth hormones (arginine and ornitine) and brain functioning (tryptophan) during the training load are most affected and play a role in putting off the sense of fatigue.

A range of means used by sportists in order to quickly recover for the next training and to use a supercompensation tide in the organism for the capability increase is really wide. A book could be written in Serbian language area about this. In this moment and in this place, we have tried to give only a short overview of the state in order to prove our initial premise, the progress is in recovery and not in more strenuous training!

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Naši u kolevci košarke

Our People in The Cradle of Basketball

Zalog za budućnost Stake for Future

pre skoro tri decenije jedna grupa mladih, talentovanih trenera, u organizaciji tadašnje trenerske organizacije, otišla je na stručno usavršavanje u SAD. Među njima bili su Dušan Ivković i Boža Maljković. Otišli su u zemlju košarke da svoj ionako ogroman talenat i znanje još više unaprede. Ostalo je istorija. Njihovu današnju trenersku veličinu nepotrebno je isticati. Ali treba istaći nešto drugo: posle tolike pauze u odlascima na takvu vrstu usavršavanja, ponovo je naša trenerska organizacija, na čijem je čelu baš Duda Ivković, omogućila petorici mladih, ali već dokazanih trenera, da provedu mesec ipo dana u Americi i obogate svoja trenerska znanja. Sjajan potez, vredan pažnje, jer je to svojevrсно ulaganje u njihovu, ali i srpsko-crnogorsku košarkašku budućnost. Pogotovo što se odlazi u jedan od najboljih NBA timova koji je prošlogodišnji osvajač prstena San Antonio, kao i u, verovatno, najčuveniji univerzitetski koledž - Severnu Karolinu. Istorija ovih timova i riznica trofeja garantuju da naša trenerska

almost three decades ago a group of young, talented coaches, in the organization of the former coach organization, set off to the specialization to the USA. Among them were: Dušan Ivković and Boža Maljković. They went to the basketball homeland to improve their already huge talent and knowledge. The rest is history. It is unnecessary to mention their today's coach excellence. But we should point out something else: after such a pause in going to the specialization, our coach organization, head-



ed by Duda Ivković, has again provided to five young but renown coaches to spend a month and a half in the USA to enrich their coach knowledge. A great move, worth of attention, because this is a sort of investment in their and in Serbian-Montenegrin basketball future, especially because of the departure to one of the best NBA teams and last year's winner of San Antonio ring, and to, probably, the most famous, University college- North Carolina. The history of these teams and the trophy treasure guarantee that our coach team could not find a better place for specialization than these. In other words, on September 30, to the USA will set off: Aco Petrović, Zoran Lukić, Jovica Arsić, Nikola Lazić and Aleksandar Džikić. All of them voiced, in the statements for Trener, a great pleasure and said they were honoured.

Aco Petrovic is already a renown coach. A former Zvezda's kid, a coach student, what he always proudly says, of legendary Piva Ivković, has got a real affirma-



ekipa nije mogla da pronađe bolja mesta za usavršavanje od ovih. Dakle, 30.septembra na put ka Americi kreću: Aco Petrović, Zoran Lukić, Jovica Arsić, Nikola Lazić i Aleksandar Džikić. Svi oni istakli su, u izjavama za Trener, veliko zadovoljstvo i čast koja im je na ovaj način ukazana.

Aco Petrović već je dokazani trener. Nekadašnje Zvezdino dete, trenerski učenik - što uvek sa ponosom ističe - legendarnog Pive Ivkovića, pravu afirmaciju stekao je u klubu iz predgrađa FMP Železniku, današnjem Refleksu, da bi potom prošle sezone doveo svoj sadašnji tim Hemofarm do finala Super-lige.



- Velika mi je čast što ću biti među petoricom trenera koji će putovati u SAD. Amerika je zemlja košarke i mada već imam već određena iskustva i u vođenju naših velikih ekipa i u reprezentaciji, ovo će biti jedno posebno i dragoceno usavršavanje. Posebno će me interesovati način na koji njihove ekipe uspeju da za petnaestak dana pripreme tim za sezonu, jer priprema nema kao kod nas. Dakle, ono što mi radimo preko leta, oni uspeju za dve nedelje. Naravno, forma svakog igrača kada dođe na okupljanje je mnogo veća, jer oni rade individualno, ali zato organizacija mora da bude savršena da bi sve funkcionisalo. Veliku zaslugu za ovu akciju ima UKT SCG i Greg Popović koji će nam biti domaćin u San Antoniu - istakao Petrović.

Zoran Lukić, nekadašnji trener Lavova koji je ostao bez posla prilikom čistke u novobeogradskom klubu, trenutno je bez angažmana, ali svakako pripada generaciji koja dolazi.

- Ovo mi je velika prilika i šansa za usavršavanje. Znam da je mnogo vremena prošlo od kako su naši treneri poslednji put organizovano išli na ovakvo usavršavanje u Ameriku. Doduše, u međuvremenu se nešto promenilo, sada dolazimo iz zemlje koja je pobedila američki drim-tim. Takođe, važno je da ovo nije samo

tion in the club from the suburbs FMP Železnik, nowadays Refleks, and last year brought his team Hemofarm to the Superleague finals: - It's a great honour for me to be among five coaches to go to the USA. The USA is the homeland of basketball and though I already

have certain experience in leading our big teams and the national team, this will be a special and precious specialization. Particularly I will be interested in the way their teams manage to prepare the team for one season, because their preparations differ. Thus, what we do over summer, they manage in two weeks. Certainly, the shape of each player coming to the gathering is much better, because they work individually, and that's why the organization has to be perfect in order everything to function. ACBSM and Gregg Popovich, who will be our host in San Antonio are meritorious for this action, said Petrović.

Zoran Lukic, an ex coach of Lavovi who stayed without job on the occasion of giving notices in the club from Novi Beograd, currently without engagement, but surely belonging to the future generation:

- This is a great chance and opportunity to improve. I know that a lot of time has passed since our coaches have left for the USA in an organized way. However, in the meantime something has changed, now we come from the country that has beaten the American Dream team. It is also important that this is not only a summer camp when selection is performed, but a real preparation for the season of the first team where we will have a full insight into their technical-tactical concepts. The coaches whose work will be monitored by us are a guarantee of our progress. Until now



letnji kamp kada se vrši selekcija, već prave pripreme za sezonu prvog tima gde ćemo imati puni uvid u njihove tehničko-taktičke zamisli. Treneri čiji ćemo rad pratiti, garancija su nešeg napretka. Dosad sam imao iskustva samo sa NBA skautima, pa će ovo biti novost za mene - sa zadovoljstvom je konstatovao Lukić.

Jovica Arsić, trener Lavova 063, svakao je radom i rezultatima zaslužio da se nađe u ovoj petorci. Reč je o stručnjaku koji je u, uslovno rečeno, maloj košarkaškoj sredini - Leskovcu, od Zdravlja napravio tim koji su respektovali i naši najveći klubovi. Sada je u veoma perspektivnom klubu sa Novog Beograda:

- Divno je što imam priliku da učim od najvećih. Dosad nisam imao neka slična iskustva i zato će mi ovo mnogo koristiti. Posebno mi je čast što me je naša trenerska organizacija odredila za ovaj put, jer to pokazuje da se ozbiljno računa na nas. Najveće priznanje je kada ga dobijete od kolega. Ako vas oni ne uvažavaju, onda nikada nećete biti veliki. Očekujem da iskoristim ovu nesvakidašnje kvalitetnu priliku i u mnogome unapredim svoje stručno košarkaško znanje - naglasio je Arsić.

Nikola Lazić je deo projekta velike Vojvodine. Nekadašnji igrač Novosađana, seo je na užarenu trenersku klupu i pokušava da klubu svoje mladosti vrati stari sjaj. Pošto je kao trener na početku karijere, iskustva iz Amerike više će mu nego dobro doći.

- Ovo je za mene velika čast što sam među petoricom izabranih i što idemo baš u kolevku košarke. Drago mi je što ću imati uvid i u NBA tim i u univerzitetsku ekipu koja nam je možda po stilu rada bliža. Prvi put idem na ovakvo usavršavanje i nadam se da će to postati uobičajena praksa naše trenerske organizacije. Moram da se zahvalim svojim kolegama iz Upravnog odbora i naravno, mom klubu Vojvodini koja je imala dovoljno sluha da me na početku sezone pusti da idem, jer to nije bila laka odluka. Hvala svima, nadam se da ćemo svi mi uzvratiti dobrim rezultatima - obećao je Lazić.

Aleksandar Džikić, pomoćni trener šampiona Partizana i jedan od najboljih naših trenera za rad sa mladima, od sve petorice kolega ima najveća iskustva sa američkim načinom rada. Malo - malo, pa eto popularnog Džikija preko "bare".

- Jeste, već sam bio nekoliko puta u SAD. Letnji kampovi su jedno, a prave pripreme najboljih igrača nešto sasvim drugo. Zato će mi ovo biti od neprocenjivog značaja. Ići u takva dva tima San Antonio (NBA) velikana i šampiona i Univerzitet Severna Karolina, najvećeg među najvećima, sjajna je stvar. Posebno će me interesovati njihova organizacija, ali u najširem smislu te reči. Košarka nije samo rad na terenu, već i način ophođenja sa okolinom. Interesovaće me kako San Antonio komunicira sa svojim navijačima, novinarima, sponzorima i, uopšte sa stanovnicima svog grada. Sve je to NBA i imaće šta da se nauči. Odličan projekat UKT SCG, veliko im hvala i samo tako nek nastave - zaključio je Džikić.

● Božidar Manojlović

I have had experience only with the NBA scouts, so this will be a novelty for me, with satisfaction stated Lukić.

Jovica Arsić, the coach of Lavovi 063, has certainly deserved with his work and results to be among these five. He is an expert who in, relatively speaking, small basketball surroundings- Leskovac, out of Zdravlje made a team to be respected even by the greatest our clubs. Now he is in the club from Novi Beograd which has good prospects:

- It is splendid that I have an opportunity to learn from the best. Until now I haven't had similar experiences so this will mean a lot to me. I am particularly honoured that I was chosen by our coach organization for this trip, because this shows that they count on us. The greatest recognition is the one you get from your colleagues. If they don't respect you, then you will never be great. I expect to use this extraordinary quality opportunity and to improve a lot my expert basketball knowledge, said Arsić.

Nikola Lazić is a part of the project of big Vojvodina. An ex player of the Novi Sad club has sat to the heated coach bench and tries to return the old glow to the club of his youth. Since he is at the beginning of his career as a coach, the experience from the USA will be useful:

- It's a great honour for me to be among the five chosen and for going to the basketball cradle. I am glad that I will have an insight into the NBA team and the university team that is perhaps closer to us by its work style. I am going for the first time to such a practice and I hope that this will become an ordinary custom of our coach organization. I would like to thank my colleagues from the Managing Board and, of course, to my club Vojvodina that had enough understanding to let me go at the beginning of the season, because this was not a decision easy to make. Thanks to everyone, I hope that all of us will repay with good results, promised Lazić.

Aleksandar Džikić, an assistant coach of the champion Partizan and one of the best our coaches for work with the young, had the greatest experience with the American way of work out of all the five. Popular Džiki sets off overseas frequently:

- It's true, I have been for a few times in the USA. The summer camps are one thing and real preparations of the best players are something completely different. Thus this will be of extreme importance to me. It is an excellent thing to go to such two teams like San Antonio (NBA), the legend and champion, and the University of North Carolina, the best among the best. I will be especially interested in their organization in the widest sense of this word. Basketball is not only work in the field, but the way of communicating with the surroundings. I will be interested in the way San Antonio communicates with its fans, journalists, sponsors and generally with the inhabitants of its city. It's all the NBA and there will be a lot to be learnt. It's an excellent project of the Serbia and Montenegro Association of Basketball Coaches, and I am grateful to them and may they keep on like that- concluded Džikić.

● Božidar Manojlović

TOO LOWER



Hronični stres i psiho-fizički napori rezultiraju često osećajem zamora i malaksalosti. Preventiva i rešenje su nadoknada tečnosti, elektrolita i energije u vidu izotoničkog mineralno vitaminskog napitka.

Preporučuje se posebno:

- sportistima
- rekreativcima
- poslovnim ljudima
- studentima
- deci i adolescentima
- fizičkim radnicima
- rekonvalescentima

Naši mišići su svakodnevno izloženi opterećenjima. Zato je važno obezbediti prirodan materijal za njihovo obnavljanje i izgradnju, a to su aminokiseline koje ulaze u sastav belančevina organizma.

Preporučuje se posebno:

- sportistima
- adolescentima
- kod nedovoljne telesne težine (kao dodatak obrocima)
- tokom redukcionih dijeta (umesto jednog obroka na dan)
- kod niskoproteinske ishrane



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"AUT SA STRANE"

1. Aut sa strane - Loptu sa strane izvodi igrač 1, posle U (kružne) kretnje igrača 3 oko visokog posta 5, igrač ima nekoliko mogućnosti za dodavanje.

2. Aut sa strane - Posle postavljanja dijagonalne blokade niskog igrača 1 za visokog posta 4, sledi donja blokada igrača broj 5 za igrača koji je postavljao dijagonalnu blokadu 1.

3. Aut sa strane - Četiri igrača stoje postavljeni u liniji, prvi igrač broj 2 pravi kružnu kretnju prema košu pokušavajući da primi loptu, posle čega igrač broj 3 se demarkira najpre kretnjom prema košu, a zatim prema lopti.

4. Aut sa strane - Posle demarkiranja igrač broj 2 dobija blokadu u stranu od igrača broj 4 koji se posle postavljene blokade otvara da primi loptu. Posle uvođenja lopte u teren igrač koji je ubacio loptu ponovo je prima i pravi prodor ka košu. Za to vreme ispod koša igrač broj 1 koristi blokadu od igrača broj 5 i otvara se prema uglu terena.

5. Aut sa strane - Igrač broj 1 sa centralne pozicije pravi kretnju sa promenom pravca prema uglu terena posle koje se igrač 4 otvara i prima loptu. Sledi blokada za igrača ispod koša broj 2 koji se otvara da primi loptu.

6. Aut sa strane - Četiri igrača u liniji, prvi igrač broj 2 pravi kružnu kretnju oko ostali i utrčava prema košu. Sledi istovremeno otvaranje igrača broj 5 na poziciju donjeg posta, igrača broj 4 prema lopti igrača broj 1 prema sredini terena.

7. Aut sa strane - Igrači se postavljaju u liniji, najbliži igrač lopti broj 3 postavlja blok za igrača najdaljeg u odnosu na loptu broj 1 koji pravi kružnu kretnju i utrčava prema košu. Igrač broj 3 posle postavljene blokade se otvara prema sredini terena.

8. Aut sa strane - Posle "lažne kretnje" igrača broj 4, sledi uza-

stopna blokada za igrača u suprotnog uglu u odnosu na loptu. Posle postavljanja drugog bloka, igrač broj 3 se brzo otvara prema košu da primi loptu.

9. Aut sa strane - Posle postavljanja blokade za igrača broj 3, igrač broj 1 koristi dve blokade od igrača broj 4 i igrača broj 5 i istrčava da primi loptu.

10. Aut sa strane - Posle izvođenja lopte igraču broj 4 koji je prenosi na drugu stranu prema igraču broj 2, igrač broj 3 koristi dva igrača na poziciji donjeg posta 1 i 5 i utrčava prema košu.

11. Aut sa strane - Posle horizontalne blokade sledi dupla blokada igrača broj 1.

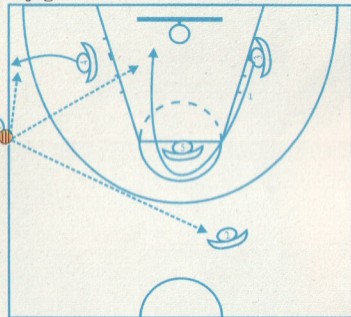
12. Aut sa strane - Posle postavljanja donje blokade i prijema lopte za igrača broj 1, sledi ulazak igrača broj 2 ispod koša, i "biranje" strane, na jednoj uzastopna blokada a na drugoj jedna blokada.

13. Aut sa strane - Posle postavljene donje blokade i prijema lopte, igrač broj 1 pravi nekoliko driblinga na suprotnu stranu i popravlja ugao za dodavanje. Na drugoj strani postavlja se ledna blokada za igrača broj 5 koji se otvara prema uglu terena a bloker u ovoj situaciji igrač broj 2 se otvara u reket, prema košu.

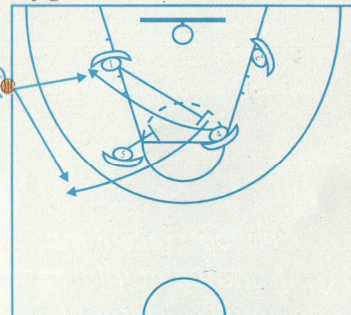
14. Aut sa strane - Pokušaj akcije iz auta sa strane za brzi pokušaj šuta, istovremeno tri igrača kreću, igrač broj 5 se pomera prema uglu terena, odvlači igrača iz reketa, igrač 1 i 2 postavljaju lednu blokadu za igrača broj 3 koji je postavljen skoro na sredini terena. Sledi utrčavanje igrača broj 3 prema košu i otvaranje blokeru za prijem lopte.

Priradio: Mirko Ocočkić,
operativni trener

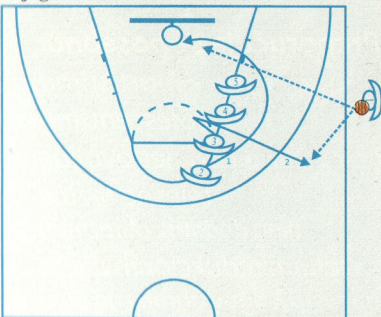
Dijagram 1.



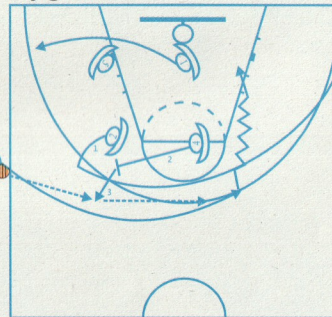
Dijagram 2.



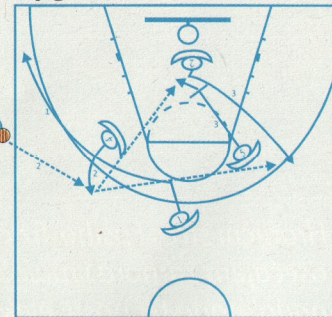
Dijagram 3.



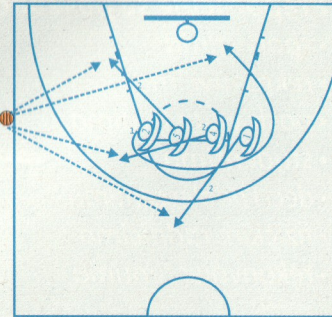
Dijagram 4.



Dijagram 5.



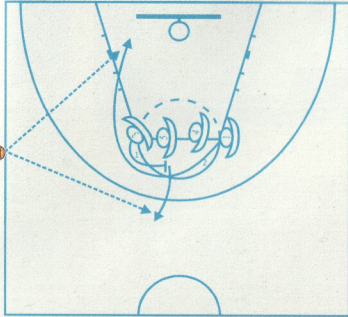
Dijagram 6.



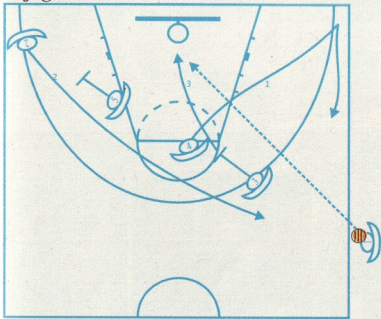
SIDE OUT OF BOUNDS

1. Side out of bounds - Player 1 performs side out of bounds, then player 3 makes U cutting around high post 5, a player has a few possibilities for passing.

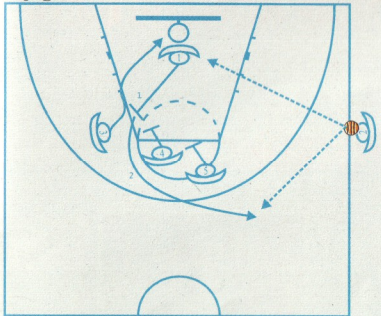
Dijagram 7.



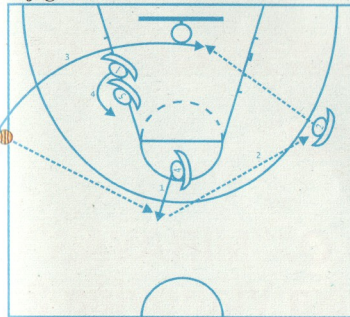
Dijagram 8



Dijagram 9.



Dijagram 10.



2. Side out of bounds - after a short player 1 sets a diagonal screen for high post 4, there is a down screen by the player 5 for the player 1 that diagonally screened.

3. Side out of bounds - four players are placed in a line, the first player 2 makes U cutting to the basket trying to receive the ball, after what player 3 demarcates first with the cutting to the basket and then to the ball.

4. Side out of bounds - after demarcation player 2 gets a side screen by player 4 who after setting a screen opens to receive the ball. Having made a side out of bounds the player who did it again receives the ball, penetrates to the basket. In the meantime player 1 under the basket screens the player 5 and opens towards the corner of the court.

5. Side out of bounds - player 1 from the central position cuts while shifting the direction towards the court corner and player 4 opens and receives the ball. There is a screen for the player 2 under the basket who opens to get the ball.

6. Side out of bounds - four players in a line, the first player 2 makes a U cut around others and runs to the basket. At the same time player 5 opens to the low post position, player 4 runs towards the ball and player 1 towards the middle of the floor.

7. Side out of bounds - players are placed in a line, the player 3 closest to the ball screens the player 1 farthest from the ball who

makes a U cutting and runs to the basket. Player 3 after the screen opens towards the middle of the floor.

8. Side out of bounds - after "false cutting" for the player 4, there is a successive screen for the player in the corner opposite to the ball. After setting the second screen the player 3 quickly opens to the basket to receive the ball.

9. Side out of bounds - after setting a screen for the player 3, player 1 uses two screens by the player 4 and 5 and pops out to receive the ball.

10. Side out of bounds - after a side out of bounds of the player 4 who swings the ball to the other side towards the player 2, player 3 uses two players at the low post position 1 and 5 and runs to the basket.

11. Side out of bounds - after a horizontal screen there is a double pick for the player 1.

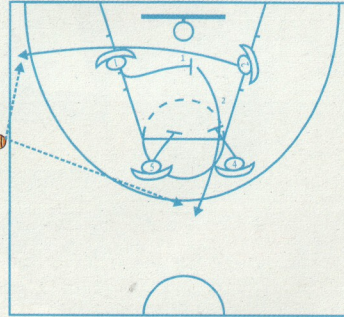
12. Side out of bounds - after setting a down screen and receiving the ball for the player 1, player 2 under the basket enters, and there is side "choosing", at one side a continuous screen and on the other a pick.

13. Side out of bounds - after setting a down screen and receiving the ball player 1 makes a few dribblings to the opposite side and makes a better passing angle. On the other side a back pick is set for the player 5 who opens to the floor corner and the screener in this situation is player 2 who opens into the three second lane, to the basket.

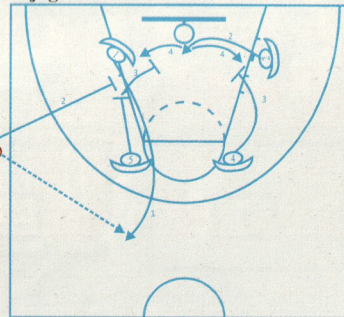
14. Side out of bounds - an attempt of the action from the side out of bounds for the quick shoot attempt, at the same time three players are in motion, player 5 shifts to the floor corner, takes away the players from the three second line, players 1 and 2 set a back pick for the player 3 who is placed almost at the middle of the court. Player 3 cuts to the basket and opens the screener for ball receiving.

Redacted by Mirko Osokoljic,
operative cocach

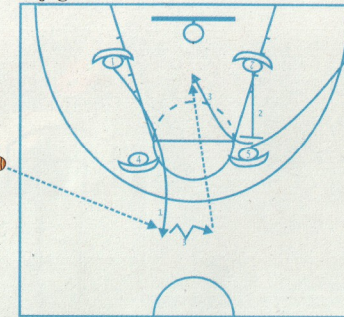
Dijagram 11.



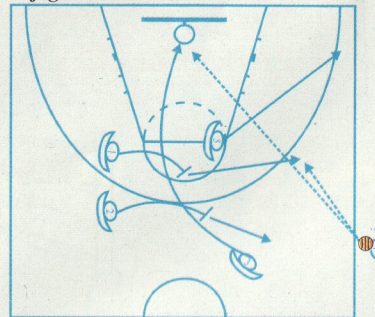
Dijagram 12.



Dijagram 13.



Dijagram 14.



SVE ZA KOŠARKU

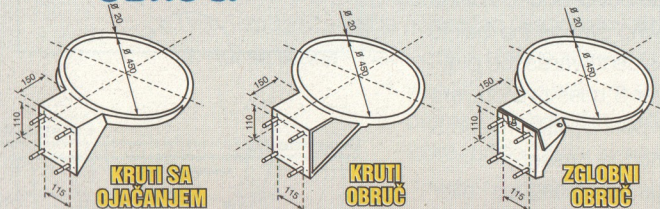
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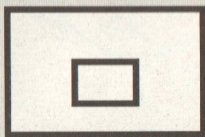
BEČEJ

OBRUČI

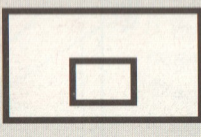


PROFI KONSTRUKCIJE

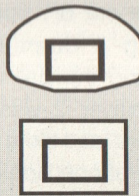
KOŠ TABLE



1800 x 1200



1800 x 1050



1200 x 800

STANDARDNE: - DRVENE
- STAKLENE
- PLEKSI GLAS

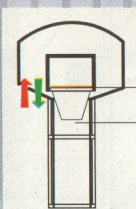
HOBY

REŠETKASTE KONSTRUKCIJE



STUBNE KONSTRUKCIJE

ZIDNE KONSTRUKCIJE



KLIZAJUĆA,
NA ZIDU

3,05
2,60



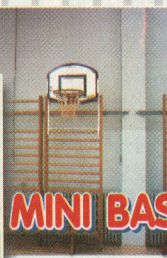
STREET BALL KONSTRUKCIJE



POMOĆNI PROGRAM ZA KOŠARKU



MINI BASKET KONSTRUKCIJE



METALNE KONSTRUKCIJE

D.O.O. "MIRAVAS"

21220 Bečej, Veljka Vlahovića 2

Tel/Fax: 021/811-462; MobTel: 063/531-645

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SUPERFUND
THE FUTURE OF INVESTING

Jugoslavija - SAD

Yugoslavia vs USA

Rimska lekcija Amerikanaca American's Lesson from Rome

Prelstavajući prebogatru riznicu sjajnih rezultata naših košarkaša na olimpijskim igrama i svetskim prvenstvima od 1950. godine do danas, pored niske osvojenih medalja i bezbroj odigranih finala izdvaja se i jedna utakmica, protiv američke reprezentacije odigrana 1. septembra 1960. godine u Rimu na Olimpijskim igrama.

Poštujući staro pravilo, da istoriju treba poštovati ma kakva ona bila, sledi priča o najvećem porazu košarkaške reprezentacije Jugoslavije od njene prve utakmice do danas.

Američka selekcija je na Olimpijske igre u Rimu dovela do tada najspektakularniji tim sastavljen od zvezda univerzitetske košarke i budućih Ol star igrača NBA lige. Perjanice ekipe svakako su bili Oskar Robertson i Džeri Vest, dvanaestostruki učesnici kasnijih Ol star utakmica. Pored njih dvojice još pet igrača bili su akteri Ol stara (Dišinger, Lukas, Bozer, Smit i Belami) koji su zajedno uknjižili 16 učešća, a još dvojica su imala NBA karijere (Arnet i Imhof).

Pre susreta sa selekcijom Jugoslavije, Amerikanci su glatko pobedili Italiju, Japan i Mađarsku, dok je naša ekipa plasmanom među osam najboljih ekipa već ostarila neočekivani uspeh. Poraz od 42:104 (16:63) ostaće zabeležen kao prva zvanična utakmica na kojoj je jugoslovenska reprezentacija primila više od 100 poena i kao najveći poraz naše ekipe (-62 poena) u bogatoj košarkaškoj istoriji.

Još jedan kuriozitet vezan za ovaj susret je vredan pažnje: u 10 minuti prvog poluvremena rezultat je iznosio neverovatnih 32:1 za Amerikance. Selektor Aleksandar Nikolić u ovom periodu (4 i 8 minut) iskoristio je oba tajm auta, ali ništa nije vredelo - na poluvreme se otišlo sa rezultatom 16:63. Kolika je bila nadmoćnost američke ekipe može se ilustrovati statističkim podacima. Sa linije slobodnih bacanja jedino je bio precizan Korać (9:6) dok su svi ostali promašili (ukupan šut sa penala 17:6). Korać je bio i najbolji strelac (16 poena) i najbolji skakač plavog tima (8 skokova), ali i jedini koji je pored Gordića (8 poena - 7 skokova) bio raspoložen za igru. Ivo Daneu, pokretač svih akcija našeg tima i do tada odlični Nemanja Đurić gotovo da se nisu ni videli. Katastrofalnim šutom iz igre (18:64-28%) i slobodnih bacanja (35%) i odnosom u skoku 31-58, nije se moglo ni očekivati ništa bolje. Na drugoj strani raspoloženim Amerikancima sve je polazilo od ruke. Zahvaljujući ofanzivnim skokovima (23 lopte u napadu) i postignutih 70 poena iz reketa, bez ijednog pogotka sa distance (samo jedan pokušaj na celju utakmici), Amerikanci su zabeležili ovu pobjedu. Brzom igrom i kontranapadima prosto su "zatrpali" koš Jugoslovena. Najbolji pojedinci su bili Oskar Robertson (16 poena-9 skokova) i Teri Dišinger (16 poena-7 skokova).

Amerikanci su svoj pobjednički put nastavili do finala pobjeđivši u poslednjoj utakmici svetske prvake Brazile sa 27 poe-

na razlike (90:63), a nama je za utehu ostalo osvajanje šestog mesta, do tada najvećeg uspeha na velikim takmičenjima.

Činjenicu da se i iz poraza mogu izvući pouke, pa makar on više ličio na debakl, a ne na ravnopravan duel dva protivnika, Jugosloveni su dokazali vrlo brzo. Već sledeće godine igrali smo finale Evropskog prvenstva u Beogradu, a na Svetskom prvenstvu održanom 1963. u Brazilu uspeli smo da se američkoj selekciji, već u prvoj prilici revanširamo pobjedom od dva poena (75:73), kojom smo osvojili srebrnu medalju na SP.

● Milan Tasić



RIMSKA PETORKA : Daneu, Korać, Đurić, Gordić i Nikolić ● ROME FIV

Iooking at the rich treasure of great results of our basketball players at the Olympic Games and world championships from 1950 till nowadays, besides a series of won medals and numerous finals, there is a special match to be pointed out, the match against American national team played on September 1, 1960 at the Olympic Games in Rome.

Obedying the old rule that history should be respected no matter what it was like, there is a story on the greatest defeat of the Yugoslav basketball national team since its first match until nowadays.

The American national team at the Olympic Games in Rome brought the most spectacular team then made up of the university basketball stars and of the future All stars of the NBA League. The heads of the team very surely Oscar Robertson and Jerry West, who were for 12 times participants in the later All star matches. Besides

the two of them there were five more players participants of All star (Dishinger, Lucas, Bozer, Smith and Belami) who had together 16 participations and the two more had careers in the NBA (Arnet and Imhof).

Before the encounter with the Yugoslav national team, the Americans easily won Italy, Japan and Hungary, while our team placed among the eight best teams and already made unexpected success.

The defeat of 42:104 (16:63) will remain registered as the first official match where the Yugoslav national team scored more than 100 points and as the greatest defeat of our team (- 62 points) in the rich basketball history until nowadays. One more interesting thing related to this encounter is worth being mentioned: in the 10 minute of the first half time the result amounted to the incredible 32:1 for Americans. The national team head coach Aleksandar Nikolić in this period (4 and 8 minute) used both time outs but it was no use and the result at the half time was 16:63. How superior was the American team can be illustrated by the statistical data. Korać was the only one precise from the line of free throws (9:6) while the rest did not score (the total shoot from the line of free throws 17:6). Korać was also the best shooter (16 points) and the best jumper of the blue team (8 jumps), but the only one besides Gordić (8 points- 7 jumps) eager to play. Ivo Daneu, setting in motion all the actions of our team and until then excellent Nemanja Žurić were not seen almost at all. Due to the catastrophic shoot from the game (18:64- 28%) and free throws (35%) and the ratio in jumps 31-58, nothing better could be expected. On the other hand, the eager Americans were successful in everything. Because of the offensive jumps (23 balls in offense) and scored 70 points from the three seconds' line, but without any distance shot (only one attempt during the whole match), the Americans won. They simply "filled in" the basket of the Yugoslavs by means of quick game and counter attacks. The best individuals were Oscar Robertson (16 points- 9 jumps) and Terry Dishinger (16 points- 7 jumps).

The Americans went on winning to the finals and won the last match against the world champions from Brazil with 27 points of difference (90:63), and we as a consolation won the sixth place, the greatest success until then at the important competitions.

The fact that the lessons may be drawn from the defeat, no matter if it seemed more like a debacle than like an equal duel of two rivals, the Yugoslavs showed their best very soon. The following year we played the finals of the European Championship in Belgrade and at the World Championship held in 1963 in Brazil we managed to win against the American national team, in the first occasion with the victory of two points (75:73), when we won the silver medal at the World Championship.



Daneu, Korac, Đuric, Gordić and Nikolić

Održano osmo EP naše dijaspore

8th European Championship of our Diaspora

Najbolji naši iz Londona

The best are our people from London

CiriH i Košarkaški klub "Korać" bili su domaćini osmog Evropskog prvenstva naše dijaspore na kome je učestvovalo 12 klubova iz čak zemalja: Nemačke, Engleske, Holandije, Švedske, Francuske i Švajcarske. Tako je zajednička ideja naših ljudi iz Nemačke, Francuske i Švajcarske, koju su medijski odmah prihvatile frankfurtske "Vesti", dobila najlepšu potvrdu, pošto je prvenstvo svake godine sve masovnije i - kvalitetnije. To i ne čudi, pošto su svi učesnici vrlo zapaženi u svojim ligama. Tako je Srbija iz Malmea ovogodišnji amaterski prvak Švedske, Rotterdam zapažen u Prvoj amaterskoj ligi Holandije i dvostruki pobednik turnira Malgret del mar, Kamden najts je bio prvak London Metropolitan lige, "Korać" je već tri sezone član Prve nacionalne lige Švajcarske, Jugobos drugoplasirani u Pariskoj ligi, KGJ Basketbol iz Šveningena je dospao do Regional lige (treća savezna liga Nemačke!), dok se preostala tri nemačka kluba sa takmičenja u Cirihi (po Nemačkoj ih, inače, ima mnogo više) Beobasket Dizburg, Stari prijatelji Merbuš i Srpski sportski klub Berlin nadmeću u raznim pokrajinskim Becirks ligama... U takvoj konkurenciji slavio je najmlađi klub - igrači London junajted, koji su osnovani tek prošle godine, a pored uspeha na Evropskom prvenstvu dijaspore, ubedljivo vode u gradskoj ligi glavnog grada Engleske i sigurno će odmah u viši rang.

Trener i igrač pobedničkog sastava je Predrag Krneta, nekadašnji košarkaš brojnih naših klubova, koji je tako sledio primer nešto starijih kolega Denisa Arsića (Beobasket), Danijela Đurovića (Rotterdam), Luke Mihajlovića (London), Gorana Čuluma (Srbija Minhen), Aleksandra Ivezica (Pariz), Gorana Miloševića (Stari prijatelji)...

Dogodine je novi, deveti, skup u Diseldorfu. Ekipe Stari prijatelji u organizaciji će pomoći KK Beobasket iz



Diseldorfa. Planira se još masovnije učešće, jer u Nemačkoj ima klubova koji se ovog puta iz finansijskih razloga nisu prijavili, iako imaju odlične ekipe (npr. Vojvodina basket iz Bad Ojenhauzena predvođenu sa klupe Milicom Spasojević je prva u svojoj ligi). - Skup u Cirihi bio je prava svetkovina Srba iz "pola Evrope". Mnogo je naše dece rasuto po svetu. Zato se nadam da ćemo, možda, već sledeće godine organizovati i Evropsko prvenstvo dijaspore za učenike srpskih škola. Košarka je odavno naš nacionalni sport broj jedan, naš ponos, verujem da ćemo i ovu ideju realizovati - istakao je Rajko Banović, učitelj iz Ciriha.

● D. Nikodijević



urich and the BC "Korać" were the hosts of the 8th European Championship of our Diaspora in which clubs from even 12 countries like Germany, the United Kingdom, the Netherlands, Sweden, France and Switzerland took part. In this way the common idea of our people from Germany, France and Switzerland, supported in media by Frankfurt "Vesti", was realized in the best way, regarding the fact that more people participate in the championship each year and that the championship is getting more quality. This is no wonder because the participants are remarkable players in their own leagues. So Serbia from Malmö is this year's amateur champion of



Sweden, Rotterdam is well-known in the First Amateur League of the Netherlands and a double winner of the tournament Malget del Mar, Camden Knights was the champion of the London Metropolitan League. "Korać" has for three seasons been the member of the First National League of Switzerland, Jugobos won the second place in the Paris League, the basketball club Basketball from Schwennigen reached the Regional League (the third federal league of Germany!), while the rest three German clubs from the competitions in

Zurich (there are many more in Germany) Beobasket Duisburg, Stari prijatelji Merbusch and Serbian Sports Club Berlin are competing in various province Bezirks Leagues... The youngest club- the players of London United, founded last year, celebrated in such a competition, and besides the success at the European Championship of Diaspora, they are convincingly leading in the city league of the UK capital and they will certainly get to the higher rank.

The coach and the player of the winning team is Predrag Krmeta, an ex basketball player of our numerous clubs, who in this way followed the example of a little bit older colleagues Denis Arsić (Beobasket), Danijel Đurović (Rotterdam), Luka Mihajlović (London), Goran Ćulum (Serbia Munich), Aleksandar Ivezić (Paris), Goran Milošević (Stari prijatelji)...

Next year the 9th new gathering will be held in Düsseldorf. The basketball club from Dusseldorf will help with organization to the team of Stari prijatelji. More massive participation is planned because there are clubs in Germany that did not register this time because of the financial reasons, although they have excellent teams (for example Vojvodina Basket from Bad Auenchauen headed from the bench by Milica Spasojević is the first in its league).

- The gathering in Zurich was a true celebration of the Serbs from "half of Europe". Many our children live all over the world. That's why I hope that we will, perhaps, as early as the next year organize the European Championship of Diaspora for the students of Serbian schools. Basketball has for a long time been our national sport number one, our pride, and I believe that we will realize this idea- said Rajko Banović, a teacher from Zurich.

● D. Nikodijević

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Igor Rakočević

Igor Rakocevic

Karijera sa mnogo trenera

Career with many coaches

dragan Jakovljević, Vladislav Lučić, Mihajlo Pavićević, Darko Ruso, Miroslav Nikolić, Joca Antić, Zmag Sagadin, Duško Vujošević, Svetislav Pešić, Željko Obradović, Flip Sanders...

Ako ste pomislili da je u pitanju trenerski seminar, pogrešili ste. U pitanju su stratezi sa kojima je Igor Rakočević, jedan od najboljih plejmejкера Evrope, dosad saradivao. Na početku karijere, zbog fantastičnih fizičkih predispozicija, Igoru je pridodat nadimak "beli Džordan". Mnogi su mu zamerili da je solista, ljudi koji ga nisu voleli tvrdili su da nikada neće postati veliki igrač, radovali su se njegovim greškama, slavili kada je sedeo na klupi.

Nije se predavao. Poznat kao veliki borac, uzoran momak, sve je izdržao stoički, ratovao je po principu "sam protiv svih", a prošle sezone je dokazao da je sazreo kao ličnost i kao igrač. Bio je pravi lider tima. Sve se vrtelo oko njega, a protivnički treneri su uoči duela sa Zvezdom, imali veliku glavobolju u rešavanju pitanja kako zaustaviti eksplozivnog pleja.

- Mnogo trenera sam promenio u dosadašnjoj karijeri i trudio sam se da od svakog naučim nešto novo. Verujte da mi je jako teško da procenim ko je imao najveći uticaj na mene. Dok sam bio mlađi, mnogo sam radio i naučio od Dragana Jakovljevića, koji je sjajan u radu sa klicima. Česte promene stručnjaka sa kojima sam radio i različiti stavovi o mojim kvalitetima i mogućnostima nisu me mnogo poremetili. Svako ima pravo na svoje mišljenje - kaže Rakočević, dok se na Zlatiboru, u paklenim vrućinama, priprema za Olimpijske igre, na kojima se od njega i Vujačića očekuje da ponesu kompletan teren kada je organizacija igre u pitanju.

U karijeri je imao uspona i padova, ali malo je igrača koji sa 26 godina mogu da se pohvale da u vitrini imaju dve titule šampiona države (Zvezda i Budućnost), tri Kupa (Budućnost dva puta i Zvezda), zlato sa Svetskog prvenstva u Indijapolisu, zlato sa Evropskog prvenstva u Turskoj, zlato sa mladom reprezentacijom, bronzu sa juniorskom.

- Još uvek nisam rekao poslednju reč. Relativno sam mlad igrač, i mislim da mogu još uvek mnogo da dam kako u klubovima tako i u reprezentaciji. Što se tiče tekućih priprema, izuzetno mi je drago što sam konačno u prilici da intenzivno saradujem sa jednim od najboljih, ako ne i najboljim stručnjakom u Evropi. Ovaj period će mi mnogo značiti za nastavak karijere, a nadam se da ću opravdati očekivanja javnosti, navijača, a pre svega stručnog štaba - naglasio je Rakočević koji trenutno razmišlja i o tome gde nastaviti kari-

jeru: Makabi, Panatinaikos, Taukeramika, Pamesa, Uniks, Majami, Boston, Lejkersi...

Mnogi su smatrali da će boravak u Minesoti i "rad" sa Flipom Sandersom biti poguban po Igora.

- Nije mi bilo lako da sedim na klupi. Jednostavno nisam navikao na takvu situaciju. Međutim, konkurencija je bila žestoka, a Sanders je forsirao iskusnije igrača. Davao mi je priliku na kašičicu, koristio sam je dobro, ali nisam mogao da se pohvalim velikom minutažom. Prošlog leta sam boravio na letnjim ligama, ali kada sam shvatio da mi niko ne garantuje minutažu odlučio sam da se vratim, i napravio pravi potez. Osvojio sam Kup sa Zvezdom, bio lider tima, Sagadin je žestokim radom stvorio skladnu celinu. Nadam se da će i naredna sezona biti uspešna za crveno-bele. Biću jedan od najvatrenijih navijača.

Otkazi Đorđevića, Lukovskog, Jarića, ostavili su Vujačića i Rakočevića na vetrometini.

- Najvažnije je da se dobro pripremimo. U dosadašnjoj karijeri sam osvajao medalje sa reprezentacijom u seniorskoj konkurenciji, ali ne mogu baš da se pohvalim velikim doprinosom. Nadam se da ću uspeti da se nametnem Željku Obradoviću, i da ću u Atini potvrditi da sam sazreo i kao igrač i kao čovek - poručio je Rakočević.

• S. J.



d

ragan Jakovljević, Vladislav Lučić, Mihajlo Pavičević, Darko Ruso, Miroslav Nikolić, Joca Antonić, Zmago Sagadin, Duško Vujošević, Svetislav Pešić, Željko Obradović, Philip

Saunders...

If you thought that we were talking of the coach seminar, you were wrong. These are the strategists with whom Igor Rakočević, one of the best European play-makers, has cooperated up to now. At the career beginning, due to the fantastic physical predispositions, Igor got the nickname "white Jordan". Many reproached to him for being a soloist. People that did not like him claimed that he would never become a great player and were happy when he made mistakes and celebrated when he sat on the bench.

He hasn't given up. Famous as a great fighter, exemplary guy, he bravely endured everything, fought according to the principle "alone against everyone", and proved in the last season that he was mature as a person and as a player. He was a true team leader. Everything depended on him and the coaches of the rivals on the eve of the duel with Zvezda, had a headache in solving the problem of how to stop an explosive play.

- I have changed many coaches in my career up to now and I have tried to learn something new from everyone. Trust me that it is very hard for me to assess who influenced me most. When I was younger, I worked and learnt a lot from Dragan Jakovljević, who worked excellently with kids. Often changes of experts I worked with and different attitudes on my qualities and possibilities did not disturb me much. Everyone has a right to

have his opinion- said Rakočević, while preparing in Zlatibor, in terrible heat, for the Olympic Games, where one expects that he and Vujanić cover the whole court when the game organization is concerned.

He had many ups and downs in his career, but there are few players who are 26 years old who can say they have in their vitrine two titles of a state champion (Zvezda and Budućnost), three Cups (Budućnost two times and Zvezda), gold from the World Championship in Indianapolis, gold from the European Championship in Turkey, gold with the young national team, bronze with the junior national team.

- I haven't done everything I can yet. I am relatively a young player, and I believe that I can still offer a lot both to the clubs and to the national team. Regarding the ongoing preparations, I am very glad that I am finally in the situation to cooperate intensively with one of the best, if not the best expert in Europe. This period will mean a lot to me for the continuation of career, and I hope that I will meet the expectations of public, fans, and above all of the expert headquarters- said Rakočević who currently thinks of where he will continue his career: Macabi, Panathinaikos, Tauceramica, Pamesa, Unix, Miami, Boston, Lakers...

Many believed that the staying in Minnesota and "work" with Philip Saunders would be tragic for Igor.

- It wasn't easy for me to sit on the bench. I am simply not used to such a situation. However, the competition was strong, and Saunders chose more experienced players. He gave me a little chance, I used it well, but I could not praise of lots of time spent in the game. Last summer I stayed in summer leagues, but when I realized that nobody guaranteed me that I would

play I decided to return and I made a good move. I won the Cup with Zvezda, I was a team leader. Sagadin created with hard work a harmonious whole. I hope that the following season will be successful too for the red-white. I will be one of the most ardent fans.

Cancellations of Đorđević, Lukovski, Jarić, left Vujanić and Rakočević in the lurch.

- The most important is to prepare well. In my up-to-now career I have won medals with the national team in the senior competition, but I cannot praise of the great contribution. I hope that I will succeed to force myself on Željko Obradović and that I will prove in Athens that I am mature as a player and as a man- said Rakočević.

● S. J.





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