



časopis udruženja košarkaških trenera



TRENER

**Konstantinos Deris,
vlasnik agencije TAF sports
marketing**

**Klinika unapređena
na svim nivoima**

**Constantinos Deris,
TAF sports marketing agency owner**

Clinic improved at all levels

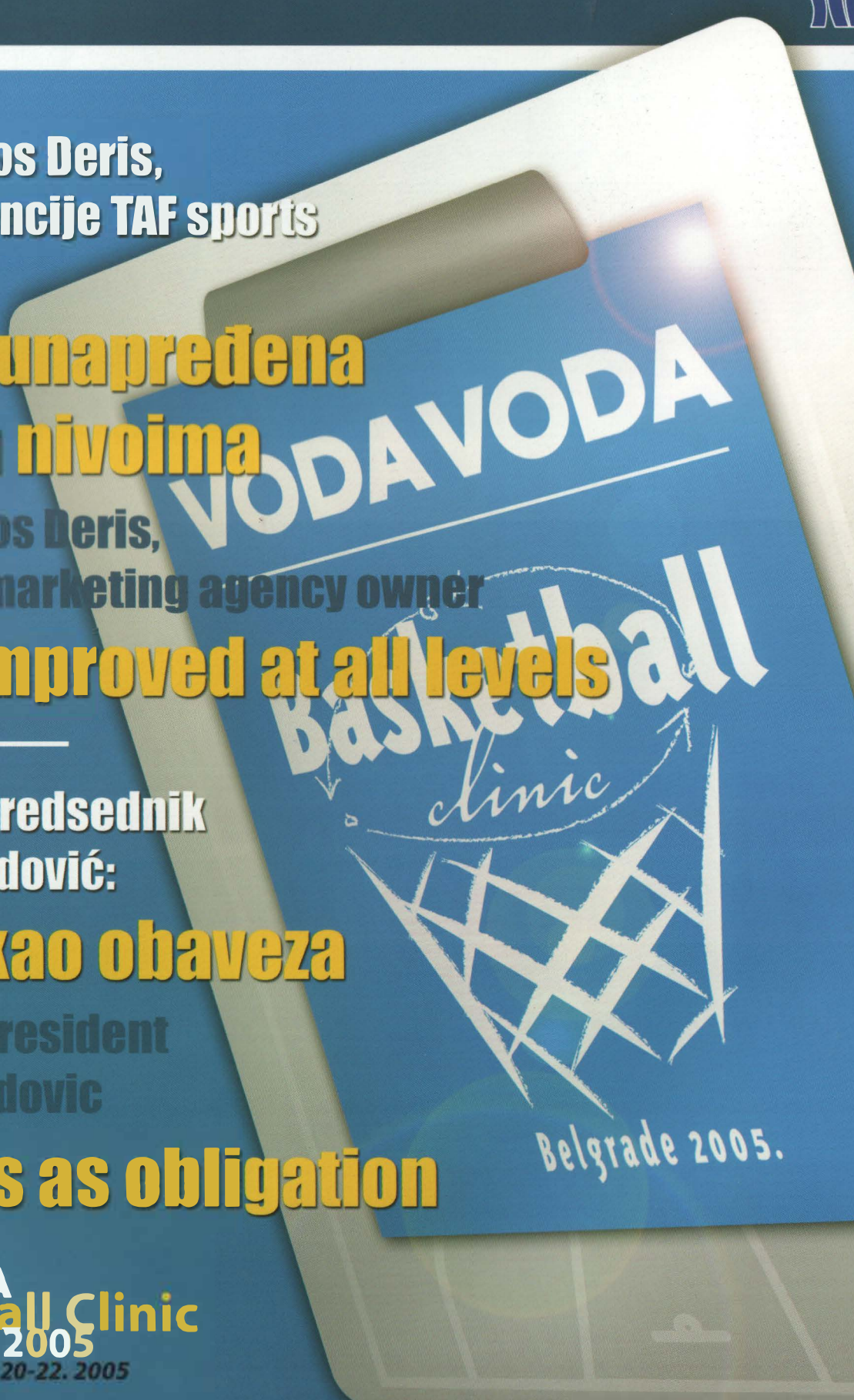
**BCB 2005 Predsednik
Željko Obradović:**

Uspeh kao obaveza

**BCB 2005 President
Zeljko Obradovic**

Success as obligation

**VODAVODA
Basketball Clinic
Belgrade 2005
September 20-22. 2005**



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Udruženje košarkaških trenera SCG
Beograd, Sazonova 8

Za izdavača
Želimir Obradović

Glavni i odgovorni urednik
Mirko Polovina

Tehnički urednik
Đorđe Milićević

Urednik fotografija
Miroslav Todorović

Naslovna strana
Nebojša Vasiljević

Adresa redakcije
Beograd, Sazonova 8

E-mail: uktj@uktj.org.yu

Telefon: +381 11 34 00 85

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Technical editor
Đorđe Milićević

Photo editor
Miroslav Todorović

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Nebojša Vasiljević

Address of the Board of Editors: Belgrade, Sazonova 8

E-mail: uktj@uktj.org.yu

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BCB 2005 Predsednik **Željko Obradović**

Uspeh kao obaveza

Prvu godišnjicu mandata Željka Obradovića, predsednika Udruženja košarkaških trenera SCG, obeležiće BCB 2005 i redovna godišnja skupština. Tim povodom predsednik Obradović kaže:

– Prilikom stupanja na ovu dužnost iskreno sam čestitao svom prethodniku Dušanu Ivkoviću, jer je tokom njegovog mandata zaista obavljen ogroman deo posla. To je i meni nametnulo veliku obavezu. Međutim, oslonio sam se na timski rad, odnosno članove Upravnog odbora. Mislim da smo radili dobro, ali konačnu ocenu o našem radu daje Skupština UKTSCG. Istovremeno očekujemo kritički odnos svakog našeg trenera prema nama koji smo na čelu Udruženja, ističe Obradović i dodaje:

Moj cilj je da svaki naš trener oseća Udruženje kao svoje i da mu ono u svakom trenutku može pružiti pomoć. Mi moramo istrajati u tome da štitimo svoju struku i istovremeno se zalažemo da imamo visoko obrazovane i stručne trenere. Zaista želim da budem predsednik svih naših trenera u ma kom rangu se takmičili. Uostalom, naša reakcija nije izostala, ne samo kada ih je trebalo zaštititi, nego i kada im je trebalo odati priznanje za postignuti uspeh. Naravno da u dobrom funkcionisanju Udruženja očekujem podršku Košarkaškog saveza, i to naročito kada je u pitanju primena Pravilnika o licenciranju. Posebno mislim da ima prostora za unapređenje saradnje sa našom Višom košarkaškom školom. Stručno usavršavanje je naša osnovna obaveza i u tome ćemo istrajati.

U funkciji stručnog usavršavanja je i predstojeća klinika BCB 2005. Tim povodom predsednik Obradović je zaista kompetentan sagovornik. Za četrnaest godina trenerskog staža nije protekla ni jedna da nije učestvovao, u proseku, na bar četiri seminara, i to kao predavač. Svoje stavove, osim u našoj zemlji, izlagao je u Grčkoj, Italiji, Španiji, Brazilu, Urugvaju i Argentini. Seminare je držao na španskom, engleskom i italijanskom jeziku. O predstojećoj klinici u Beogradu kaže:

– Mislim da je naša obaveza da to bude i ostane najkvalitetniji stručni seminar u Evropi. Izuzetno sam zadovoljan pripremama za ovogodišnju kliniku. Tu pre svega mislim na izbor predavača i tema. Reč je o vrhunskim profesionalcima. Napravili smo interesantan program za sve trenere, primenljiv u svim kategorijama takmičenja. Moje opredeljenje je da se predavanja, pre svega, drže na parketu. Na tome ću i ubuduće insistirati.

Sa velikim zadovoljstvom očekujem masovnu posetu naših trenera na ovoj klinici. Raduje me najava dolaska trenera iz inostranstva. Učiniću sve da uz podršku svojih saradnika, čiji je doprinos radu našeg udruženja ogroman, budem dobar domaćin BCB 2005, zaključio je Obradović, koji će u isto vreme, u Beogradu, voditi naš nacionalni tim ka vrhu evropske košarke.

■ Mirko Polovina



BCB 2005 President **Zeljko Obradovic**

Success as Obligation

The first anniversary of the term of office of Zeljko Obradovic, President of SCG Association of the Basketball Coaches, is marked with the BCB 2005 and a regular annual assembly. On the occasion President Obradovic says:

– On being appointed to the duty I sincerely congratulated to my predecessor Dušan Ivkovic, because during his term of office a great deal of job was performed. Thus I have huge responsibility. However, I relied on the teamwork, i.e. the members of the Managing Board. I believe that we have worked well, but the final mark of our work will be given by the Assembly of SCG Association of the Basketball Coaches. At the same time we are expecting a critical attitude of each our coach towards us, the ones heading the Association, says Obradovic and adds:

My objective is that our each coach feels his Association close to him and that he can be offered help anytime. We have to endure in protecting our profession and at the same time we make effort to have highly educated and expert coaches. I really want to be a president of all our coaches whatever rank they competed at. Whatsoever, we reacted not only when they needed our protection but also when their success was to be acknowledged. Certainly I expect support of the Basketball Union to the good functioning of the Association, especially regarding the Rule Book on Licences. I particularly consider that there is room for improving cooperation with our Basketball Academy. Professional improvement is our major obligation and we will keep on with it.

The forthcoming BCB 2005 is in the function of professional improvement. Regarding this President Obradovic is really a competent co-locutor. For 14 years of coaching he has participated every year, as average, at least in four seminars, as a lecturer. He lectured, besides in our country, also in Greece, Italy, Spain, Brasil, Uruguay and Argentina. He held seminars in Spanish, English and Italian. Concerning the forthcoming Clinic in Belgrade he says:

– I believe that it's our obligation that this becomes and remains the most quality professional seminar in Europe. I am extremely satisfied with the preparations for this Clinic. I here mean above all of the selection of the lecturers and topics. They are top professionals. We have made an interesting programme for all the coaches and it can be applied in all competition categories. It is my decision that the lectures be held, above all, at the floor. I will insist on this in future.

With great satisfaction I expect the mass visit of our coaches to the clinic. I am glad that coaches from abroad have announced their arrival. I will do everything, with the support of my associates, whose contribution to the Association work is huge, to be a good host of the BCB 2005, concluded Obradovic, who will at the same time, in Belgrade, lead our national team to the top of the European basketball.

■ Mirko Polovina



BCB 2005

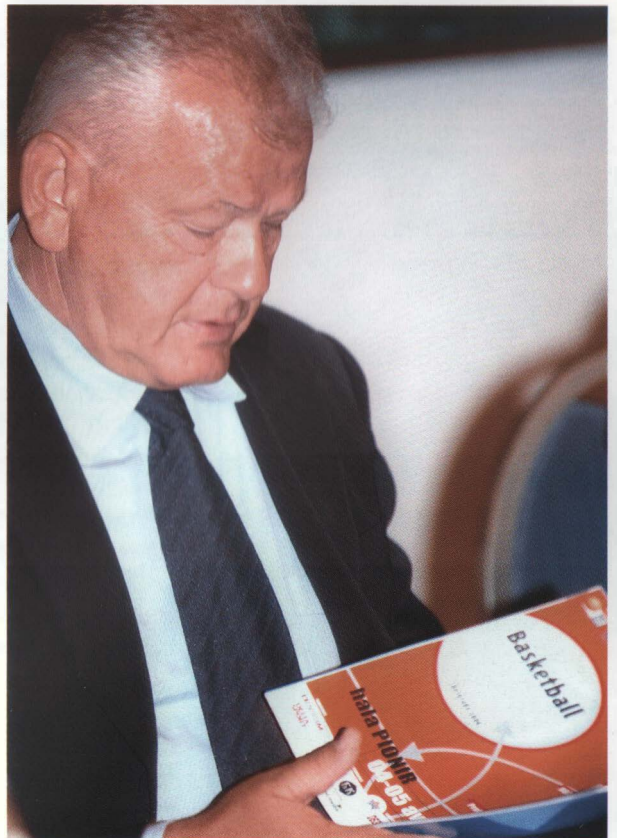
Svetski skup u zemlji svetskog prvaka

Predavači: Trener godine u NBA (Majk D'Antoni) ● Olimpijski šampion (Ruben Manjano) ● Svetski prvak (Svetislav Pešić)

Veliki broj trenera izrazio je želju da prisustvuje četvrtoj beogradskoj košarkaškoj klinici, tako da se organizator suočio sa problemom kako da svima obezbedi ulaznice za Evropsko prvenstvo. Ove godine očekuje se da seminar prati oko tri stotine domaćih i dve stotine stranih trenera. Za trenere mlađih kategorija prisustvo seminaru nije obavezno, ali će oni sa overe-



Energija i znanje za svetsku kliniku: Milan Opačić
Energy and knowledge for the world brand:
Director Milan Opacic



Utemeljivač moderne klinike: Dušan Ivković
Founder of the modern BCB: Dusan Ivkovic

nim licencama moći da prate predavanja. Direktor BCB 2005 Milan Opačić predviđa da će seminar biti vrlo kvalitetan zbog toga što je planirano dovoljno vremena za dodatna pitanja i ostalo.

BCB 2005

World Meeting in the State of World Champions

Lecturers: NBA Coach of the Year (Mike D'Antoni) • Olympic Champion (Ruben Magnano) • World Champion (Svetislav Pesic)

A great number of coaches has expressed a wish to participate in the 4th Belgrade Basketball Clinic, so the organizer faced the problem of providing the entry tickets for the EU Championship to everyone. This year it is expected that around three hundred local and two hundred foreign coaches will take part in the seminar. For the coaches of the junior categories the presence in the seminar is not obligatory, but the ones possessing authorized licences will be able to attend the lectures. BCB 2005 Director Milan

Opacic envisages that the seminar will be a quality one because enough time for additional questions and rest issues is left.

This year three „non-basketball” lectures attracting lots of attention will be in the programme. One of these is the issue of Sead Krzalic – „Development of Strength Endurance”, other is Vladan Devedzic's – „Advanced IT Support for Basketball Game”, and the third one, particularly important, the lecture of the President of NBA team Phoenix Suns Jerry Colangelo – „Creating a Team”.



Ove godine na programu su tri „vankošarkaška“ predavanja koja će privući veliku pažnju. Jedno od njih je tema Seada Krdžalića – „Razvoj specifične snažne izdržljivosti“, drugo Vladana Devedžića – „Moderna kompjuterska tehnologija u košarci“, a treće, posebno bitno, predsednika NBA ligaša Phoenix Suns-a Džerija Kolandela – „Stvaranje tima“.

Osim ovoga, predviđeno je i predavanje Stjua Džeksona, predsednika sudijske organizacije NBA lige, koji će u posebnoj Sali okupiti naše najbolje sudije.

Najveći problem tokom priprema ove, četvrte po redu BCB, predstavljao je dolazak jednog od NBA trenera. Termin u drugoj polovini septembra nije odgovarajući za stručnjake iz najjače svetske košarkaške lige, zbog početka njihovih klupskih obaveza. Tako se već sada planira da naredna klinika bude održana poslednje nedelje juna, odmah nakon NBA drafta.

22. septembra, po završetku svih predavanja, planirano je „specijalno veče“, kojem će prisustvovati tridesetak predsednika košarkaških saveza iz cele Evrope, kao i predavači i ugledne zvanice. Biće to, nesumnjivo, najjači košarkaški skup u poslednjih desetak godina, a domaćin i organizator, je naravno, naše Udruženje košarkaških trenera.

Trenerima – slušaocima trebalo bi naglasiti da su ovogodišnji predavači najbolji trener NBA lige, Majk D'Antoni, aktuelni olimpijski šampion Ruben Manjanó i svetski prvak Svetislav Pešić.

Ovo je prvi seminar otkako je na čelu UKTSCG selektor Željko Obradović. On je, naravno, bio aktivno



*Domaće znanje na BCB: Boža Maljković kao predavač
Domestic knowledge at the BCB:
Boza Maljkovic as a lecturer*

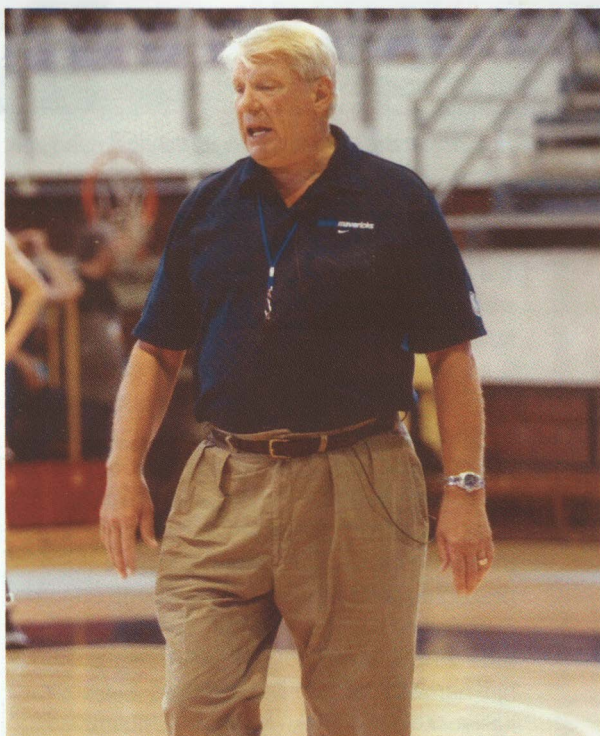


Del Haris: NBA iskustvo u Pioniru

Dell Harris: NBA experience in Pionir

Besides this the lecture of Stue Jackson, President of the NBA League Referee Organization, is envisaged as well and thus in the special Hall our best referees will gather.

The greatest problem during the preparations of the forth BCB represented the arrival of one of the NBA coaches. The term placed in the second half of September wasn't suitable for the experts from the toughest world basketball league, because of the beginning of their club obligations. So it is planned now that the following clinic be held in the last week of June, immediately after the NBA draft.



Zvezda prve BCB: Don Nelson

Star of the first BCB: Don Nelson

On September 22, upon the ending of all the lectures, a „special evening“ is planned, and thirty presidents of the basketball associations from whole Europe will come, and lectures and renowned guests too. It will, undoubtedly, be the greatest basketball gathering during the last ten years, and the host and organizer is of course our Association of Basketball Coaches.

The best invitation to the coaches – participants should be the fact that this year's lecturers are the best NBA league coach, Mike D'Antoni, the current Olympic Champion, Ruben Magnano and the World Champion Svetislav Pesic.

This is the first seminar since the head of the national team Zeljko Obradovic is appointed the head of the ABCSCG. Certainly he was active in the clinic organization. Due to his acquaintances with Mike D'Antoni and president of the EU Coach Association Anton Comas, their arrival was provided.

In short time BCB reached a high world level. Everything began in 2002 when the president of our coach association decided to make a world clinic, where



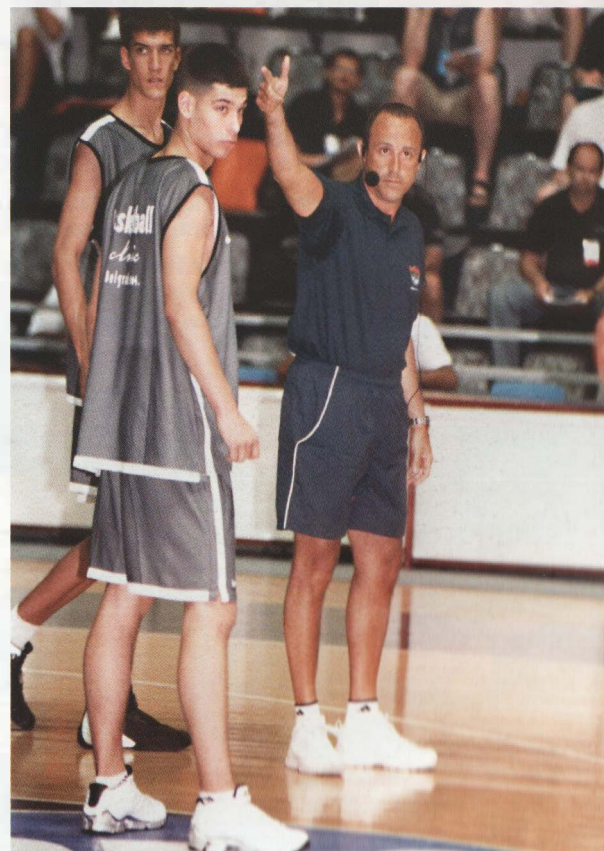
Duško Ivanović za katedrom BCB

Dusko Ivanovic lecturing at the BCB

NBA coaches would participate as well. Thanks to the Greek company TAF the financial means for bringing the foreign coach here were provided.

At the first clinic, Igor Kokoskov contributed to the arrival of the complete expert headquarters of Dallas Mavericks (Don Nelson, Dell Harris, Doni Nelson...). So everything started.

In the following year, at the second seminar, thanks again to Igor Kokoskov, a contact with Gregg Popovich was made, and Zarko Paspalj helped a lot with it too. Gregg



Ettore Messina, sa zadovoljstvom je učestvovao na BCB
Ettore Messina, participating in the BCB with pleasure

uključen u organizaciji klinike. Zahvaljujući njegovim poznanstvima sa Majkom D'Antonijem i predsednikom Evropske trenerske asocijacije Antonom Komasmom, obezbeđen je njihov dolazak.

Vrlo brzo BCB dostigla je visok svetski nivo. A sve je počelo 2002. godine kada je tadašnji predsednik našeg trenerskog udruženja došao na ideju da organizuje svetsku kliniku na kojoj bi učestvovali i NBA treneri. Zahvaljujući grčkoj firmi TAF obezbeđena su materijalna sredstva za dovođenje trenera iz inostranstva.

Na prvoj klinici, Igor Kokoškov doprineo je dolasku kompletnog stručnog štaba Dalas Maveriksa (Don Nelson, Del Harris, Doni Nelson...). Tako je sve počelo.



Roj Vilijams demonstrirao je, na BCB, vrhunska dostignuća Severne Karoline

Roy Williams has demonstrated top achievements of North Carolina at the BCB

Već sledeće godine, na drugom seminaru, ponovo zahvaljujući Igoru Kokoškovu, uspostavljen je kontakt sa Gregom Popovićem, u čemu je učestvovao i Žarko Paspalj. Greg Popović je na toj, drugoj klinici, ostavio izuzetan utisak na naše trenere, između ostalog i zbog toga što im je za razliku od drugih bio na raspolaganju sva tri dana.

2004. godine klinika je održana između dijamantskog turnira i pripremne utakmice naše reprezentacije sa Amerikancima, neposredno uoči početka Olimpijskih igara. Treneri – slušaoci i tada su bili vrlo zadovoljni kvalitetom predavanja naročito izlaganjem Božidara Maljkovića i italijanskog stručnjaka Mesine. Međutim, tada je bilo i primedbi, pošto američki stručnjaci nisu odgovorili zahtevima „razmaženih“ slušalaca, koji nisu imali prilike da bolje upoznaju selektora američke olimpijske reprezentacije Leriya Brauna. Trebalo bi napomenuti da na drugim klinikama nije dozvoljeno fotografisanje sa predavačima, kao ni komuniciranje, niti postavljanje pitanja. Sve se odvija u sat vremena tokom predavanja. Kod nas će to već na ovoj klinici biti rešeno na bolji način, jer je prethodna klinika pokazala da se mora voditi više računa o slušaocima i njihovim zahtevima. S tim u vezi odlučeno je da se ove godine ne dovode stručnjaci – predavači koji učestvuju na evropskom prvenstvu, da bi se na taj način uspostavila veća saradnja između predavača i slušalaca.

Klinika je doživela punu afirmaciju, što je uočljivo po interesovanju. Još tokom februara i marta mnogi treneri raspitali su se o terminu održavanja ovogodišnjeg seminaru. Zbog toga se organizatori nisu uspravali već su i ove godine pripremili sjajan program za sve zainteresovane košarkaške trenere.

■ Slobodan Maletić

Basketball Clinic Belgrade 2005

PROGRAM

PONEDELJAK, 19. SEPTEMBAR

12.00 – 18.00 Prijavljanje i akreditovanje (veliki hol, CKS „Šumice“, Ustanička 125/1) (sva predavanja se održavaju u CKS „ŠUMICE“)

1. DAN, utorak 20. septembar

09.00 Prijavljanje i akreditovanje (veliki hol CKS „Šumice“)

11.30 Otvaranje seminara „BCB05“ (Anton Comas, predsednik EABC)

12.00 Predavač: **Ruben Magnano** (trener, Casti Group Varese, Italija)
Tema: Flex napad

14.00 Predavač: **Vladan Devedžić** (Univerzitet u Beogradu)
Tema: *Savremene informacione tehnologije u košarci*

16.00 Predavač: **Svetislav Pešić** (trener, Lotomatica, Italija)
Tema: *Tranzicija u napadu*

2. DAN, sreda 21. septembar

10.00 Predavač: **Ruben Magnano** (trener, BC Casti Group Varese, Italija)
Tema: *Kombinovana odbrana*

12.00 Predavač: **Sead Krdžalić** (kondicioni trener, SCG)
Tema: *Razvoj specifične snažne izdržljivosti*

14.00 Predavač: **Mike D'Antoni** (trener, Finiks Sans)
Tema: *Igra plejmejкера*

3. DAN, četvrtak 22. septembar

10.00 Specijalni gost

12.00 Predavač: **Jerry Colangelo** (predsednik NBA tima Finiks Sans)
Tema: *Stvaranje tima*

14.00 Predavač: **Mike D'Antoni** (trener, Finiks Sans)

Popovich at this, second clinic left an extraordinary impression on our coaches, among other things, because he was available to them, unlike others, all three days.

In 2004 the clinic was held between the diamond tournament and the preparatory match of our national team with the Americans, immediately on the eve of Olympic Games beginning. Then the coaches-participants were very satisfied with the quality of lectures, above all with the lectures of Bozidar Maljkovic and an Italian expert Mesina.

However there were some remarks too, because American experts did not respond to the requests of the „spoilt” spectators, who did not have opportunity to get to know better the head of the national team of the American Olympic national team, Larry Brown. Regarding such events it should be mentioned that at other clinics it is not allowed to make photos with lecturers, nor to communicate with them or make questions. Everything happens within an hour-lasting lecture. At this clinic it will be solved in better way, because the previous one showed that more attention should be paid to the spectators and their requests. Concerning this it is decided that this year the experts-lecturers will not be the ones that participate in the EU championship, in order to make greater cooperation between the lecturers and spectators.

The Clinic reached its full affirmation, what is evident in the amount of interest in it. Since the beginning of February and March many coaches have been asking about the term of this year's seminar. Thus the organizers have been alert and prepared a brilliant programme this year too for all the interested basketball coaches. ■ S. Maletic

Basketball Clinic Belgrade 2005

PROGRAMME

DAY 1, Tuesday, 20th of September

(location: Sport center „Šumice”)

- 09.00 Accreditation** (entrance hall od sport center „Sumice”)
- 11.30 Opening ceremony „BCB05”**
Mr. Anton Comas (EABC president)
- 12.00 Ruben Magnano** (BC Casti Group Varese, Italia)
„Flex Offense”
- 14.00 Prof Vladan Devedzic**, PhD (University of Belgrade)
„Advanced IT Support for Basketball Game”
- 16.00 Svetislav Pesic** (BC Lottomatica, Italia)
„Transition Offense”

DAY 2, Wednesday, 21st of September

(location: Sport center „Šumice”)

- 10.00 Ruben Magnano** (BC Casti Group Varese, Italia)
„Zone Defense”
- 12.00 Sead Krdzalic** (condition coach, Serbia and Montenegro)
„Development of Specific Strength Endurance”
- 14.00 Mike D'Antoni** (Phoenix Suns, NBA)
„Playmaker's Game”

DAY 3, Thursday, 22nd of September

(location: Sport center „Šumice”)

- 10.00 Special guest**
- 12.00 Jerry Colangelo** (Chairman & CEO, Phoenix Suns)
„Creating a Team”
- 14.00 Mike D'Antoni** (Phoenix Suns, NBA)



NBA legende i naši prijatelji: Greg Popović i Leri Braun na BCB u Pioniru

NBA legends and our friends: Gregg Popovich and Larry Brown at the BCB in Pionir

Konstantinos Deris, vlasnik agencije TAF sports marketing

Klinika unapređena na svim nivoima

Konstantinos Dinos Deris, 49-godišnji vlasnik akcija i direktor agencije TAF sports marketing, neposredni je partner Basketball Clinic Belgrade od njenog osnivanja. Gospodin Deris bavi se sportskim marketingom više od dve decenije, a njegova agencija sa preko 50 zaposlenih važi za lidera u oblasti TV prava na teritoriji Balkana. TAF saraduje sa FIBA od 1999. godine, vlasnik je TV prava za njena takmičenja i Evroligu za više teritorija. Svoju kancelariju u Beogradu TAF je otvorio 2000. godine.

■ **Gospodine Deris, podsetite nas kako je započela saradnja agencije TAF sa Udruženjem košarkaških trenera Srbije i Crne Gore?**

– Pre četiri godine, moj prijatelj Duda Ivković, koji je u to vreme bio predsednik Udruženja, i ja pronšli smo zajednički interes i odlučili da započnemo taj projekat. Interes TAF-a video sam u prilici da se nametne na srpskom tržištu kao jedna od vodećih sportskih agencija, ne samo u poslu sa TV pravima – na tom polju već smo stajali izuzetno dobro – nego i u organizaciji raznih događaja. Na drugoj strani, Udruženje je pored ostvarenja finansijskog interesa, dobilo šansu da saraduje sa inostranom kompanijom i inostranim klijentima.

■ **Vaša agencija radi na medijskoj promociji Basketball Clinic Belgrade. Recite nam nešto više o vašim konkretnim zadacima vezanim za organizaciju klinike. Šta se iz vašeg ugla promenilo, u poređenju sa 2002. godinom, kada ste počeli da saradujete sa Udruženjem?**

– Osnovna odgovornost agencije TAF sastoji se u obezbeđivanju finansijskih izvora za održavanje BCB u četvorogodišnjem periodu. U tom smislu, mi smo mnogo više partneri Udruženja u ovom projektu nego klasična agencija za advertajzing. Pored toga, naši ljudi u Beogradu pomažu partnerima u Udruženju i u drugim aspektima, kao što su kontakti sa medijima, realizacija sponzorskih aranžmana, nove ideje...

Ja sam srećan što smo u prethodne četiri godine unapredili kliniku na svim nivoima, kao i našu saradnju. Imena slavni trenera koji su dolazili u Beograd da drže predavanja, impozantan broj trenera koji su na BCB dolazili kao slušaoci, ne samo iz SCG nego i iz inostranstva, kao i imena sponzora koje smo obezbedili, dokazuju da smo sve ovo vreme radili dobro.

■ **Kako vidite razvoj BCB tokom prethodne četiri godine, pre svega u organizacionom i marketinškom smislu?**

– Pre svega, mislim da je BCB postao prepoznatljiva robna marka, što je veoma važno. Ljudi iz sveta košarke znaju za Kliniku, FIBA zna za nju, treneri je imaju u svojim godišnjim rasporedima... To je veoma bitno i znači da smo ispunili naš cilj. BCB kao organizacija sada funkcioniše mnogo bolje. Naravno da su Duda Ivković i Željko Obradović, sadašnji lider Udruženja, veoma zaslužni za to, ali ovom prilikom ja bih voleo da podvučem angažman g. Milana Opačića, izvršnog direktora BCB, koji je svih ovih godina radio naporno zajedno sa svojim saradnicima i postao moj lični prijatelj.



Početak saradnje/The beginning of the cooperation: Vuk Mitrović, Deris Konstantinos vlasnik Agencije TAF/TAF Agency owner i Duda Ivković

Ali postoji tu još jedna stvar. Planirali smo da će se srpsko tržište razvijati mnogo brže. Prema informacijama koje dobijam, advertajzersko tržište u vašoj zemlji se u poslednje dve godine nalazi u nekoj vrsti stagnacije. To nije dobro za agenciju TAF, za BCB, niti za srpski sport u celini. Ali svi zajedno nadamo se boljim danima jer smo svesni da Srbija ima veliki potencijal kao tržište za sportski biznis.

■ I. Bogunović

Constantinos Deris, TAF sports marketing agency owner

Clinic Improved at All Levels

Constantinos Dinos Deris, 49-aged shareholder and TAF sports marketing agency director has been a direct partner of the Belgrade Basketball Clinic since its foundation. Mr Deris has been dealing with sports marketing for more than two decades, and his agency with over 50 employees is a leader in the area of TV licenses for the Balkans territory. TAF has been cooperating with the FIBA since 1999, it is an owner of TV licenses for its competitions and for many territories of the Euroleague. Its office in Belgrade was opened in 2000.



■ **Mr. Constantinos, how in the first place did the cooperation between the TAF agency and the Association of Basketball Coaches of Serbia & Montenegro occurred?**

Four years ago in the talks with my friend, coach Duda Ivkovic who was the President of the ABC in that time, we found mutual interest for our company and for the ABC to start with this project. TAF's interest was to be established on Serbian market as one of leading agencies in sports, not only regarding TV rights business that has already been our strong side, but also in event organizing. In my opinion, beside financial interest for ABC it was a chance to cooperate with international company and international clients.

■ **Your agency is working on the media promotion and the sponsorship**

of Basketball Clinic Belgrade. Tell us something more about your exact responsibilities in the organization of the BCB. In which ways are you contributing to its successful existence and what has changed compared to the start of the cooperation in 2002?

TAF's first responsibility is to guarantee financial resources for Clinic in four years period. So we are more partners in this project than just an advertising agency. Beside that our people that work for TAF in Belgrade are helping people in the ABC in other aspects such as contact with media, sponsorship arrangements, new ideas...

I am happy that over past 4 years we improved this clinic and our cooperation in all levels. Names of famous coaches that were in Belgrade in last few years as well a number of coaches that participated in the Clinic, not only from Serbia but also from abroad as well as names of sponsors are a guarantee that we were working well.

■ **What do you think of the BCB development in last four years, in sports, but also in marketing and organizing sense?**

I think that BCB became a brand, what is very important. Basketball people know for it, FIBA knows for it, coaches have info about it in their schedules.... That is very important and that means that we have reached our goal.

BCB now works much better as an organization. Of course that Duda and Zeljko (Obradovic) currently on top of the ABC are responsible for it, but I would like to mention Mr. Milan Opacic, director of BCB, who has been working very hard with his stuff all these years and who also became my personal friend.

For cooperation continuation

The current contract between the TAF agency and BCB will have run out after this year's clinic. According to Mr Deris, there are great possibilities that cooperation will be extended.

– We have already had some discussions about future cooperation during the Final Four in Moscow earlier this year and I am optimistic regarding this.

We have some ideas and we will sit at table with our partners and friends from the Association and I believe that we will find the right solution for everything.

Other thing is that we were planning that Serbian market would grow much faster. Regarding the information that I have, Serbian advertising market is in kind of stagnation in last two years. It is not good for us, not good for BCB but what is most important it is not good for Serbian sport in general. But we are hoping for better days since Serbia is very potential market for sports business.

■ **I. Bogunovic**

Majk D'Antoni, šef struke Finiks Sansa i Trener godine u NBA ligi

Svaki trener mora da pronade svoj put

Majk D'Antoni, glavni predavač na ovogodišnjoj Basketball Clinic Belgrade nastavlja tradiciju započetu dolascima Dona Nelsona, Grega Popovića i Lerija Brauna u glavni grad Srbije i Crne Gore. Naime, svi oni bili su ili osvajači šampionskog prstena ili Treneri godine u NBA ligi.

D'Antoni, koji je veći deo svoje igračke i trenerske karijere proveo na Apeninskom poluostrvu, zvanje Trenera godine zaslužio je forsiranjem brzog i nekonvencionalnog stila košarke u timu Finiks Sansa, čiji je šef struke postao decembra 2003. godine.

■ **Gospodine D'Antoni, pre svega, kako se osećate pred dolazak u Srbiju i Crnu Goru, gde ćete svoje košarkaško znanje podeliti sa više od 1.000 trenera? Kakav je Vaš generalni stav prema trenerskim klinikama? Koliko na njima može da se nauči?**

– Zaista sam srećan što dolazim u Srbiju i Beograd. Za tu zemlju me vezuje mnogo lepih i ružnih uspomena (smeh). Jedan od omiljenih igrača koje sam trenirao svakako je Saša Đorđević, sa predstavnicima srpske košarke imam dugu istoriju takmičenja, a i Beograd mi se sviđa kao grad, tako da sam siguran da će biti sjajno izaći na teren i obratiti se tolikom broju trenera.

Probaću da im prenesem ono što znam. Verovatno će neke stvari moći da iskoriste u svom budućem radu, ali neću izmišljati „toplu vodu“. Ne verujem da ću reći



mного toga što već nisu čuli, ali ova Klinika će svakako biti dobro mesto za razmenu ideja i dobro mesto da pokažem kako ja volim da radim i kako mi to radimo u Finiks Sansima. Na seminarima uvek možete da čujete stvari koje vam se dopadnu ili ne dopadnu. Na svakom treneru je da proceni šta je najbolje za njega i pronade svoj put.

■ **Recite nam nešto o Vašoj trenerskoj istoriji. Gde i kako ste počeli? Ko je izvršio najveći uticaj na Vas?**

– Igrao sam u Milanu do 39. godine, onda sam se povukao i odmah počeo da se bavim trenerskim poslom. Mnogi treneri su uticali na mene dok sam igrao, a imao

Mike D'Antoni, Phoenix Suns coach and the NBA Coach of the Year

Each Coach Has to Find His Own Way

Mike D'Antoni, head lecturer at the this year's Basketball Clinic Belgrade continues the tradition begun with the arrivals of Don Nelson, Gregg Popovich and Larry Brown to the capital of Serbia and Montenegro. All of them were either winners of the champion ring or Coaches of the Year in the NBA League.

D'Antoni, who has spent major part of his player's and coaching career at the Appenine Peninsula, has obtained the title of the Coach of the Year with forcing quick and unconventional style of basketball in the Phoenix Suns team, whose head expert he became in December in 2003.

■ **First of all, how do you feel about coming overseas to Serbia and Montenegro, and sharing your basketball knowledge with about 1.000 attending coaches? What is your attitude towards coaching clinics in general and what do you consider the most important things that can be learned there?**

– I'd really be happy to come to Serbia, to Belgrade. There are a lot of good memories, bad memories (laugh). One of my favorite players that I coached was Sasha Djordjevic, there is a long history of competing and I like Belgrade as a city, so that would be great. Talking to one thousand coaches and getting out on the floor will surely be fun. I will tell them what I know, obviously they can pick up a couple of things, but nothing new would be invented. I don't think I'd be saying things that coaches haven't heard before, but this Basketball Clinic will surely be a good place to show ideas and to show them how I like to do it and how we do it in Phoenix. At clinics, there are always things you like and things you don't. Every coach has to judge what is best for him.

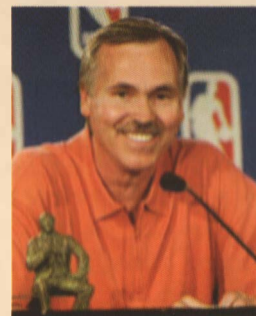
■ **Tell us something about your coaching background. Where and how did you start, and also who are the persons that had major influence on**

Mike D'Antoni

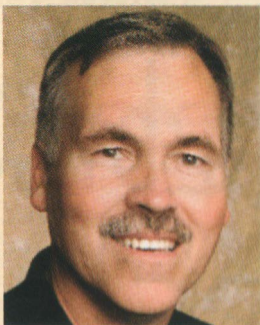
When Mike D'Antoni joined the Suns coaching staff in June 2002, he brought with him a 30-year professional basketball background that included the NBA, ABA and the Italian League. That experience was in his favor 18 months later when he took the reigns of the Suns as head coach in December 2003. He guided the NBA's youngest roster to a 21-40 mark after inheriting a trade-overhauled and injury-riddled Suns team. Installing an up-tempo style of play, the Suns increased their scoring by more than three points a game under his charge. D'Antoni coached the Suns to a 33-game improvement over last season and he has been named the winner of the Red Auerbach Trophy as the NBA Coach of the Year for the 2004/05 season.

This is the second NBA head-coaching stint for D'Antoni, who served as head coach for the Denver Nuggets in the 1998-99 season and was the club's director of player personnel in 1997-98. He was also on the bench as an assistant for Portland in 2000-01 and was a scout for San Antonio during the 1999-2000 campaign.

An Italian League legend, he coached Benetton from 1994-97 when his team captured the Cup of Europe and Cup of Italy in 1995 and won the league title in 1996-97 after a 22-4 regular season. Prior to that D'Antoni guided Philips Milan for four seasons from 1990-94 and led the club to the 1993 Korac Cup. During his Italian tenure D'Antoni led his teams to the playoffs each season and was twice voted the league's Coach of the Year.



Majk D'Antoni



Kada se Majk D'Antoni priključio trenerskoj ekipi Sansa juna 2002. godine, doneo je sa sobom 30 godina staža u profesionalnoj košarci, koji je ubrajao NBA, ABA i italijansku ligu. To iskustvo mu je dobro došlo 18 meseci kasnije kada je preuzeo uzde Sansa kao glavni trener

1. decembra 2003. godine. Doveo je najmlađi tim NBA do ocene 21-40 nakon što je nasledio na tabeli zaostali i povredama desetkovan tim Sansa. Posle nametnutog pojačanog stila igre, Sansi su povećali svoj rezultat za više od tri poena po igri pod njegovim vođstvom. D'Antoni je trenirao Sanse do poboljšanja igre na 33 tokom protekle sezone a i imenovan je pobednikom Crvenog Ojebah Trofeja kao NBA trener godine za sezonu 2004/05.

Ovo je drugi NBA zadatak za D'Antonija u svojstvu glavnog trenera, koji je bio glavni trener i Denver Nagetsa u sezoni 1998-99. i klupski direktor igračkog personala 1997-98. godine. Takođe je bio na klupi kao pomoćni trener Portlanda 2000-01 i skaut za San Antonio tokom kampanje 1999-2000. godine.

Legenda italijanske lige, trenirao je Beneton od 1994-97. godine kada je sa svojim timom osvojio Kup Evrope i Kup Italije 1995. godine i osvojio titulu lige 1996-97. nakon redovne sezone 22-4. Pre toga D'Antoni je predvodio Filips Milano tokom četiri sezone od 1990-94. i doveo klub do Kupa Koraća 1993. godine. Tokom svoje karijere u Italiji D'Antoni je svake sezone doveo svoje timove do plej ofa i bio je dvaput izabran za Trenera godine ove lige.

sam i neke sopstvene ideje kako bi trebalo da radim. Ako bih morao da izaberem jednog trenera koji je izvršio najveći uticaj, to bi svakako bio Den Piterson, pored kog sam proveo dosta vremena. Proučavao sam njegovu filozofiju, posmatrao kako se odnosi sa ljudima na terenu i van njega. Ostatak sam naučio igrajući i skupljajući trikove jedan po jedan.

■ Da li je slučajno to što su mnogi uspešni treneri nekada igrali na poziciji plejmejкера?

– To što sam bio vrhunski igrač sigurno mi je olakšalo život. Dobio sam priliku da direktno iz patika postanem šef stručnog štaba. Ali ja volim košarku, bavio sam se njom čitavog života i zato je posvećivanje trenerskom poslu za mene predstavljalo logičan korak. Kada pričamo o organizaciji igre, moram da spomenem Krešimira Čosića, koji je bio centar, a ipak je igrao i plejmejкера. Plejmejker možete biti sa različitih pozicija, Leri Bird je bio krilo, ali i dobar plejmejker i trener. Kada se podvuče crta, mislim da je ključna stvar za trenera njegov mentalitet, ne verujem da uspešnost u tom poslu ima veze sa pozicijom na kojoj ste proveli svoj igrački vek.

■ Jeste li nekada bili u poziciji da učite od jugoslovenskih trenera? Šta mislite o pokojnom profesoru Alek-

sandru Nikoliću, utemeljivaču trofejne „jugoslovenske trenerske škole” i koga naročito cenite među našim sadašnjim stručnjacima?

– Znam puno dobrih srpskih trenera, kako iz vremena kada sam igrao, tako i kasnije, kada sam svoje timove vodio u okršajima sa njima. Takmičenje sa njima je uvek bilo sjajno. Profesora Nikolića nisam poznavao toliko dobro jer sam u Italiju ipak stigao nešto kasnije, ali vi imate mnogo trenera koji su zaista vrlo, vrlo dobri. Ne bih želeo da nekoga izostavim, Obradović je definitivno odličan trener, pa Duda Ivković, Bogdan Tanjević... Tanjević je verovatno taj sa kojim sam se najviše nadmudrivao i koga poznajem bolje nego ostale.

■ Dobro je poznato da ste, pored američkog, vlasnik i italijanskog pasoša. U Italiji ste proveli dve decenije, pa da li onda možemo reći da ste Vi prvi evropski trener koji je u NBA ligi dobio posao šefa struke?

– Ja sam definitivno evropski đak. Za tih dvadesetak godina naučio sam puno košarke, tako da biste mogli da izvedete takav zaključak i ja bih na njega bio izuzetno ponosan. Uživao sam u vremenu provedenom u Italiji, igrajući i trenirajući u Evroligi. Veliki deo mog košarkaškog nasleđa i košarkaških iskustava potiče odatle i ja ih svesrdno koristim u svom svakodnevnom radu. Možda sam ja u ovom trenutku jedini čovek koji je igrao i trenirao u Evropi i NBA ligi, međutim, siguran sam da će ih u budućnosti biti sve više i više.

■ Kako vreme odmiče, NBA liga privlači i apsorbuje sve više od košarkaškog talenta „ostatka sveta”. Ali kada je reč o preuzimanju NBA timova od strane vrhunskih evropskih trenera, kao da se pojavljuju neke nevidljive prepreke. Šta sprečava realizaciju te ideje?

– Kada ste glavni trener u nekom evropskom klubu, verovatno vam je teško da prihvatite posao pomoćnika u stručnom štabu nekog NBA tima. A to je u Americi jedini put do pozicije prvog trenera. Jednostavno, teško je doći iz Evrope i direktno preuzeti brigu i odgovornost za NBA tim. Igra je drugačija, tako da prvo morate da odužite svoje pre nego što dođete do najvišeg nivoa. Ipak, mislim da je to samo pitanje vremena. Trenerima jeste teže da se domognu NBA lige nego igračima, ali ja sam siguran da su oni i te kako sposobni da u NBA odrade posao na najbolji način.

■ Kako ste se Vi snašli pri prelasku iz evropske košarke u NBA? Da li ste ostali pri postulatima usvojenim u Evropi i na koju vrstu prilagođavanja ste bili primorani?

– U osnovi, posao se radi isto, što se tiče trenerske filozofije, načina na koji tretirate igrače, načina igre koji želite da demonstrira vaš tim... sve je to isto. Ja sam neko vreme morao da provedem kao asistent kako bih zaradio poverenje igrača, razumeo neke stvari i pravila koja su u Americi drugačija. Ali košarka je košarka, gde god da odete. Ono što sam pokušao da implementiram

your decision to stay in basketball as a coach?

– I played in Milano until I was 39, then I retired and started coaching. A lot of different coaches influenced me and as a player I had my own ideas of how it should be done. I guess one coach that definitely is very influential was Dan Peterson. I've been near him for a long time, I've studied his philosophy, watched how he's dealing with people on and off the court. And the rest was just playing and picking up things.

■ **Has it had something to do with you being one of the greatest European playmakers of your time?**

– Being a good player made transition easier for me. I was able to go straight to the head coaching job, but I love basketball, that's what I've done all my life. You got to keep working, so it was natural thing for me. When we talk about playmaking, I have to mention Kresimir Cosic, who was a center but also played a playmaker. So the position of a playmaker can be played at different positions. Larry Bird was forward, but also a good playmaker and a good coach. I

think, at the end, it is your mentality, I don't think it has anything to do with the position you played at.

■ **Have you ever been in position to learn from Yugoslav coaches? What is your opinion on our „coaching school” established by late Professor Aleksandar Nikolic, Hall of Fame member? Which Yugoslav coaches are the ones that deserved your respect with their coaching style and results?**

– I know a lot of good Serbian coaches we played against, and later on I coached against. Competing against them was great. I didn't know Aleksandar Nikolic that well because I came over here later, but you have lot of coaches that are very, very good. I don't want to leave anyone out, but definitely Obradovic is excellent coach, then Duda Ivkovic, Bogdan Tanjevic... Tanjevic is probably the one that I competed most against and I know him better than the rest.

časopis udruženja košarkaških trenera

TRENER

Mike D'Antoni

**trener godine nba
na klinici godine**

UKT SCG

UKT SCG

Basketball
Belgrade 2005.

JUN 2005. GODINA IX BR. 34 CENA 100 DIN. 2 EUR 3,5 KM 100 DEN. 800 TOLARA 25 KUNA

■ **It is well known that you are the owner of dual citizenship, of the USA and Italy. You have spent more than two decades in Italy, so the question is: can we say that you are the first European Head Coach ever in the NBA?**

– I definitely was schooled and learned a lot of basketball in Europe, so you could say that and I would be proud to be that. I loved my time in Italy and my time in European leagues, playing and coaching. Most of my background comes from there, most of my experiences come from there, so when I coach I use that as my guiding tool. Maybe now I am the only person who had played and coached both in Europe and in the NBA, but I think, as we go forward, you'll see them more and more.

■ **As years go by, NBA is attracting and absorbing more and more of the rest of the world's basketball talents. But when it comes to the idea of the best European**

dok sam bio trener u Evropi, pokušavam i ovde. Mislim da je uvek najvažniji odnos koji izgradite sa svojim igračima. Možete znati svu taktiku ovog sveta, ali suština je pridobiti igrače za sebe, tako da uvek igraju sa maksimalnim požrtvovanjem i veruju u ono što radite zajedničkim snagama. To je u NBA ligi potpuno isto kao u evropskoj košarci.

■ **Nedavno ste proglašeni Trenerom godine u NBA ligi. Kolike smatrate da su Vaše zasluge za to što je Finiks imao 33 pobeđe više u odnosu na sezonu pre ove? Gde vidite da je bio Vaš konkretan doprinos tom porodu?**

– Moja nagrada pripada igračima koliko i meni samom. Ne bih mogao to da uradim bez njih, naročito bez Stiva Neša. Kada smo ga doveli iz Dalasa znao sam da imamo veliku šansu da budemo uspešni. Moj posao bio je da igrače naučim da rade prave stvari, da održim harmoniju u timu... ali do pobeđa ne možete ako nemate talenat u timu. Ja sam bio srećan da imam talenat, kao i dobre saradnike. Kod nas nema striktno podele, svi radimo sve, pričamo, delimo ideje. Konačna odluka uvek je na meni, ali svi daju svoj doprinos. Tako da zasluge za uspeh Finiksa iz prošle sezone pripadaju i igračima i trenerima.

■ **Recite nam nešto o vašoj trenerskoj filozofiji. U Finiksu ste prošle sezone**

uglavnom igrali sa niskom postavom i sa takvim pristupom imali ste puno uspeha. Da li je takva igra bila Vaš izbor, ili ste jednostavno tražili način da ostvarite najbolje rezultate sa igračima koje ste imali na raspolaganju?

– Ja se trudim da uvek držim na terenu svoju najbolju petorku. To može da znači i nisku i visoku postavu, ali to u suštini i nije važno. Samo je bitno da su to igrači u koje verujem u datom momentu. Što se tiče niske postave, takav stil sam jedno vreme forsirao



u Evropi, dopao mi se i pokušao sam da ga primenim i u Finiksu. Ispostavilo se da je i ovde profunkcionisao.

■ **Protivnici su se žalili zbog kreativnosti Sansa u napadu. Pričali su kako „uopšte nemate postavljene akcije“ i da je u tom smislu „nemoguće skautirati vas“. Kako to komentarišete?**

– Istina je da mi uglavnom ne igramo postavljene akcije. Umesto toga pokušavamo da naučimo igrače kako se igra košarka, kako se čitaju situacije. Ne želimo da gušimo loptu, već jednostavno raširimo teren i držimo se bazičnih košarkaških principa. Mnoge stvari i odluke ostavljamo igračima, njihovim instinktima i kreativnosti.

■ **Vaš tim proslavio se igrom na veliki broj poena. Mnogi smatraju da ste zajedno sa Rikom Adelmanom i još nekim trenerima pretvorili NBA utakmice u šou, sa svim lošim i dobrim konotacijama koje ta reč donosi sa sobom.**

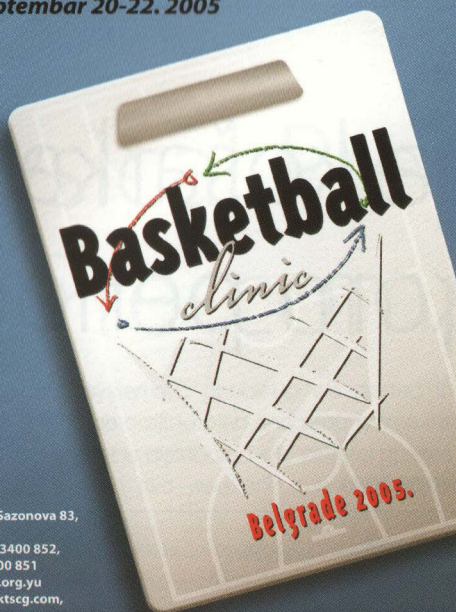
– Pa, mi zaista pokušavamo da napravimo šou. Pokušavamo da igru učinimo dopadljivom navijačima, ali na kraju krajeva, naš osnovni zadatak jeste da zabeležimo pobeđu. Ja mislim da smo sposobni da uradimo i jedno i drugo. Igrati sporo i ružno ne predstavlja nužno recept za pobeđu, tako da mi pokušavamo da igramo što bolje, trčimo što brže i postignemo što više poena, kako bismo dobijali utakmice. Mislim da će se još neki timovi ugledati na nas i sledeće sezone probati da postignu rezultat po tom principu. Naravno, za takav visok tempo i neprekidno trčanje gore-dole morate imati adekvatne igrače.

■ **Na kraju, šta je to što možete da obećate Vašim budućim slušaocima?**

– Mislim da organizatori žele da pričam o plejmejkerskoj veštini, a druga sesija biće vezana za filozofiju igre Finiks Sansa. Dotaći ćemo se mnogih stvari. Trenerima koji dođu da me slušaju mogu da obećam da ću sve što znam izložiti pred njih i podeliti sa njima sve ono što kao trener volim da primenjujem. Nadam se da će moći da nauče neke stvari, nešto im se verovatno neće dopasti, ali to je u redu. Neka sami izdvoje ono što misle da će dobro funkcionisati u radu sa njihovim timovima.

■ **Ivan Bogunović**

Basketball Clinic Belgrade 2005 Septembar 20-22. 2005



Adress UKTSCG: Sazonova 83,
11000 Beograd
Phone: (+381 11) 3400 852,
Fax: (+381 11) 3400 851
e-mail: uktj@uktj.org.yu
web: www.bcb.uktscg.com,
www.uktscg.com

coaches taking over NBA teams, things are pretty much stagnating. The way you see things, what is holding back that idea?

– It is just hard, if you are headcoaching in Europe, to come and be an assistant coach in America. And that's how it will have to start, because it is hard to just come over and be a head coach here. It's a different game and you've got to come and pay your dues, but I think it's just matter of time. It's a little bit harder to do it, but it will definitely happen. Top European coaches are certainly good enough to get the job done in the NBA.

■ Tell us something more about your experience with exchanging European Basketball (Pallacanestro and Euroleague) for the NBA. Did you stay by your European knowledge or did you have to make adjustments?

– Basically, it's the same way you treat players, the type of game you want to play, your philosophy... it's all the same. I had to be an assistant coach for a little while, to give respect to the players, to understand the travel and things that are different in America. But it is still basketball. What I've tried to do in Europe, I try to do in America. I think, always, the most important thing is how you manage your players. You can do X's and O's, but the essence is how to get your players to play hard and believe in what you're doing. That is the same in Europe as it is in the NBA.

■ How did you deserve the NBA coach of the year award, named in honor of great Red Auerbach. Of course there are numbers, Phoenix's 33-win turnaround, the best record in the NBA regular season... But where do you think your biggest influence was? How much credit goes to the players such as Steve Nash, improved Amare Stoudemire...?

– That award is for the players, I couldn't do it without Steve Nash. When I brought him in here, I knew we had

a great chance to be successful. My job was in getting the players to do the right things, to keep the harmony, but you can not win without talent. I was fortunate to have that and I was fortunate to have a good coaching staff. We are all doing everything, talking, sharing ideas. You know, the final decision would be mine, but everybody contributes and tries to do the right thing. So our success from last season owed a little bit to both players and coaches.

■ Tell us something about your coaching philosophy. In Phoenix, you are playing „small ball” most of the time and you've had big success with such approach. Was it your choice or are you just keen on finding ways to make the most of the players you have at your disposal?

– I'm trying to play the best players I have at all times. It might be going small, going big, it doesn't really matter. They just have to be the best five I have at the moment. I did that in European basketball for a while, I enjoyed it and tried to do the same in Phoenix. And it worked here, too.

■ I remember last season, when rival players pouted about Phoenix's creativity, which they saw as „the lack of set plays, so they are impossible to scout”? Your comments?

– It is true that mostly we don't have set plays. We just try to teach players how to play basketball, read situations. We're not gonna hold the ball, we just try to spread the floor and stick to the basic principles. We are leaving many things and choices up to the players' instincts and their creativity.

■ Your team is famous as the highest scoring team in the NBA. Many people think that you, along with Sacramento's Rick Adelman and some other coaches, have turned NBA games to pure show (with all the good and bad connotations this word brings with itself).

– Well, we're trying to make a show. We have to make the game enjoyable to the fans, but the bottom line is that we have to win. I think that we can do both. Being ugly is not the way to win the basketball game, so we try to play as good as we can, run as fast as we can and put up as many points as we can and try to win that way. I think that some teams will try to do the same next season, but of course, you have to have the right players for such uptempo game and running up and down.

■ Finally, could you give us a glimpse of what you'll be lecturing at the Basketball Clinic Belgrade? What can you promise to your future listeners?

– I think they want me to talk about playmaking in one session, and the other will be about the philosophy of Phoenix Suns. We'll touch and do the lot of things. I can promise to the attendants that everything I know, I will try to put it out for them, share with them what I like to do. Hopefully they can learn some things, while some things maybe they won't like, but they should sort out what works for them.

■ Ivan Bogunovic

BCB 2005 **Sead Krdžalić**

Fizička priprema košarkaša u predtakmičarskom periodu

Nakon obavljenog sistematskog pregleda krenulo se u realizaciju zacrtanog plana i programa od osam nedelja koji je podjeljen u nekoliko faza.

- Prva faza prve dve nedelje uvodni period sa testiranjem,
- Druga faza od tri nedelje, bazični period,
- Treća faza od jedne nedelje, prelazni period,
- Četvrta faza od dve nedelje, predtakmičarski period.

Periodizacija pripremnog perioda

Faze priprema	Broj treninga	Vrsta treninga
Prva faza uvodni period sa testiranjem	21	Aerobna trčanja sa vježbama u kretanju, teretana, testiranja
Druga faza bazične pripreme	36+18	Footing, brzo trčanje A+AN, vijače, medicinke, prepone, teretana
Treća faza prelazni period	7	Specifika u sali A+AN rad, teretana, test 12min
Četvrta faza predtakmičarski period	14	Specifika, brzinska izdržljivost, skočnost +testiranje, teretana

Tabela 1

U prvoj fazi je urađen 21 trening po sistemu 2+2+1+2+2+1+1 u prvoj nedelji i 2+2+1+2+2+1 u drugoj nedelji.

Primjer tri dana treninga ove faze – pre podne

dijelovi treninga	prvi dan	drugi dan	treći-relax dan
uvodni	5 min istezanje 15 min aerobno trčanje	5 min istezanje 16 min aer. trčanje, test 30 i 90 min	istezanje 5-7 min
pripremni	10 min. istezanje sa vježbama u kretanju	10 min. vijača + 7 min. istezanje	15 min. trčanje u aerobnom radu
glavni	atletske vježbe u kretanju	teretana exp. snaga + 16min trčanje u aerobnom radu	1x 400 m. max – test
završni	7 min. rastrčavanje i 10 min. istezanje	5 min. rastrčavanje +10 min. istezanje	10 min. rastrčavanje 10 min. istezanje

Tabela 2

Popodne

dijelovi treninga	prvi dan	drugi dan	treći-relax dan
uvodni	istezanje 7 min.	istezanje 7 min.	-
pripremni	12 min. trčanje + 7min. istezanje	12min. trčanje+ 7 min. istezanje	-
glavni	teretana- 3 vježbe	4 vježbe u teretani	-
završni	16 min. trčanje +10min. istezanje	16 min trčanje 10 min. istezanje	30 min. bazen

Tabela 3

U okviru glavnog dijela treninga prve faze vježbi koje su rađene u teretani u poslijepodnevnom terminu:

- Nabačaj
- Duboki čučanj
- Ravni benč
- Kosi benč
- Nabačaj+izbačaj
- Pretklon
- Biceps
- Ispad u mjestu
- Zadnji potisak
- Uzručenje – Odručenje – Priručenje
- Trbušnjaci i leđa

Rekviziti koji su korišteni u ovoj fazi u prijednevnom treningu:

- Medicinka (3 i 4 kg)
- Švajcarska lopta – medicinska lopta
- Vijača
- Prepone
- Ljestve za koordinaciju

Testiranja koja su urađena u prvoj fazi:

- 30 m
- 90 m
- 400 m
- 12 min.
- 8 x 25 m
- 1 min. od auta do auta na sredini koš. terena
- Dalj iz mjesta
- Troskok iz mjesta
- Petoskok na lijevoj nozi
- Petoskok na desnoj nozi
- Desetoskok
- Abalah
- Nabačaj
- Duboki čučanj
- Ravni benč
- Zadnji potisak

BCB 2005 **Sead Krdzalic**

Physical Preparation in the Pre-competitive Period

Having done systematic check-up we started the realization of the drafted plan and programme lasting 8 weeks that is distributed into several phases.

- First phase lasting two weeks is the introductory period with testing.
- Second phase lasting three weeks is a basic period.
- Third phase lasting one week is a transitory period.
- Forth phase lasting two weeks is pre-competitive period.

Periodization of the preparatory period

Preparation phase	Number of workouts	Training type
First phase introductory period with testing	21	Aerobic running with exercises in motion, gym, testing
Second phase basic preparations	36+18	Footing, cross running A+AN, jump ropes, medicine balls, hurdles, gym
Third phase transitory period	7	Specifics in the court A + AN work, gym, test 12 min
Forth phase pre-competitive period	14	Specifics, speed stamina, jumping+ testing, gym

Table 1

In the first phase 21 training was done according to the system 2+2+1+2+2+1+1 in the first week and 2+2+1+2+2+1 in the second week.

An example of three workout days in this phase – in the morning

training parts	first day	second day	third-relax day
introductory	5 min stretching, 15 min aerobic running	5 min stretching 16 min aerobic running, test 30 and 90 min	stretching 5 -7 min
preparatory	10 min stretching with exercises in motion	10 min jump rope + 7 min stretching	15 min running in aerobic work
major	athletic exercises in motion	gym exp. strength + 16 min running in the aerobic work	1 x 400m max – test
final	7 min easy jog and 10 min stretching	5 min easy running + 10 min stretching	10 min easy running 10 min stretching

Table 2

In the afternoon

training parts	first day	second day	third-relax day
introductory	stretching 7 min	stretching 7 min	–
preparatory	12 min running+ 7 min stretching	12 min running+ 7 min stretching	–
major	gym – 3 exercises	gym – 4 exercises	–
final	16 min running + 10 min stretching	16 min running 10 min stretching	30 min swimming pool

Table 3

Within the major part of the training the first phase of the exercises done in the gym in the afternoon:

- bench press
- deep squat
- flat bench
- incline bench
- bench press+ push the bar up
- good mornings
- biceps
- standing lunge
- back press

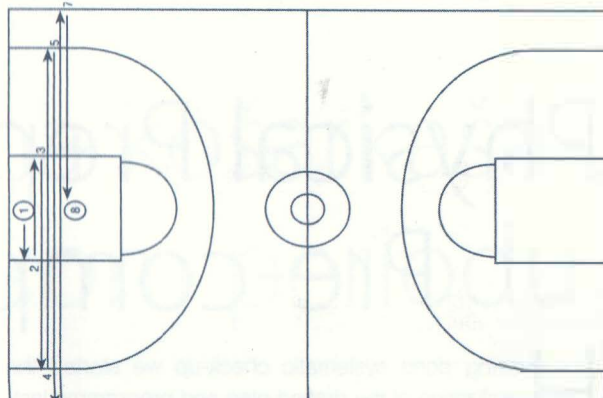
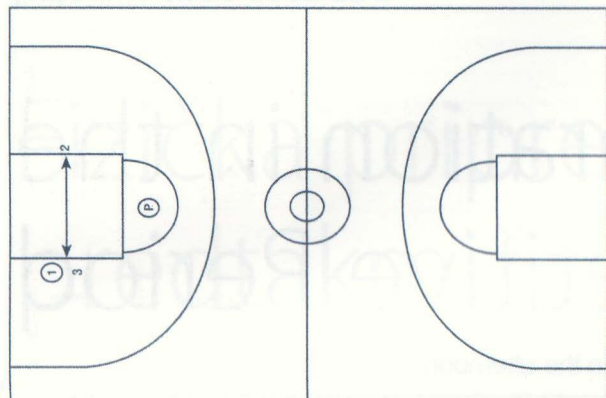
Requisites needed in this fase in the morning training:

- medicine ball (3 and 4 kg)
- Swiss ball– medicine ball
- jump rope
- hurdles
- ladders for coordination

Testing performed in the first phase:

- 30m
- 90m
- 400m
- 12 min
- 8 x 25m
- 1 min from the one to the other side out of bounds line at the middle of the court
- standing long jump
- triple standing jump
- five step jump on the left leg
- five step jump on the right leg
- ten step jump
- Abalah jump
- bench press
- deep aquat
- flat bench
- back press

Vježbe sa loptom na košarkaškom terenu u cilju razvoja anaerobnih sposobnosti



U okviru glavnog dijela treninga druge faze vježbe koje su rađene u teretani:

Rekviziti i vježbe koje su korištene u drugoj fazi pripremnog perioda:

- Step na klupi
- Dvokorak na sanduku
- Pojas- teški sa vijačom
- Tegovi za ručne i nožne zglobove
- Gume za sprint
- Gume za lateralno kretanje
- Gume za skočne zglobove za frontalno i lateralno kretanje
- Ljestve za vježbe agilnosti
- Krugovi za vježbe agilnosti
- Medicinke od 4 i 5 kg
- Prepone niske i visoke
- Sanduci za naskok, saskok i odskok
- Švajcarska (medicinska) lopta
- Padobran (za razvoj brzine)
- Balans ploča

Primjer treninga snage u teretani u bazičnom periodu (prva nedelja)

dani	pre podne	posle podne
1	jutarnji trening Teretana-nabačaj, duboki čučanj, ravni benč	Teretana- uzručenje, odručenje, priručenje, zadnji potisak, biceps
2	jutarnji trening nabačaj+izbačaj ispadi, francuski benč	nabačaj, polučučanj, kosi benč
3	jutarnji trening duboki čučanj, ravni benč, biceps	vučenje od pasa, polučučanj, diskasško razvlačenje
4	jutarnji trening pauza	uzručenje, odručenje, priručenje, propadanje, kruženje ramenima
5	jutarnji trening nabačaj+izbačaj, duboki čučanj, zadnji potisak	nabačaj, ispadi, kosi benč
6	jutarnji trening nabačaj, skok iz dubokog čučnja, ravni benč	pretklon, vučenje do brade, francuski benč
7	pauza zgibovi, biceps	pauza

Tabela 4

Važno je napomenuti da se u ovoj fazi priprema nakon teretane obavezno radi aerobno trčanje, vježbe sa vijačom ili neka vrsta skočnosti na preponama, vježbe za trbuh i leđa kao i istezanje.

Predlaže se svakodnevna ručna masaža.

U prvoj fazi uvodnih priprema odrađen je 21 trening na sljedeći način:

Prvi trening u prvoj nedelji – prije podne

Poslije statičkog razgibavanja od 5 min. slijedi 15 min. aerobno trčanje sa pulsom u zoni od 135-140. Zatim slijedi istezanje sa vježbama u kretanju (4-5) vježbi.

Nakon istezanja pristupa se glavnom dijelu treninga a on je baziran na atletskim vježbama u kretanju (zabacivanje potkoljenice, niski skip, poluvisoki, visoki, bočni i frontalni, karioka... ovaj rad traje 30 min.)

Ova aktivnost od 30 min. je u stalnoj zoni pulsa 135-140. Poslije vježbi u kretanju slijedi 7 min. lagano rastrčavanje i nakon toga 10 min. istezanje.

Drugi trening – poslije podne

Nakon 5 min. razgibavanja slijedi 12 min. trčanje u već prethodno rečenoj zoni pulsa, pa 7 min. istezanje i slijedi rad u teretani (3 vježbe)

1. Nabačaj 20 ponavljanja / 5 serija
2. Duboki čučanj 10 pon. / 5
3. Zadnji potisak 15 pon. / 5

Između serija nabačaja rađeni su trbušnjaci 30 ponavljanja / 5 serija

Duboki čučanj kombinovan između serija vježbama penjanje na prste 20 lijevo + 20 desno stopalo.

Zadnji potisak kombinovan između serija sa vježbom za leđa 20 ponavljanja / 5 serija

Nakon teretane, 16 min. trčanje (puls 135 – 140), zatim 10 min. istezanje.

Po završetku treninga – ručna masaža.

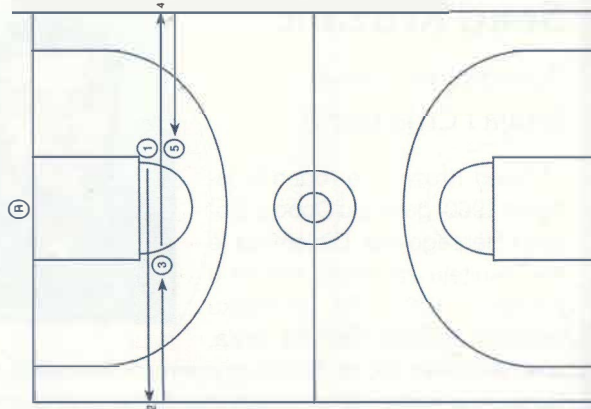
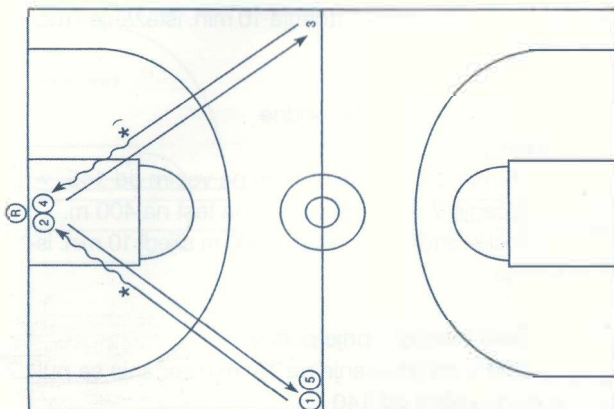
Treći trening – prije podne

5 min. razgibavanje.

Slijedi 16 min. trčanje u zoni 135-140. pa 7 min. istezanje.

Test na 30 i 90 m.

Drills with the ball at the basketball court with objective of developing anaerobic skills



Within the major part of the training of the second phase the exercises executed in the gym:

Requisites and exercises performed in the second phase of the preparatory period:

- step on the bench
- lay-up on a box
- waist- heavy with jump rope
- dumbbells for arm and leg ankles
- bands for sprint
- bands for lateral motion
- bands for ankles for front and lateral motion
- ladders for agility exercises
- circles for agility exercises
- medicine balls from 4 and 5 kg
- hurdles low and high
- boxes for stepping up, stepping off and bounce
- Swiss (medicine) ball
- parachute (for developing speed)
- balance board

Example of strength training in the gym in the basic period (first week)

days	in the morning	in the afternoon
1st	morning training gym- bench press, deep squat, flat bench	gym- lie supine on bench and do drills with dumbbells in your hands, back press, biceps
2nd	morning training bench press + pushing the bar up, lunges, French bench	bench press, half squat, incline bench
3rd	morning training morning training deep squat, flat bench, biceps	pulling up to the waist, half squat, dumbbell flye
4th	morning training break	lie supine on bench and do drills with dumbbells in your hands, anterior shoulder stretch, shoulder circling
5th	morning training bench press+pushing the bar up, deep squat, back press	bench press, lunges, incline bench
6th	morning training bench press, jump from the deep squat, flat bench	good mornings, pulling up to the beard, French bench
7th	break	pull-ups, biceps break

Table 4

It is important to mention that in this preparation phase it is obligatory to do aerobic running, exercises with the jump rope or some sort of jumping with hurdles, exercises for stomach and back and stretching after the gym.

Daily manual massage is recommended.

In the first phase of introductory preparations 21 training was performed in the following way:

First workout in the first week- in the morning

After static stretching lasting 5 min there is aerobic running lasting 15 min with pulse zone 135-140. Then there is stretching with the exercises in motion (4-5).

After stretching the principal part of the workout begins and it is based on the athletic exercises in motion (butt kicks, low skip, half high, high, lateral and frontal, carrioca,...this work lasts 30 min).

The activity lasting 30 min is in the permanent pulse zone 135-140. After some exercises in motion there will be 7 min of easy running and after that 10 min of stretching.

Second workout- in the afternoon

After 5 min of stretching there will be 12 min of running in the already mentioned pulse zone, and 7 min of stretching and work in the gym (3 exercises).

1. Bench press 20 reps/ 5 sets
2. Deep squat 10 reps / 5
3. Back press 15 reps / 5

Among the sets of bench press, stomach drills with 30 reps / 5 sets were done.

Deep squat combined among sets with exercises of raising on the toe tips 20 left + 20 right foot.

Back press combined among sets with the exercise for the back 20 reps / 5 sets.

After the gym, 16 min running (pulse 135-140), then 10 min stretching.

After the training- manual massage.

Third workout- in the morning

5 min stretching.

Then 16 min running in the zone 135-140 and 7 min of stretching.

Testing 30 and 90 m.

Sead Krdžalić

(kondicioni trener,
Srbija i Crna Gora)



Sead Krdžalić je rođen 5. januara 1960. godine u Doboju, Bosna i Hercegovina. Diplomirao je na Fakultetu za fizičku kulturu u Sarajevu 1985. Po završetku uspješne karijere bacača diska, specijalizovao se za fizičku pripremu košarkaških timova. Radio je u košarkaškim klubovima: Borovici iz Rume, FMP Železniku, beogradskoj Crvenoj zvezdi, Beneton Trevizu, atinskom Panatinaikosu i pet godina sa reprezentacijom Srbije i Crne Gore.

Na ovogodišnjoj beogradskoj Klinici govoriće o „Razvoju specifične snažne izdržljivosti“.

Poslije testa 5 min. istezanje, vijača – 10 min. sunožno preskakanje (1 min. preskakanje 1 min. pauza). Poslije vijače 5 min. istezanje pa teretana

1. Nabačaj + izbačaj 20 pon. / 6

2. Ispadi u mjestu sa opterećenjem 15 lijeva + 15 desna noga / 5 serija – ispod stopala prednje noge postavljena klupica visine 20 cm.

3. Biceps 15 pon. / 5

Isto kao i u prethodnom treningu između vježbi i njihovih serija rade se vježbe za trbuh i leđa.

Nakon teretane, 16 min. trčanje u već navedenoj zoni pulsa, pa rastrčavanje i 10 min. istezanje.

Četvrti trening – poslije podne

Razgibavanje 7 min. pa

12 min. trčanje puls do 140

7 min. istezanje pa teretana (4 vježbe)

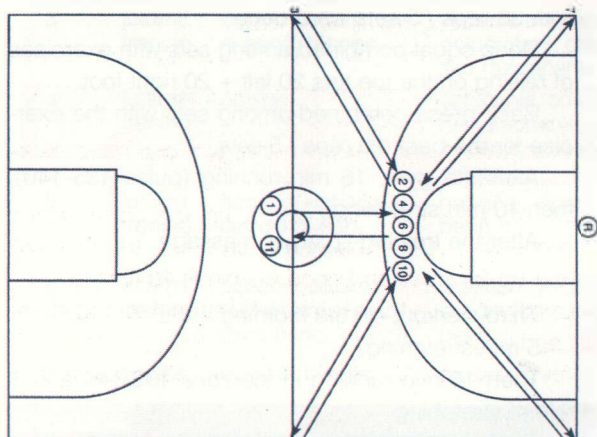
1. Nabačaj 10 pon. / 1 20 pon. / 5

2. Duboki čučanj 20 pon. / 4

3. Ravni benč 10 pon. / 1 10 pon. / 4

4. Francuski benč 10 pon. / 3

Sve četiri vježbe se kombinuju između serija sa vježbama za trbuh i leđa.



Poslije teretane 16 min. trčanje sa pulsom u zoni 135 – 145. i nakon trčanja 10 min. istezanje i ručna masaža.

Peti trening – prije podne

Razgibavanje 5 min.

15 min. trčanje sa pulsom ne većim od 145.

Trčanje 7 min – istezanje, pa test na 400 m.

Poslije istrčane dionice od 400 m slijedi 10 min. istezanje.

Šesti trening – prije podne

5 min. razgibavanje pa 16 min. trčanje sa pulsom ne većim od 140

Test trčanje 12 min. (Cooperov test)

Poslije testa od 12 min. slijedi 10 min. rastrčavanje i 10 min. istezanje.

Sedmi trening – poslije podne

Razgibavanje 5 min.

16 min. trčanje pa 7 min. istezanje

Teretana

1. Nabačaj 20 pon. / 1 20 pon. / 5

2. Kosi benč 10 pon. / 5

3. Biceps 20 pon. / 5

Vježbe u serijama kombinovane sa vježbama za jačanje trbuha i leđa.

Poslije teretane 10 min. trčanje i 5 x 100 m ubrzanje sa pauzom od 90 sekundi.

10 min. istezanje.

Osmi trening – prije podne

Razgibavanje 5 min.

16 min. trčanje

7 min. istezanje

2 x 100 m lagano ubrzanje

sa pauzom od 1 min.

Testiranje

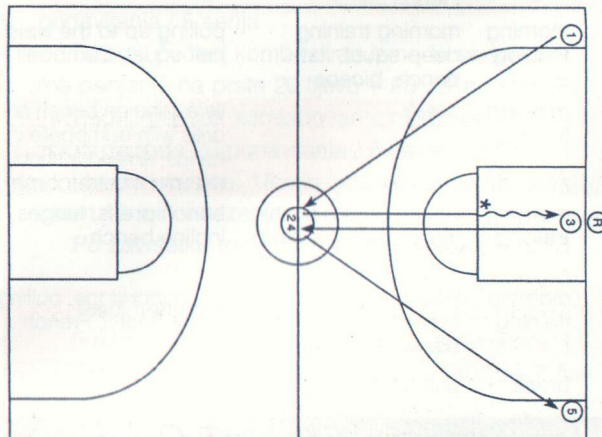
Dalj iz mjesta

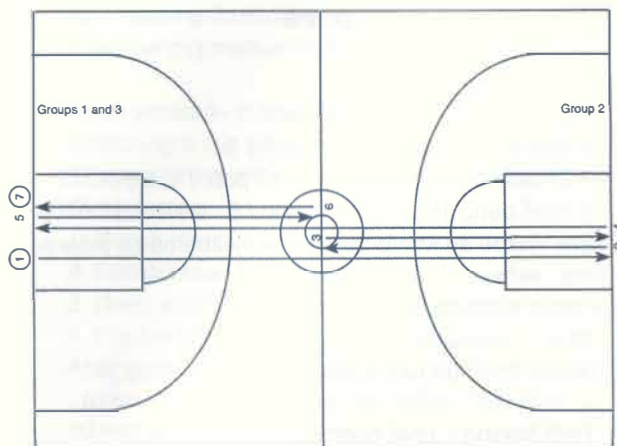
Troskok iz mjesta

Petoskok na lijevo nozi

Petoskok na desnoj nozi

Desetoskok s noge na nogu





After the test 5 min of stretching, jump rope– 10 min jumping with feet together (1 min skipping 1 min break). After the jump rope 5 min stretching and the gym.

1. Bench press + pushing the bar up 20 reps / 6
2. Standing lunges with dumbbells 15 left + 15 right leg / 5 sets– below the feet of the fore leg a bench 20 cm high is placed.
3. Biceps 15 reps / 5

The same as in the previous training between the exercises and their sets the exercises for stomach and back will be done.

After the gym, 16 min running in the already mentioned pulse zone, and running and 10 min stretching.

Forth workout– in the afternoon

Stretching 7 min and

12 min running, pulse up to 140

7 min stretching and gym (4 exercises)

1. Bench press (10 reps/ 1 20 reps/ 5
2. Deep squat 20 reps / 4
3. Flat bench 10 reps/ 1 10 reps/ 4
4. French bench 10 reps/ 3

All four exercises are combined among sets with the stomach and back exercises.

After the gym 16 min of running with the pulse in the zone 135-140 and after running 10 min of stretching and manual massage.

Fifth workout– in the morning

Stretching 5 min

15 min running with the pulse not higher than 145.

Running 7 min– stretching, and then testing 400m.

After running 400m there will be 10 min of stretching.

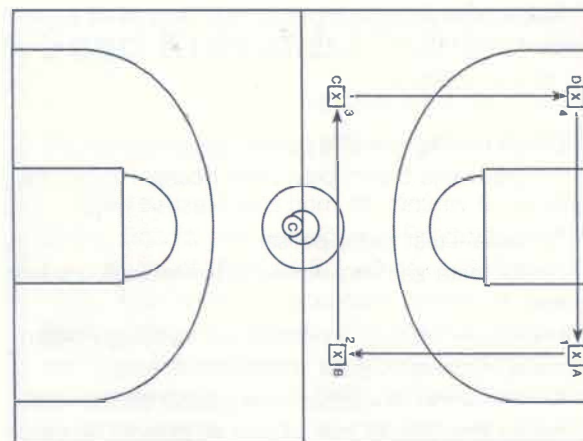
Sixth workout– in the morning

5 min stretching and

16 min running with the pulse not higher than 140

Running test 12 min (Cooper's test)

After the test lasting 12 min there will be 10 min of running and 10 min of stretching.



Seventh workout– in the afternoon

Stretching 5 min

16 min running and 7 min stretching

Gym

1. Bench press 20 reps/ 1 20 reps / 5
2. Incline bench 10 reps/ 5
3. Biceps 20 reps/ 5

Exercises in sets combined with the exercises for strenghtening stomach and back.

After the gym 10 min running and 5 x 100 m acceleration with the break lasting 90 sec.

10 min stretching.

Eighth workout– in the morning

Stretching 5 min

16 min running

7 min stretching

2 x 100m slow acceleration with the break lasting 1 min testing

standing long jump

triple standing jump

five step jump on the left leg

five step jump on the right leg

ten step jump from leg to the leg

After testing jumping 20 min running with the pulse in the zone 140-150.

10 min stretching.

Ninth workout– in the afternoon

Stretching 5 min and 12 min running and 7 min stretching

Gym– test back press

After testing back press in the gym one more exercise is done

Bench press + pushing the bar up + good mornings everyone with 20 kg/ 5 sets (bench press and pushing the bar up 20 times and good mornings 10 times)

Combined with the exercises for strenghtening stomach and back.

After the gym 16 min running with pulse not higher than 150

Nakon testiranja skočnosti 20 min. trčanje sa pulsom u zoni 140 – 150.

10 min. istezanje

Deveti trening – poslije podne

Razgibavanje 5 min. pa 12 min trčanje i 7 min. istezanje

Teretana – test zadnji potisak

Poslije testa zadnjeg potiska u teretani još urađena vježba

Nabačaj + izbačaj + pretklon svi sa 20kg / 5 serija (nabačaj i izbačaj 20 puta, a pretklon 10 puta)

Kombinovano sa vježbama za jačanje trbuha i leđa.

Poslije teretane 16 min. trčanje sa pulsom ne većim od 150

Poslije trčanja 7 min. istezanje

Nakon treninga ručna masaža.

Deseti trening – prije podne

Razgibavanje 5 min. pa

12 min. trčanje poslije trčanja 7 min. istezanje pa

Teretana– testiranje

1. Nabačaj od poda

2. Nabačaj od koljena

3. Duboki čučanj

4. Ravni benč

Poslije teretane

16 min. trčanje sa pulsom ne većim od 150

10 min. istezanje

U šestom danu poslije podne odmor – odlazak u bazen 30 min.

Jedanaesti trening – prije podne

Razgibavanje 5 min. pa

2 x 18 min. kros trčanje sa pulsom u zoni 150-155

Serijska pauza 5 min.

Poslije trčanja 10 min. istezanje.

U sedmom danu poslije podne odmor.

U drugoj nedelji prve faze akcenat je stavljen na aerobno trčanje i rad na razvoju snage.

U ovom dijelu priprema počinje se sa radom na skočnosti.

Prvi trening u drugoj nedelji – prije podne

U sali:

5 min. trčanje pa

10 min. istezanje kombinovano sa 2 vezana ubrzanja na cijeloj dužini terena.

Poslije ovakvog istezanja odrađen

Test 1 min. sprint na sredini terena od jedne do druge aut linije (15,5 širina terena).

Nakon testa, 7 min. istezanje pa

20 min. rad na agilnosti sa ljestvama

10 min. istezanje

Drugi trening – poslije podne

5 min. razgibavanje

12min. trčanje pa

7 min. istezanje i rad u teretani

1. Nabačaj 20 pon. / 1 15 pon. / 5

2. Duboki čučanj 10 pon. /1, 10 pon. / 1, 5 pon. /3

3. Kosi benč 15 pon. / 1, 6 pon./ 5

Sve vježbe su kombinovane sa vježbama za jačanje trbuha i leđa.

Poslije teretane 16 min. trčanje i

10 min. istezanje.

Nakon treninga ručna masaža.

Treći trening – prije podne

U sali 5 min. razgibavanje

20 min. zagrijavanje kroz atletske vježbe u kretanju sa pulsom ne većim od 145

Nakon zagrijavanja

7 min. istezanje pa

Test

8 x 25 m sprint. Poslije testa 10 min. istezanje.

Četvrti trening – poslije podne

Razgibavanje 5 min.

Teretana

1. Nabačaj + izbačaj + pretklon 20 kg x 20 + 20 + 10 / 6

Svaka serija kombinovana sa vježbama za trbuh i leđa

Poslije teretane

22 min. kros trčanje sa pulsom u zoni 150 – 154.

Nakon trčanja

10 min. istezanje.

Peti trening – prije podne

Trening u sali

5 min. razgibavanje

16 min. vježbe agilnosti na ljestvama

7 min. istezanje pa rad sa medicinkom (3 i 4 kg)

Pass sa grudi u stepu 30 x / 4 serije mix ubrzanje 2 dužine terena, pa pauza 1 min.

Pass sa desnom rukom u stepu 20 x / 4 mix 2 ubrzanja pa 1 min. pauze

Pass sa lijevom rukom u stepu 20 x / 4 mix. 2 ubrzanja pa 1 min. pauze

Aut u laganom skipu 30 x / 2 mix. 2 ubrzanja pa 3 min. pauza

Poslije medicinke 12 min. sunožno preskakanje vijače (1 min. preskakanje 1 min. pauza)

10 min. istezanje.

U trećem danu poslije podne odmor – ručna masaža

Šesti trening – prije podne

5 min. razgibavanje pa

12 min. trčanje u sali kroz atletske vježbe u kretanju (jedna vježba pa mix 2 ubrzanja na dužini terena)

10 min. istezanje pa 4 vezana ubrzanja po dužini terena

After running 7 min of stretching
After training manual massage.

Tenth workout– in the afternoon

Stretching 5 min and
12 min running after running for 7 min stretching and
Gym– testing

1. Bench press from the floor
2. Bench press from the knees
3. Deep squat
4. Flat bench

After gym

16 min running with pulse not higher than 150
10 min stretching

On the sixth day in the afternoon rest– going to the swimming pool for 30 min.

Eleventh workout– in the morning

Stretching 5 min and

2 x 18 min cross running with pulse in the zone 150-155

Break in series lasting 5 min

After running 10 min of stretching.

On the seventh day in the afternoon rest.

In the second week of the first phase the accent is put on the aerobic running and work on strength development.

In this section of the preparations we start to do jumps.

First workout in the second week– in the morning

In the court

5 min running and

10 min stretching combined with 2 consecutive accelerations at the whole court length

After stretching

Test 1 min sprint at the middle of the court from one to the other side out of bounds line (15.5 width of the court)

After test, 7 min stretching and

20 min work on the agility ladders

10 min stretching

Second workout– in the afternoon

5 min stretching

12 min running and

7 min stretching and work in the gym

1. Bench press 20 reps/ 1 15 reps/ 5
2. Deep squat 10 reps/ 1 10 reps/ 1 5 reps/ 3
3. Incline bench 15 reps/ 1 6 reps/ 5

All exercises are combined with the exercises for strengthening stomach and back.

After the gym 16 min of running and

10 min of stretching.

After the training manual massage.

Sead Krdzalic

(condition coach, Serbia and Montenegro)

Sead Krdzalic was born on January 5, 1960 in Doboj, Bosnia and Herzegovina. He graduated at the Faculty of Physical Education in Sarajevo in 1985. After finishing successful career of javelin thrower, he has specialized in physical preparation of basketball teams. He worked in basketball clubs: Borovica Ruma, FMP Zeleznik, Red Star Belgrade, Benetton Treviso, Panathinaikos Athens and five years with the national team of Serbia and Montenegro.

On BCB 05 he will talk about „Development of Specific Strength Endurance”.

Third workout– in the afternoon

In the court 5 min stretching

20 min warm up by means of athletic exercises in motion with pulse not higher than 145

After warm up

7 min of stretching and

Test

8 x 25 m sprint. After the test 10 min stretching.

Forth workout– in the afternoon

Stretching 5 min

Gym

1. Bench press + pushing the bar up + good mornings 20kg x 20 + 20 + 10/6

Each sets combined with the exercises for stomach and back

After the gym

22 min cross running with pulse in the zone 150-154

After running

10 min stretching.

Fifth workout – in the afternoon

Training in the court

5 min stretching

16 min agility exercises on the ladders

7 min stretching and work with the medicine ball (3 and 4 kg)

Chest pass in the step 30 x / 4 sets mix acceleration 2 court lengths and break lasting 1 min

Pass with right hand in the step 20 x / 4 min 2 accelerations and 1 min of break

Pass with left hand in the step 20 x / 4 min 2 accelerations and 1 min of break

Side out of bounds in the easy skip 30 x / 2 mix 2 accelerations and 3 min of break

After the medicine ball 12 min skipping the jump rope with feet together (1 min skipping 1 min of break)

10 min stretching

Skokovi preko prepona (visina prepone 30 cm – 10 prepona)

Snažno preskakanje akcentat stavljen na reakciju skočnog zgloba

Sunožno preskakanje sa podizanjem koljena

Skokovi na lijevoj nozi

Skokovi na desnoj nozi

Skokovi s noge na nogu

Lateralni skokovi

Sve vježbe su rađene po 4 serije i poslije četvrte serije 2 vezana ubrzanja, pa pauza 90 sec. i prelazak na sljedeću vježbu.

Nakon skokova

10 min. istezanje

Sedmi trening – poslije podne

Razgibavanje 5 min.

12 min. trčanje pa

7 min. istezanje, nakon istezanja

Teretana

1. Nabačaj + izbačaj 20 pon. /1 10 pon. /5

2. Vučenje do Brade 15 pon./5

4. Penjanje na prste 20 pon. / 5

Sve vježbe su kombinovane sa vježbama za jačanje trbuha i leđa.

Poslije teretane

16 min. trčanje sa pulsom no voćim od 150. Nakon trčanja 10 min. istezanje, pa ručna masaža.

Osmi trening – prije podne

5 min. razgibavanje

18 min. trčanje u zoni pulsa 150 – 155

7 min. istezanje pa

12 x 100 m ubrzanje (prolazi između 14,00 – 16,10 i serijskom pauzom od 90 sec.)

Poslije ubrzanja 5 min. rastrčavanje

10 min. istezanje

Deveti trening – poslije podne

5 min. razgibavanje

12 min. trčanje

7 min. istezanje pa teretana

1. Nabačaj + izbačaj 15 pon. /1 10 pon. / 4

2. Duboki čučanj + mix skok iz dubokog čučnja

kg x 5 + 5 + 5 + 5 /1

kg x 3 + 3 +3 + 3 / 4

3. Ravni benč 10 pon. /1 8 pon. /1 6 pon. / 3

4. Biceps 15 pon. / 3

Sve vježbe su kombinovane u serijama sa vježbama za jačanje trbuha i leđa

Nakon teretane 16 min. trčanje – puls do 155.

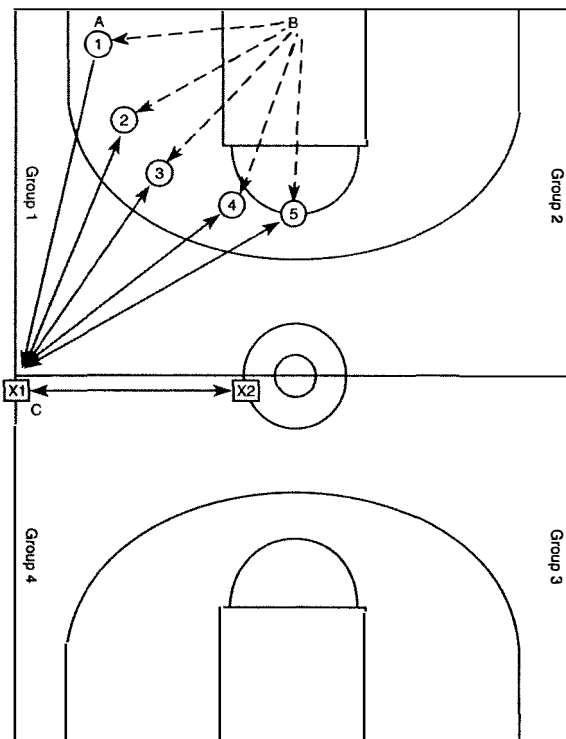
10 min. istezanje.

Deseti trening – prije podne

5 min razgibavanje

2 x 21 min. kros trčanje sa pulsom u zoni 155-163

Serijska pauza je 7 min. (koristili je za istezanje)



Nakon trčanja 5 min. rastrčavanje i 10 min. istezanje
Poslije treninga ručna masaža.

U šestom danu poslije podne je odmor

Sedmi dan – odmor

Zone pulsa u radu su određivane na način gdje se koristila formula npr. rad na 70 % od max. pulsa

220 minus broj godina = maksimalni puls

Maximalni puls minus puls u miru = rezervni puls

Rezervni puls x 0,70 = — + puls u miru = — 70% od max. pulsa.

Igrači su podjeljeni po grupama na osnovu rezultata testiranja, a njihov rad u teretani se odvijao po stanicama.

U drugoj fazi su urađena 54 treninga.

Na jutarnjim treninzima (18) akcentat je stavljen na aer. trčanje, vježbe na balans ploči, kao i vježbe oblikovanja u teretani.

U preostalih 36 treninga težište rada je na razvoju snage, skočnosti i početak rada na anaerobnoj izdržljivosti kroz specifične vježbe sa košarkaškom loptom.

Što se tiče treće faze priprema predlaže se 7 treninga u sistemu 1+2+2+pauza+1+1+pauza. U ovom periodu se radi testiranje – 12 min. trčanje.

U sali – na razvoju skočnosti i brzine.

U teretani – vježbe snage (velike težine) sa jednim do dva ponavljanja i to 2 do 3 serije.

Četvrtu fazu karakteriše rad na sprintu, skoku i stavu. U teretani se rade serije od 3 do 5 ponavljanja u 2 do 3 serije. Na kraju četvrte faze – ponovna testiranja i analiza rezultata u odnosu na početno stanje.

On the third day in the afternoon rest manual massage.

Sixth workout– in the afternoon

5 min stretching and

12 min running in the court – athletic exercises in motion (one drill and then mix 2 accelerations at the court length)

10 min stretching and 4 consecutive accelerations at court length

jumps over the hurdles (height of hurdles 30 cm– 10 hurdles)

skipping with feet together, the accent is placed on the reaction of the ankle

skipping with feet together and knee lifting

jumps on the left leg

jumps on the right leg

jumps from leg to the leg

lateral jumps

All drills are done in 4 sets and after the fourth sets 2 consecutive accelerations and break lasting 90 sec and another drill starts.

After jumps

10 min stretching

Seventh workout– in the afternoon

stretching 5 min

12 min running and

7 min stretching

after stretching

Gym

1. bench press+ pushing the bar up 20 reps / 1 10 reps/ 5

2. pulling up to the beard 15 reps/ 5

3. raising on the toe tips 20 reps/ 5

All drills are combined with the exercises for strengthening stomach and back.

After the gym

16 min running with pulse not higher than 150. After running

10 min of stretching and then manual massage.

Eighth workout– in the morning

5 min stretching

18 min running in the pulse zone 150-155

7 min of stretching and

12 x 100 m acceleration (approximately at 14.00-16.10 and break in sets lasting 90 sec.)

After acceleration 5 min running

10 min stretching

Ninth workout – in the afternoon

5 min stretching

12 min running

7 min stretching and gym

1. Bench press+ pushing the bar up 15 reps./1 10 reps. / 4

2. Deep squat + mix jump from the deep squat
kg. x 5+5+5+5/1

kg. x 3+3+3+3/4

3. Flat bench 10 reps./ 1 8 reps. / 1 6 reps./ 3

4. Biceps 15 reps./ 3

All drills are combined in sets with the exercises for stomach and back.

After the gym 16 min running– pulse up to 155.

10 min stretching.

Tenth workout– in the morning

5 min stretching

2 x 21 min cross running with pulse in the zone 155-163

Break in series lasting 7 min (used for stretching)

After running 5 min of easy jog and

10 min stretching

After the training there will be a manual massage.

On the sixth day rest in the afternoon.

Seventh day-rest.

Pulse zones during the work are estimated with the formula, for example, work with 70% of the pulse maximum

$220 \text{ minus age} = \text{maximum pulse}$

$\text{reserve pulse} \times 0.70 = \text{—} + \text{pulse while resting}$

70% of the pulse maximum

The players are divided into groups according to the testing results, and their work in the gym went on according to the stations:

In the second phase 54 trainings were performed.

In the morning trainings (18) accent was put on aerobic running, drills on the balance board, and drills of shaping the body in the gym.

During the rest 36 workouts the focus was placed on development of strength, jumps and starting work on anaerobic stamina by means of specific drills with the basketball ball.

Regarding the third preparation phase 7 trainings in the system are suggested

1+2+2+break+1+1+break.

In this period testing is done– 12 min running.

In the court – developing jumps and speed.

In the gym-strength drills (heavier dumbbells) with one or two repetitions in 2 or 3 sets.

Fourth phase is characterized by work on speed, jump and stance.

In the gym 3 up to 5 repetitions in 2 or 3 sets are done.

At the end of the fourth phase repeated testing and result analysis compared to the initial state

BCB 2005 Svetislav Pešić

Tranzicija u napadu

Osvojio je kao trener skoro sve što se moglo osvojiti: svetsko zlato sa juniorskom reprezentacijom Jugoslavije, dva evropska sa Nemačkom 1993. i Jugoslavijom 2001, pa svetsko zlato sa plavima 2002, brojne klupske titule sa Albom, ali je kruna, ipak, sa Barselonom 2003. kada se popeo na vrh Starog kontinenta. Znači, nedostaje samo olimpijsko odličje. Međutim, Svetislav Pešić će prvi put 20. septembra biti predavač na „Beogradskoj trenerskoj klinici“. Tema aktuelna „Tranzicija u napadu“.

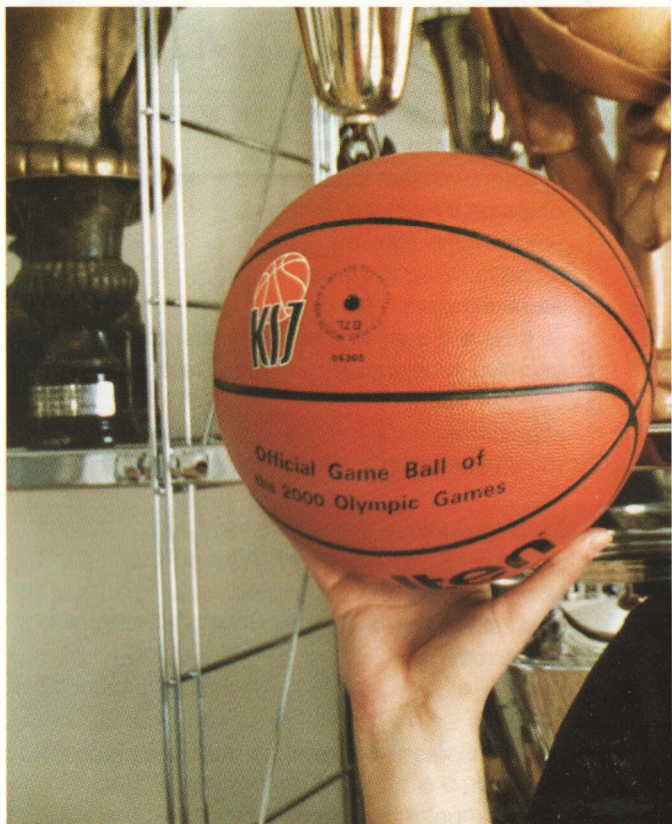
– Upravo tako, s obzirom da je novom modernizacijom pravila pre četiri godine napad skraćen sa 30 na 24 sekunde, prenošenje lopte preko centra sa deset na osam sekundi. Mislim da je to, posle uvođenja „trojke“ 1984. godine u Los Anđelesu, revolucionarna promena. Igra je postala brža, iako brzina napada zavisi od brzine odbrane. Ova promena je izmenila filozofiju igre, kontranapad se ne svodi samo na dva-tri igrača, već sva petorica imaju svoje zadatke – objašnjava Pešić o čemu će govoriti kolegama iz celog sveta. – Jer, kontranapad se sastoji iz dve faze: sa-

Ruben Manjano

(B.C. Kasti Grupa
Vareze, Italija)



Ruben Manjano je rođen 1954. u Argentini. Za samo četiri godine transformisao je Argentinu u tvrđavu međunarodne košarke, pobeđujući SAD dvaput, na Svetskom prvenstvu 2002. i Olimpijskim igrama 2004. Manjano je preuzeo reprezentaciju 1999. godine zamenjujući Hulija Lamasa a 2000. godine je osvojio FIBIN Južnoamerički i Panamerički šampionat sa juniorima. Na čelu seniorske reprezentacije, pobedio je na FIBINOM Južnoameričkom turniru, FIBINOM turniru američkog kontinenta i osvojio srebrnu medalju na Gudvil Igrama. 2002. godine dobio je srebrnu medalju na FIBINOM svetskom prvenstvu (Indijanapolis, SAD) i zlatnu medalju na Olimpijskim igrama 2004. u Atini, Grčka.



me kontre i sekundarnog napada u čiju se organizaciju uključuju i četvrti i peti košarkaš iz petorke. Koliko brže misliš imaćeš brža rešenja, samim tim i toliko više vremena za brži napad. Kada to prođe dolazi do pozicionog napada da se ne bi dolazilo u deficit vremena. Jer, nije isto organizovati napad kada je trajao 30 i sada kada traje 24 sekunde. Manjak od šest sekundi je ogroman u košarci. Pa, maltene najbrži sprinteri pretrče stazu od 100 metara!

Pešić nastavlja da obrazlaže svoju beogradsku temu:

– Zbog svega toga je važno kako iskoristiti tu prvu fazu kontra i sekundarnog napada. Ubrzan je i taktički i mentalni pristup. Nije dovoljno samo igrati brzo već i precizno, što podrazumeva i organizaciju kretanja lopte, košarkaša.

Pešić zaključuje:

– Meni je ova tema veoma draga, pošto podrazumeva moju filozofiju igre. To se videlo i u Istanbulu, kada je prvi put uveden skraćeni napad. Igrali smo tada pravu jugoslovensku košarku. Takva igra nama odgovara po mentalitetu i kvalitetu košarkaša. Mnogi bi želeli da igraju kao mi, ali ne mogu, jer retko ko ima takve košarkaše kao što su naši plavi!

■ D. Nikodijević

BCB 2005 Svetislav Pešić

Transition Offense



As a coach he won everything that can be won: gold in a World Championship with juniors of Yugoslavia, two gold medals in European Championship, with German National Team 1993 and Yugoslavia 2001, gold in World Championship with „blues” in 2002, a number of club titles with Alba, but the top of all is the title with Barcelona 2003, when he climbed up to the top of an „old” continent. Therefore, only the Olympic medal is missing. But, Svetislav Pešić will be a lecturer in Belgrade basketball clinic for the first time on September 20th. The subject is current „transition offense”.

– Considering the new modernization of rules that exactly, 4 years ago, the attack lasting changed from 30 to 24 seconds, ball transferring over the center from ten to eight seconds. I think that involving three points in 1984 in Los Angeles is a revolutionary change. The play became faster, even though the speed of attack depends on the speed of defense. This change shifted playing philosophy, counter attack is not reduced to two-three players, all five players have their own tasks – explains Pešić what he will tell to all the coaches from all over the world. – It is because, the counter attack consists of two phases, the

counter attack itself and secondary attack in whose organization of the fourth and the fifth player from team are included. The faster you are thinking the faster solution you will have, by itself, much more time for faster attack. Afterwards we are coming to the position for attack in order not to be faced with the lack of time. It is because it is not the same thing to organize attack when it lasts 30 seconds and now, when it lasts 24 seconds. A minus of 6 seconds is huge in basketball. You know, the fastest runner runs 100 meters lane within that time!

Pešić continues with explaining his Belgrade subject:

– It is very important how to use that first phase of counter attack and secondary attack. Tactical and mental approach is to accelerate. It is not enough to play fast, but precisely, what is related to ball moving organization, and a player also.

Then, trophious expert concludes:

– This subject is very dear to me, since it is related to my philosophy of a play. It is observable in Istanbul, when this shortened attack was involved for the first time. We were playing the genuine Yugoslav basketball. There are many people who would like to play as we do, but they cannot, precisely because almost no one has such players as our „blues”.

Ruben Magnano

(B.C. Kasti Group Varese, Italy)

Ruben Magnano was born in 1954, in Argentina. In just four years he transformed Argentina into powerhouse of international basketball, beating the USA twice, in World Championship 2002 and Olympic Games 2004. Magnano took over national team in 1999 replacing Julio Lamas and in 2000 he won the FIBA South American and Pan-American Championships with youth team. At the head of Senior National Men's team, he won the FIBA South American, FIBA tournament of the Americas and a silver medal at the Goodwill Games. In 2002, he won the silver medal at the FIBA World Championship (Indianapolis, USA) and the gold medal at the Olympic Games 2004 in Athens, Greece.

On BCB 2005 he will talk about „Flex Offense” and „Zone Defense”.

BCB 2005 dr Vladan Devedžić

Savremene informacione tehnologije u košarci

Sušтина košarkaške igre svakako nije u informacionim tehnologijama (IT). Pa ipak, evidentno je da IT predstavljaju izuzetno važan deo u praćenju utakmica, organizacionoj infrastrukturi, marketingu i svim drugim aktivnostima koje se odvijaju izvan terena. IT su vrlo efikasan način za prikupljanje, čuvanje i prenošenje podataka, te stoga promišljena upotreba savremenih računarskih sredstava i softverskih alata može u velikoj meri i u svakom timu da poboljša kvalitet treninga, menadžmenta, pa čak i efikasnost tima na terenu.

Cilj ovog predavanja je da pruži sistematičan pregled savremenih IT alata koji se koriste kao podrška različitim aspektima rada na organizovanju i izvođenju košarkaške igre. IT proizvođači nude veliki broj takvih alata za sve vrste profesionalaca koji rade u košarci i nije lako napraviti dobru klasifikaciju tih alata sa IT tačke gledišta. Ovo predavanje polazi od sledećih, vrlo opštih kategorija IT alata i softverskih aplikacija koji se koriste u košarci:

- aplikacije i alati zasnovani na bazama podataka
- statistički alati
- alati za analizu video-snimaka utakmica, treninga i drugih aktivnosti
- scouting aplikacije i tehnologija
- trenerske aplikacije i alati
- integrisane napredne aplikacije
- ostali alati

Prvi deo predavanja razmatra svaku od ovih kategorija i ilustruje tipične IT alate kroz demonstraciju i pregled tipičnih praktičnih softverskih aplikacija.

Treba, međutim, naglasiti da ne postoji stroga granica između navedenih tipova alata i aplikacija. Budući da postoji bukvalno na stotine takvih programa, evidentna su mnoga preklapanja među njima u pogledu funkcionalnosti koju nude. Isto tako, mnogi programi mogu se svrstati u više od jedne navedene kategorije.

prof. dr Vladan Devedžić

Vladan Devedžić je profesor računarske tehnike na Fakultetu organizacionih nauka Univerziteta u Beogradu. Takođe je predavao više predmeta i na Elektrotehničkom fakultetu Univerziteta u Beogradu, na Odseku za računarsku tehniku i informatiku. Zvanja diplomiranog inženjera elektrotehnike, magistra elektrotehnike i doktora tehničkih nauka za oblast elektrotehnike stekao je na Elektrotehničkom fakultetu.

Najveći broj aplikacija i alata ove vrste su komercijalni proizvodi. Neki od njih su čak „dobro čuvane tajne” i nije moguće doći do detaljnijih informacija o njima. Ipak, mnogi među njima su jeftiniji i dostupniji, a ima i onih koji se mogu besplatno preuzeti sa interneta. Predavanje razmatra i finansijske aspekte IT podrške košarkaškoj igri.

Drugi deo predavanja posvećen je specifičnoj IT podršci za košarkaške trenere. Takvi alati omogućuju elektronsko kreiranje, memorisanje, i korišćenje softvera za planiranje treninga i vežbi, igara u napadu i odbrani, postava, njihovih simulacija i animacija, ocenjivanja igrača i mnogo toga drugog. Softver te vrste kreće se od jednostavnih aplikacija za kreiranje igre, do složenih programa koji kombinuju planiranje treninga, baze podataka o igračima i utakmicama, alate za administraciju tima, razne statističke tabele i grafikone, te softver za prikazivanje i analizu video-snimaka utakmica. Posebna pažnja na predavanju posvećena je naprednim alatima koje koriste treneri NBA lige.

Na kraju, ali ne kao najmanje važno, predavanje razmatra i aktuelnu hardversku podršku košarci, pre svega hardver koji se koristi za obuku trenera, na seminarima, te u scoutingu.

BCB 2005 **Vladan Devedžić PhD**

Advanced IT in Basketball Game

The essence of the basketball game is certainly not information technology (IT). Still, IT is an essential part of the game's tracking, organizational, marketing, and other infrastructure. IT is a very efficient way to accumulate, store, and move data, hence careful deployment of advanced IT can enhance each team's coaching, practicing, management, and even game performance.

The objective of this talk is to provide a systematic survey of current advanced IT used to support different aspects of the basketball game. IT manufacturers and vendors offer a plethora of tools to all kinds of basketball professionals and organizations, and it is not easy to create a good classification of all such tools from the IT point of view. This talk assumes the following general categories of IT tools and software used as support for basketball:

- database applications and tools
- statistical analysis tools
- game video analysis tools
- scouting applications and technology
- coaching applications and technology
- integrated advanced applications
- other

Each category from the above list is surveyed in the first part of the talk, and practical software applications and tools are used to illustrate the categories whenever possible.

Note, however, that there is certainly no clear cut between different types of tools and applications. With literally hundreds of them, many overlaps in their functionalities are evident and many tools can be categorized in more than one of the above groups.

Most of the tools and applications surveyed are commercial ones. Some of them are even „best kept secrets“, and it is difficult to find but rather vague information about them. However, some of them are rather cheap or even freeware. The talk addresses financial aspects of IT support for basketball as well.



**Prof.
Vladan**

Devedzic, PhD

Vladan Devedzic a professor of computer science at the University of Belgrade, School of Business Administration, Department of Information Systems, Serbia and Montenegro (former Yugoslavia). He also used to teach several computer science courses at the University of

The second part of the talk focuses on specific IT support for coaches. Such tools provide support for creating, saving, and managing practice plans, drills, offensive and defensive plays, lineups, game simulations and animations, playbooks, player evaluations, and many more. They range from simple ones, such as simple play designers and digital playbooks, to complex software tools that integrate practice planners, databases of players and games, team administration tools, different stats and charts, and game video display and analysis tools. Special attention is given to advanced tools used by coaches in the NBA league.

Last but not the least, the talk addresses current hardware technology support for the basketball game, especially its use in coach training, seminars, and scouting.

BCB 2005 **Džeri Kolanđelo**

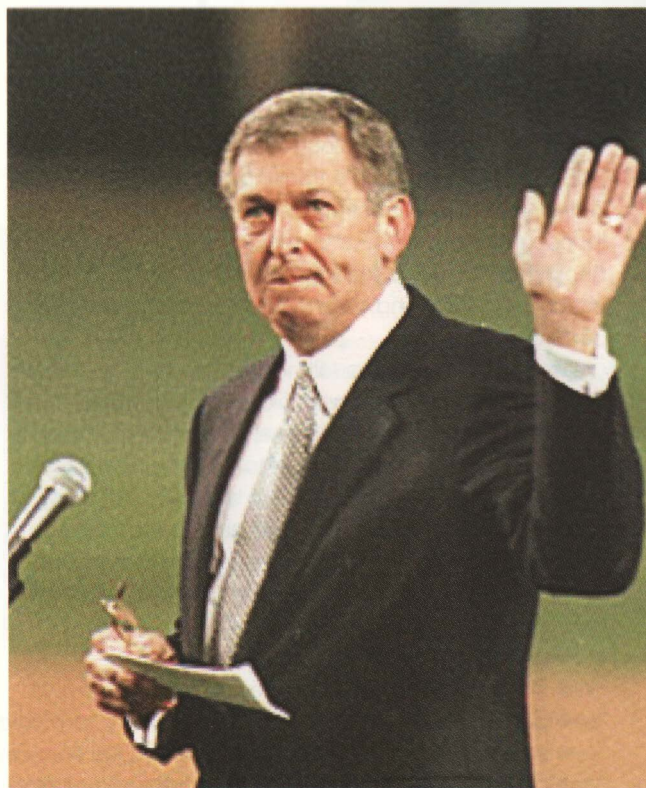
Pravljenje i organizacija NBA tima

Jedna od specifičnosti BCB 2005 jeste podatak da će pravljenje i organizacija NBA tima biti prvi put zastupljeni kao stručna tema. Time će spektar tema biti obogaćen, jer reč je o izuzetno kompetentnom predavaču.

Kroz svoju bogatu karijeru Džeri Kolanđelo je uvek bio prepoznatljiv po jedinstvenoj kombinaciji sposobnosti, kako u poslovnim aspektima, tako i u onim vezanim za košarkaški teren. To razumevanje i skoro 40 godina iskustva ga čine jednim od vodećih ljudi u američkom profesionalnom sportu.

Rođen 20. 11. 1939. u Čikagu, Kolanđelo je odrastao u italijanskom kraju i bio je vezan za sport od malih nogu. U srednjoj školi je, osim košarke, bio i najbolji školski pitcher u bejzbolu, pa i ne čudi što je, osim 66 ponuda za košarkašku stipendiju na koledžima, dobio i sedam ponuda profesionalnih bejzbol timova. Ipak se opredelio za košarku i univerzitet Kanzas, gde je igrao sa Viltom Čemberlenom, a koledž karijeru završio je na Ilinoisu.

Karijeru u profesionalnim vodama započeo je 1966. godine kao glavni skaut novog NBA tima – Čikago Balsa. 1968. godine postao je najmlađi generalni menadžer u istoriji profesionalnog sporta kada je preuzeo takođe tada novi NBA tim, Finiks Sans. Već 1976. Kolanđelo dovođenjem Alvana Adamsa i Pola Vestfala neočekivano dovodi Sansu do NBA Finala koje su izgubili sa 4-2 u seriji od Boston Seltiksa, a on osvaja svoj prvi trofej Executive of the Year. Kada je tim zapao u velike probleme sredinom 80-ih godina prošlog veka, Kolanđelo vuče nove sjajne poteze – dovodi Kevina Džonsona za prvog pleja, potpisuje unrestricted free agenta u istoriji NBA Toma Čemberasa, i Finiks od skora 28-54 u sezoni 1987-88. dolazi do 55-27 u narednoj. 1992. godini izvršio je trejd o kome je sanjao godinama – u Filadelfija „76-erse“ poslao je tri igrača za Čarlsa Barklija. Već u prvoj sezoni u timu, Barkli je MVP Lige, a Finiks stiže u još jedno NBA finale i ponovo gubi sa 4-2 u seriji, ovoga puta od Džordana i Balsa. Posle promenljive druge polovine 90-ih, Sansi su na draftovima došli do Šona Mariona i Amarea Staudemirea, a prošlog leta i do slobodnog agenta iz Dalasa, Stiva Neša, da bi prošle sezone iznenadili košarkaški svet ostvarivši 62 pobeđe u regularnoj sezoni.



Kolanđelo je 1987. godine predvodio grupu ljudi koja je kupila franšizu Sansa za 44.5 miliona dolara, što je bila najveća kupovina nekog NBA kluba u tom trenutku. U junu 1992. preselio je Sansu u novu halu, America West Arenu koja prima 18422 gledalaca, a u novoj dvorani Finiks je organizovao Ol-Star utakmicu 1995. Kao član osnivačkog komiteta WNBA lige Kolanđelo je doprineo razvoju ženske profesionalne košarke u SAD. Takođe je bio jedan od najzaslužnijih za osnivanje profesionalnog bejzbol tima u Finiks, Arizona Dajamondbeksa koji su već u svojoj četvrtoj godini takmičenja u MLB, 2001, postali svetski prvaci.

Robert Sarver, bankar, rodom iz Arizone, će u junu 2007. za 401 milion dolara postati većinski vlasnik Finiks Sansa i WNBA tima Finiks Merkurija, a Džeri Kolanđelo će tada preći na funkciju predsednika tima, na još najmanje pet godina. Na taj način će čovek koji je ikona Finiks Sansa još od njihovog ulaska u Ligu imati još vremena da svoj tim konačno dovede do glavnog cilja – NBA titule.

BCB 2005 Jerry Colangelo

NBA Team Creation and Organization

One of the particularities of the BCB 2005 is the fact that for the first time there will be creation and organization of the NBA team as an expert issue. In this way the range of issues has been enriched because here we have an extremely competent lecturer.

Throughout his storied career, Jerry Colangelo has been known for his unique combination of know-how both on the basketball court and on the business side of the operation. That savvy and almost 40 years of experience is what makes him one of the top executives in professional sports.

Born on November 20, 1939, in Chicago, Colangelo grew up in the Italian neighborhood. At high school he averaged 15 points per game as a basketball player and was the top pitcher on the school's baseball team. By the time he graduated, Colangelo had received 66 scholarship offers to play college basketball and seven offers of pro baseball contracts. He opted for basketball and enrolled at the University of Kansas, where he hoped to team up with Wilt Chamberlain. He later transferred to the University of Illinois where he finished his college career.

Colangelo began his sports management career in 1966 as head scout and director of merchandising for the expansion Chicago Bulls. In 1968, at the age of 28, Colangelo became the youngest general manager in professional sports when he accepted the job with the Phoenix Suns, who were preparing for their first NBA season. He won his first Executive of the Year Award in 1976, after the Suns, behind new acquisitions Paul Westphal and Alvan Adams. Made an improbable run to the NBA Finals, but lost the series against the Boston Celtics in six games. The Suns franchise faced a lot of problems and a famous drug scandal during the mid-1980s, but in July 1988 Colangelo erased the front office's tightwad reputation by signing Tom Chambers (the first unrestricted free agent in NBA history) to a multimillion-dollar contract. The team's record improved from 28-54 in 1987-88 to 55-27. In June 1992 Colangelo made the deal he had dreamed about for years when he

acquired All-Star forward Charles Barkley from the Philadelphia 76ers in exchange for three players. In his first season with the team Barkley won the MVP award and propelled the Suns to a 62-20 season and carried them all the way to the NBA Finals, in which they were stopped in six games by Michael Jordan and the Chicago Bulls. After having a couple of mediocre seasons during the late 1990s, the Suns used their draft picks to get great young players, such as Shawn Marion and Amare Stoudemire, and after signing free agent Steve Nash from the Dallas Mavericks in the summer of 2004, they surprised the basketball world with the NBA-best 62-20 record last season.

Colangelo led a group of investors that purchased the Suns Franchise in October 1987 for \$44.5 million (the most ever paid for an NBA team at the time). In June 1992 he moved the Suns to the newly-built 18,422-seat America West Arena. Colangelo added to his NBA involvement with a position on the founding committee for the WNBA, helping advance professional women's basketball in the United States. As with the NBA, Colangelo is involved with the governing of baseball, serving the Legislative Committee, Equal Opportunity Committee and on the board of directors of MLB Advanced Media, the technology arm of the League. The Arizona Diamondbacks began play in 1998, and with the signing of players like Randy „Big Unit” Johnson, Luiz Gonzalez and Curt Schilling, they captured the 2001 World Series in a historic seven-game series against the three-time defending champion New York Yankees.

Last year, Colangelo revealed a plan for the Suns future that included the sale of the team for an NBA record \$401 million. Banking and real estate executive Robert Sarver will be the major investor of the new ownership group that will purchase the Suns over the next three years. Colangelo will remain as CEO and Chairman until the sale of the team is complete in June 2007, and then will retain the title of chairman for at least another five years beyond that.

■ Milan Mitrovic

Duško Vujošević, osvajač četiri uzastopne titule prvaka SCG sa Partizanom

Neke utakmice moraju da se izgube

Uprkos drastičnim promenama koje je doživljavao iz sezone u sezonu, tim Partizana je u Superligi SCG i četvrti put zaredom uspeo da dokaže svoju neprikosновенost. Pošto je kapiten Vule Avdalović potpisao za špansku Pamesu, šef stručnog štaba Duško Vujošević ostao je u klubu kao jedini „živi“ svedok prvog pohoda na titulu, koji datira iz 2002. godine.

Prošle sezone trofejni trener je zajedno sa igračima napravio pravi mali podvig, jer se ne pamti kada je prvak države postala ekipa stara u proseku 21,4 godine. A upravo toliko iznosio je prosek crno-bele dvanaestorke koja je iznela teret u mečevima Superlige i kasnije plej-ofa, protiv Crvene zvezde i Hemofarma. Sa izuzetkom Milojevića, Šuputa, Avdalovića i Stepa, Vujošević je na raspolaganju imao košarkaše ne starije od 20 godina. Samo ljudi bliski njemu znaju koliko je energije i nerava morao da potroši nekadašnji selektor, kako bi danas mogao da se podiči „pokerom“ titula.

– Lako je pričati sa naknadnom pameću, jer onaj ko ima rezultat, uvek je u pravu. Ali ono što je neosporno, jeste da je Partizan iza sebe ostavio zaista tešku sezonu. Imali smo promenu rukovodstva u nezgodnom momentu, ona je izazvala krizu koja je dosta dugo trajala i čije su se posledice osećale do kraja sezone. Krenuli smo bez šest osnovnih igrača iz prethodnog ciklusa: Kecmana, Šćepanovića, Krstića, Ostojića, Hausa i Brauna. Dovodenjem Milojevića i Šuputa počelo je renoviranje tima, a u grupu mladih igrača koje Partizan uvek razvija – i to shvata kao svoju obaveznu, zadatak i želju – stigao je Luka Bogdanović. Krenuli smo bez stranaca, sa sasvim novom ekipom, a ritam sreda-subota nije dozvoljavao da se brzo uigramo. Ja, kao trener, dosta dugo nisam bio u mogućnosti da napravim kvalitetnu alternativnu odbranu – priseća se Vujošević prošle jeseni.

■ **Nikada ranije niste bili u situaciji da radite sa toliko mladih igrača u isto vreme?**

– Najveći broj tih momaka godinu dana ranije igrao je Srpsku ligu i u njoj se borio za opstanak. Nije bilo objektivno očekivati da odbranimo titulu i zato se ja naročito ponosim svojim igračima, radom, stepenom ispoljenog jedinstva i time što su izdržali pritisak javnosti i jednog dela medija, koji smatram da nije imao želju da objektivno informiše, već se stavio u službu određenih interesnih grupacija. Napravili smo sjajan rezultat, osvojili četvrtu titulu za isto toliko godina, ali uspeh prvi treba da zaboravi onaj koji ga

ostvari. Van toga mogu da kažem da smo vremenom došli do zavidne igre, da smo nastavili trend razvoja mladih, što se vidi iz stavljanja Uroša Tripkovića na širi spisak reprezentativaca. Na njemu bi sigurno bio i Kosta Perović, da krajem sezone nije doživeo neugodnu povredu.

■ **U pojedinim trenucima činilo se da će Partizan pokleknuti pod teretom brojnih povreda?**

– Te povrede su proistekle pre svega iz povećanog broja utakmica. Odigrali smo ih 70 i mislim da je to stvarno previše za finansijske mogućnosti bilo kog kluba na ovim prostorima. Kada to kažem, mislim na način putovanja, broj igrača pod ugovorom, njihove atletske i fizičke sposobnosti... Takav tempo ne samo da iscrpljuje igrače, nego i oduzima vreme za trening, a uz to multiplikuje mogućnost povređivanja. Jer kada povrede počnu, počinje i



Dule Vujosevic coach who won with Partizan four titles of the National Champion of Serbia and Montenegro in the row

Some Games You Just Have to Lose

Despite drastic changes that it has experienced from season to season, basketball team Partizan won four titles of the National Superleague of Serbia and Montenegro in a row and in this way proved its invincibility. After the captain of the team Vule Avdalovic signed a contract for Spanish Pamesa, head coach Dule Vujosevic has stayed in the club as the only witness of the first campaign on the title which go back to 2002.

Last season, this trophy coach together with his players made a real accomplishment, because it is unheard of that the winner of the national league became a team whose players are not older than 21.4 years in average. That is exactly how old 12 Partizan players were who played in the Superleague and later in play off against Red Star and Hemofarm. With the exception of Milojevic,

Suput, Avdalovic and Stepa, Vujosevic had players who were younger than 20. Only people close to him know how much energy and patience he had to invest, so he could be proud of his four titles today.

– It is easy to talk, now, because the one who has result is always right. But the fact is that one very hard season is behind us. We had management change in a very bad moment, that resulted acrisis which lasted long and whose consequences we werw experiencing till the end of the season. We started the league without six main players from last season: Kecman, Scepanovic, Krstic, Ostojic, Haus and Brown. By bringing Milojevic and Suput we have started renovation of the team, and to the group of the young players that Partizan has and think about it – its obligation, it is a mission and wish – came Luka Bogdanovic. We started without foreign players and it took me a lot of time to make good alternative defense – Vujosevic remembered.

■ **You have never before been in the situation to work with so many young players at the same time?**

– The greatest number of these young men have played in the Serbian league and they fought to stay in that league. It was not objective to expect to defend the title and that is why I am really proud of my players, of our work, of the way they demonstrated unity, of their behaviour and the way they stood out the pressure of some media, which in my opinion, did not want to give true information but served the interests of the some group of people. We made great result, we won four titles for four years, but the success needs to be forgotten by the one who made it. Beside this, I can say that we improved our game, that we continue to make new players, and the best proof of that is one Uros Tripkovic who has been put on the list for the national team. On that list you would probably find the name of Kosta Perovic, but he has been injured at the very end of the season.

■ **It seemed, that in some moments, Partizan will break down under the weight of many Injuries?**

– These injuries came as a result of increased number of games we had played. We played 70 games and I think that it is really too much for financial resources of every club in this area. When I say so I think of the way we travelled, the number of players under contract and their athletic and physical abilities. That rhythm not only exhausted



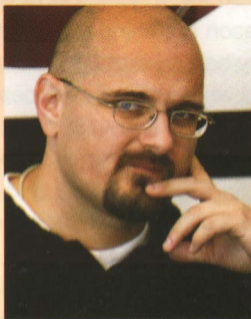
dotatno opterećivanje zdravih igrača iz te linije tima, što je za nas predstavljalo dodatni problem. Kada se oporave i krenu sa procesom ponovnog uklapanja, mnogo češće se desi da oni obore ostatak tima na svoj nivo pripremljenosti, nego da mu se uspešno i bezbolno priključe. Podsećam da su se nama Avdalović, Šuput i Step oporavili praktično u isto vreme, u veoma delikatnom trenutku, pred sam početak Superlige.

■ **Vaš tim već četiri sezone korača sličnim putem. Posle razočarenja zbog ispadanja iz Evrolige uvek sledi period zatišja, a onda šampionsko slavlje u junu mesecu?**

– Prvi put otkako sam se vratio u Partizan bilo je evroligaških utakmica u kojima nismo bili ravnopravan rival. Koliko su nas povrede desetkovale govori i to što je za nas izlazak 17-godišnjeg Borovnjaka sa pet ličnih grešaka umeo da predstavlja ozbiljan hendikep. Međutim, kasnije smo na finalnom turniru Kupa Radivoja Korača došli do finala sa prepolovljenim timom. Niko nije mislio da mo-

Džikić pomoćnik u Minesoti

Dosadašnji trener Atlasa Aleksandar Džikić od naredne sezone biće pomoćnik prvog trenera u Minnesota Timberwolvesima Dvejna Kejsija.



Dogovor je postignut na tri sezone. Aleksandar Džikić će tako postati tek drugi stranac trener u stručnom štabu nekog NBA kluba. Prvi je takođe naš trener Igor Kokoškov u Detroitu. Prethodne tri sezone Aleksandar Džikić je svako leto provodio na letnjim kampovima u SAD gde je radio sa ekipama Sijetla, San Antonija i Minesote.

žemo da trijumfujemo, a u finalnom okršaju sa Refleksom presudila je jedna lopta. Već tada je bilo jasno da ćemo u kompletnom sastavu biti ozbiljni kandidati za ligaški tron.

■ **I tokom same Superlige bilo je kriznih momenata, recimo nakon ubedljivog poraza u Železniku, kada se činilo da je Refleks stekao nedostižnu prednost?**

– U javnosti se tada digla velika panika, ali ja sam tačno znao šta radim, i to možete pitati i igrače. Unutar tima je kod svakoga verovatno postojala mala dilema, kada su u pitanju konačni dometi, ali padovi koje smo imali potpadali su pod tempiranje forme o kom sam govorio. Vera u ono što se radi je od velikog značaja za stizanje do vrhunskih rezultata. Najvažnija je poslednja utakmica, a da bi se ona dobila, neke koje joj prethode moraju i da se izgube. Kada analiziram domaće prvenstvo, mislim da je Refleks napravio rezultat preko očekivanja, da je Zvezda ispunila svoj potencijal, naročito ako se imaju u vidu unutrašnje teškoće, vezane za isplatu redovnih prinadležnosti igračima. Hemofarm je posedovao najveći kvalitet i, gle-

dano u nijansama, u Superligu je krenuo kao prvi favorit. Priznajem da je bilo teško izaći na kraj sa svakim rivalom.

■ **Od priče kako Partizan u završnici sezone uvek igra na najvišem nivou, već je stvoren pravi mali mit? U čemu je tajna?**

– Smatram da ne može stalno da se igra dobro i da forma ne može da se drži na visokom nivou tokom cele godine. Mi pokušavamo da doziramo formu za momente kada je najvažnije biti pravi i tu nema tajni. Potrebno je imati kvalitetno teoretsko znanje iz fiziologije i kondicionih priprema, u čemu sam se oslanjao na ljude koji to jako dobro znaju, pre svega na profesora Petronija Zimonjića, a određeno iskustvo imam i ja. Stručni štab je takođe veoma zaslužan za titulu: prvi asistent Aleksandar Džikić, Aleksandar Kesar, pa Saša Nikitović koji je izvukao period u kom je profesor Zimonjić bio odsutan... jednostavno, svako je dao svoj doprinos.

■ **Od ovog leta igrači iz SCG više nisu stranci u španskoj ACB ligi, što je već dovelo od velikog odliva kvaliteta, ne samo iz naše zemlje. Poznati moto Duška Vujoševića „stvaranje igrača, ali ne nauštrb rezultata” će, prema svedecima, postati realnost za sve trenere koji rade u SCG.**

– Mislim da se naša košarka nalazi u velikoj opasnosti. Sve je počelo kada je FIBA odlučila da igrač pre navršene 18 godina života ne može da potpiše profesionalni ugovor i zaključila da neće smatrati validnim bilo koji dokument koji je igrač potpisao pre tog doba. Po tom propisu prvi ugovor može trajati najviše četiri godine i igrač ne mora da ga potpiše sa klubom u kom je odradio juniorski staž. Kada sam bio selektor, na Stručnom savetu i Predsedništvu KSSCG nekoliko puta sam skrenuo pažnju na taj problem i sada mogu da kažem da naš Savez nije učinio sve što je mogao da ublaži negativne posledice donošenja tog propisa od strane FIBA. Ne mislim na sam Kongres u Indijanapolisu, već na to što naši ljudi nisu bili u toku sa promenama Registracionog pravilnika još kada su one bile u povoju. Predrag Bogosavljev mi je objašnjavao da su te promene osmišljene u duhu intencija 21. veka, po kojima i sportisti moraju da potpadnu pod civilne zakone, pre svega kada je u pitanju pravo na rad.

■ **Zato sada naši juniori, novi prvaci Evrope, sa zanemarljivim stažom u seniorskoj konkurenciji uveliko razmišljaju o „radu” na Pirinejima?**

– Polovina naših najvećih talenata glavama se već nalazi u Španiji, o čemu najbolje svedoči „slučaj Vladimir Dašić”. ACB liga je iz korena promenila pravila tržišne igre i strategiju dovođenja pojačanja. Sada ti „komunitarci” više nisu tako dragoceni. Kada ih je bilo trojica, to su po pravilu bili igrači koji prave razliku u kvalitetu. Sada onaj sedmi može da bude i klinac, relativno jeftino kupljen. Pravno gledano, došlo se do apsurdna, jer vi ne možete da nađete posao u Španiji bez vize i radne dozvole, a evo, sportisti mogu da se dovode i kao maloletna lica. Znači da opet nismo svi ravnopravni. Mi smo dosad nekako uspevali da zadržimo makar te talente, da ih zadržimo barem tri sezone, pa onda da razmišljamo o prodaji. Ali ako se nešto ne preduzme i ako ovde budu ostajali samo oni igrači koji nemaju ponuda da odu u inostranstvo, klupska košarka će nam pasti na nivo trećerazrednog sporta. ■ **I. Bogunović**

players but also decreased time for training and multiplied possibilities for injury. Because, when injuries started, healthy players were additionally burdened, and that presented new trouble for us. When they recovered and started fit period then usually it happened that they dropped the rest of the team on their level of shape rather than join them. I remind you that Avdalovic, Suput and Stepa had recovered almost in the same time and in a very delicate moment, before the Superleague began.

■ **It seems that your team follows the same path for years. After the disappointment for loosing your place in the Euroleague always comes peaceful period and than celebration of the champion title in June?**

– For the first time when I came back to Partizan there were games in Euroleague in which we were not equal to our rivals. How much we were decimated by injuries shows the fact that after our 17 years old Borovnjak came out of the game for his five faults, it also presented a great handicap for us. But, later on the final tournament of Radivoje Korac, we came to the final, even our team was lost half players. Nobody thought that we could win, and in the final game with Reflex, just one ball decided the winner. Even then it was clear to everyone that with a complete team we will present very serious candidate for throne of the league.

■ **During the Superleague there were some critical moments, such as the one when you were defeated in Zeleznik, when it seemed that Reflex had unreachable advantage?**

– There was big panic, but I exactly knew what I was doing and you can ask the players about that. There were probably some sort of dilemma inside the team when our final position was questioned, but the bad moments we had were connected with the timing of our shape. To believe in your own work is very important to gain top result. The most important is the last game and in order to get it, you just have to lose some games. If I analyze our championship, I think that Reflex made better result that it has expected, that Red Star fulfilled its potentials, especially if we take in to account their problems, which are connected with the regular payment of players. Hemofarm had the best quality, and they started the league as a true favorite. I have to admit that it was very hard to deal with all rivals.

■ **A real myth is created over the story that Partizan plays its best games in the end of the season. What is the secret?**

– I think that you cannot always play well and that you cannot always keep good shape. We have tried to improve our shape for the moment when you need to be really good, and there is no secret about it. You need to have good theoretical knowledge about psychology and conditional preparations and in these fields, I had a big support of the people who are experts such as professor Petronic Zimonjic and I also have some experience. We also have to give a credit to our management: the first assistant Aleksandar Dzikić, Aleksandar Kesar then Sasa Nikitovic who were in the team when professor Zimonjic was absent... Everyone here contributed to our success.

■ **At the beginning of the summer players from Serbia and Montenegro are not strangers any more in the Spanish ACB league what resulted in the great emigra-**

Dzikić Assistant in Minnesota

The coach of Atlas Aleksandar Dzikić will from the following season be the assistant of the first coach of Minnesota Timberwolves Dwane Casey. The contract has been signed for three seasons. Aleksandar Dzikić will in this way become the second foreign coach in the expert headquarters of an NBA club. The first one was our coach Igor Kokoskov in Detroit. Previous three seasons Aleksandar Dzikić has spent each summer in the US summer camps where he worked with the teams of Seattle, San Antonio and Minnesota.

tion of good players and not only from our country. It seems that well known motto Dusko Vujosevic „creating players, but not endangering result” will become reality for all coaches working in Serbia and Montenegro.

– I think that our basketball is under great threat. Everything has started when FIBA decided that players under 18 years cannot sign professional contract and they have decided that any contract signed before that age is invalid. By that regulation that the first contract can last four years most and a player is not in obligation to sign it with the club in which he had his junior training period. When I was a selector of the National Team I tried few times to call attention of our association and management of BASCG, to the problem and I can say now that our association did not do everything they can to moderate bad consequences of passing that law by FIBA. By this, I do not mean only of the convention in Indianapolis, but of the fact that our people were not informed about changes related to Registration regulations when these rules were just written. Predrag Bogosavljev explained to me that these changes were created in the spirit of the 21th century, by which even sportsmen are subjected to civil laws, and specially when the right to work is concerned.

■ **That is why now our junior players, new champions of Europe, with a very little training period in senior competition, think about „job” on the Pyrenees.**

– Half of our best players already imagine to play in Spain, and the best proof for that is the case of Vladimir Dasic: ACB league has made fundamental changes of rules in their market and the strategy of getting new players. Now these „comunitars” are not so precious any more. When there were just three of them, these were players who made difference in quality. Now the seventh one can be just a kid, pretty cheaply bought. If you look at that from the legal point we have one absurd here, for you cannot find the job in Spain without visa or working license, and on the other hand we have sportmen who can be brought here even if they are under age. That means that we are equal again. By now we have kept those talents. We can keep them for at least three seasons and then think about selling. But, if we do not take some steps and if here just players who have no offer to go abroad stay, our basketball will fall on the level of the third rank-sport.



Miroslav Popov ŽKK Hemofarm

Šampionu i Kup

Posle petogodišnje pauze, košarkašice Hemofarma, po treći put u klubskoj istoriji, osvoile su „duplu krunu“. Malo je ko verovao pred početak sezone da vršćanke mogu da osvoje i jedan trofej, a kamoli dva. Na kraju se ispostavilo da igračice trenera Popova nemaju dostojnog protivnika na ovim prostorima, a ovaj trijumf još više dobije na težini ako se zna da se tokom sezone afirmisalo nekoliko mladih igračica. Sasvim izvesno je da je tom rezultatu presudan doprinos dao trener Miroslav Popov.

Sam početak sezone za ekipu Hemofarma nije bio najsjajniji. U prvom delu vršćanke su doživele dva poraza, i to od Vojvodine i Jedinstva iz Bijelog Polja na gostovanju, a poraz od ekipe Kovina u Vršcu, na prvi pogled udaljio je ekipu Hemofarma od borbe za prvo mesto.

– Rezultatski gledano prvi deo sezone nije bio najuspešniji, nastavlja Popov. To je razumljivo, jer imali smo novu ekipu, sa dosta novih igračica, a i ja kao trener bio sam „nov“ ako mogu tako da kažem. U takvoj situaciji potrebno je dosta vremena, da se ekipa uigra, da se igračice naviknu na nov sistem rada. Drugi momenat je bio i taj da igračice koje su došle iz drugih sredina nisu bile naviknute da non stop igraju pod presijom rezultata. Hemofarm je ekipa koja uvek ima visoke ambicije, a ja kao trener u takvoj situaciji, ne mogu da trpim improvizaciju u igri, neadekvatna rešenja. Sve mora da funkcioniše na izuzetno visokom nivou. Mislim da je naš osnovni problem u prvom delu prvenstva bio taj što nismo uspeali da celu utakmicu igramo u istom ritmu i da zadržimo koncentraciju tokom celog susreta. Kako je liga odmicala sve te slabosti su bile sve manje prisutne u našoj igri a vrhunsku formu smo dostigli kada je bilo najpotrebnije, na finalnom turniru Kupa i u završnici plej ofa.

Već na finalnom turniru Kupa u Bijelom Polju naziralo se da igra Hemofarma dobija svoju neku konačnu fizionomiju, da tim ima izrazito jak kolektivni duh.

– Pre svega, ovu generaciju Hemofarma karakteriše izuzetno jaka snaga kolektiva. To se primetilo od samog početka priprema. Pojedinačne individualne kvalitete igračica uspeali smo da podredimo interesima kolektiva. Meni kao treneru najlakše bi bilo da postavim takvu igru da Stankovičeva na svakoj utakmici ubaci po tridesetak poena. Cilji nije bio taj, već da njenu igru podredimo igri kolektiva i da na svakoj utakmici svaka igračica dobija priliku.

Hemofarm je većinu protivnika iznenadio izuzetno brzom i agresivnom igrom, naročito u odbrani. Tokom utakmice vršćanke su znale da brzo i često menjaju odbranu, što je umnogome zbunilo protivnika.

– Jedna od osnovnih karakteristika savremene košarke leži u brzini i jednostavnim rešenjima u napadu, kao i u čvrstoj odbrani. Na taktičkom planu razlike između muške i



ženske košarke su sve manje, s tim da košarkaši neke elemente brže savladavaju i igraju atraktivnije i brže. Kod devojaka to ide malo sporije ali kada se nešto uvežbava one su mnogo disciplinovanije u igri. Neka klasična podela u igri polako nestaje, tako da se danas zahteva da igračice imaju spretna, brza i adekvatna rešenja. To je ono što smo mi pokušali tokom sezone da radimo i u izvesnoj meri smo uspeali iako to nije bilo savršeno. Činjenica je da nam je odbrana veoma često donela prevagu na utakmicama, naročito razne kombinacije zonske odbrane. To smo na treninzima uvežbavali i time smo iznenadili protivnike.

Posle sijane serije Hemofarma u Superligi koju su vršćanke završile bez poraza i na prvom mestu, očekivalo se da u finalu sa Vojvodinom, košarkašice Hemofarma neće imati teži zadatak.

– Posle poraza u prvom delu prvenstva, uspeali smo da četiri puta zaredom dobijemo Vojvodinu. Ta serija stvorila je lažnu predstavu da će nam u finalu biti lako. Vojvodina je imala izuzetno kvalitetnu ekipu i u odnosu na nas imala je izvesnu prednost, jer je igrala više utakmica od nas i to protiv jačih ekipa u Evroligi i Trokal ligi. Naša prednost je bila ta što smo imali više vremena za rad. Dobiti Vojvodinu u kontinuitet bilo je ne-realno prognozirati, iako sam očekivao da ćemo prve dve utakmice u Vršcu rešiti u našu korist. Ispostavilo se da je Vojvodina uspela da već nakon prve utakmice stekne ogromnu prednost, a mi smo došli u situaciju da stalno jurimo rezultat i razliku. Presudna, po meni, bila je druga utakmica u Novom Sadu. Nakon te utakmice kada smo se izborili za majstoricu bio sam ubeđen da ćemo na kraju osvojiti titulu.

Miroslav Popov female BC „Hemofarm“

To the Champion the Cup Too



After a five year break, Hemofarm basketball players won „double crown“ for the third time in their history. Before the start of the season only few believed that girls from Vrsac can win at least one trophy, not speaking about two. It turned up in the end that coach Popov's players do not have a worthy opponent here, and that this triumph has got more value.

– Regarding results, the first part of the season was not the most successful – Popov continues. It is

understandable, since we had a new team, with a lot of new players and with me as a coach, who was, if I can say so, the „new one“. In such a situation you need plenty of time, you need it for team improvement, to accustom players to the new working system. The other thing is the fact that players who came from other places were not used to playing non – stop under the pressure of a result. Hemofarm as a team which has the highest ambitions constantly, as much as me as a coach, can not watch peacefully the improvisation in play, inadequate solutions, because everything must function in an extremely high level. I think that our basic problem during the first part of the championship was the fact that we could not play the whole game in the same rhythm, and stay focused during the whole game. As the league was stepping away all those frailties were less and less observable in our play, and we reached the top form in the most appropriate moment, on the final Cup Tournament, and in a play – off finish. Yet in the final Cup Tournament in Bjelo Polje there was a hint that Hemofarm's play is getting some kind of its own final physiomy and that there is an extremely strong collective spirit within the team.

– Besides everything, what characterizes most this generation of Hemofarm, there is extraordinary strong power of the collective. It was multiply evident since the very beginning of the preparations. We succeeded in subordinating the individual qualities of players to the interest of the collective. It is the easiest way for me as a coach, to set a play where Stankovic scores thirty points per game.

That was not the aim but what was the aim is to subordinate the play to a play of the collective, in order to give a chance to every player in every game. Most opponents were surprised by Hemofarm's very fast and aggressive play, particularly in defense. During the game Vrsac girls were changing defense fast and often, what confused the rival.

– Some of the basic characteristics of a modern basketball are speed and simple solution in offense as much as in tough defense. Regarding tactics, differences between male and female basketball are decreasing, even though male players are getting through some elements faster and play more attractively and rapidly. Regarding girls, those things go a little bit slower but while practicing something, they show much more discipline in a play. Some kind of classic division in a play slowly disappears, so it is nowadays demanded from players to have speed, dexterity and fast and adequate solution. That is exactly what we had tried to do during the season and we partly succeeded in it, even it was not perfect. It is a firm fact that our defense gave us advantage during the games, particularly the various zone – defense combinations. We practiced it on trainings and that is what we surprised our rivals with. After a brilliant Hemofarm's rally in the Superleague which Vrsac girls finished undefeated and in the first place, it was expected that Hemofarm will not have a tough task in the final game against Vojvodina.

– After the defeat in the first part of a regular championship, we succeeded in winning Vojvodina four times in a row. That row created the false image of easy finals. Vojvodina had a team of great quality and a certain advantage compared to us because they played more games than we and against stronger teams than we in the Euroleague and Trokal league. Our advantage was in having more time for work. Winning Vojvodina constantly was unreal, even though I expected that we will win first two games in Vrsac. It happened that Vojvodina succeeded in creating enormous advantage so we were brought into a situation to chase the result. In my opinion, the decisive game was the one in Novi Sad. After that game, when we were provided with the fifth game, I was convinced we will win title in the end.

■ J. Turkoane

Juniori SCG najbolji

Karadžić iskovao zlato

Skoro celu deceniju nacija navikla na sjaj plemenitog metala iščekivala je juniorsko evropsko odličje, zlato gotovo duplo duže, punih 17 godina. Najsjajniji snovi postali su java u režiji dvanaest veličanstvenih plavih dečaka i kormilara Stevana Karadžića. Potpisniku ovih redova krštenica nije dozvolila da ga gleda na parketu. Stariji kažu da je bio nesvakidašnji igrač, ubojita levica, lucidan, brz, plejmejker za respekt i poštovanje. Kraj aut linije smiren, staložen, manirom velikog stručnjaka krčio je put do trona evropskih šampiona. Nešto više od mesec dana od osvajanja zlatne medalje na juniorskom EP u Beogradu Stevan Karadžić vraća misli unazad. Kako vam sad izgleda tih osam utakmica posle kojih ste se popeli na najviši stepenik pobjedničkog postolja?

– Smatram da je to zaista odličan rezultat. Možda je tako izgledalo, ali sigurno da nije bilo lako stići do naslova šampiona Evrope. Bilo je teško na početku, naročito meč sa Hrvatskom a posle je sve išlo lakše. Igrali smo sve bolje naročito u četvrtfinalu, polufinalu i na kraju u finalu – kaže Karadžić. A udarnički rad plave čete pod Stevanovom komandnom palicom počeo je mnogo pre nego čak i organizacione pripreme grada domaćina. Još od oktobra 2004. godine širi krug kandidata za nacionalni dres okupljao se jednom sedmično za vikend da bi kroz kontrolne mečeve sa seniorskim rivalima izbrusili formu i taktiku. Mnogo pre odlaska na jednomesečne pripreme u Kolašin i Novi Bečej, Stevan Karadžić je izgradio posebnu hemiju među plavima, videlo se to u svakom trenutku na parketu i van njega.

– Dugo smo na okupu, atmosfera je izvanredna, a igrači se međusobno odlično poznaju. Odradili smo sve zacrtano, po planu – izjavljivao je Karadžić posle svake od etapa priprema plavih za EP. Najviši rukovodioci nacionalne kuće košarke od starta su bez trunke razmišljanja najavljivali samo zlato, kao da druge medalje nisu postojale. Snažan pritisak i odsustvo Nemanje Aleksandrova, najboljeg igrača u zemlji iz ove generacije mladića, nisu pokolebali stratega naše reprezentacije. Nije bežao od Imperativa.



– Sa renomeom kakav imamo, uz činjenicu da smo domaćini, normalno je da su nam ciljevi uvek najviši – nijednog trenutka Stevan Karadžić nije pominjao zlato. Kao da je štedeo reči i mislio mudro u sebi – pokazaćemo sve na parketu. I pokazali su. Mečevi u kojima nemate pravo na popravni, mečevi u kojima igrate za plasman u polufinale i finale teški su sami po sebi ali za plave je prelomna utakmica bila u drugom kolu preliminarnog kruga sa vršnjacima iz Hrvatske.

– Bili smo na dnu i uspjeli da se vratimo u život. Posle tog meča kao da smo sazreli preko noći. Ova generacija nije naučila da igra takve utakmice, neizvesne i rezultatski potpuno otvorene svih 40 minuta. Dobro je da su igrači naučili da preuzimaju odgovornost na sebe u ključnim momentima.

■ Tatjana Mrđa

SCG juniors the best

Karadzic Forged Gold



A nation accustomed for almost a decade to the glow of the precious metal has expected the junior European medal, gold, two times longer, for 17 years. The most audacious dreams have become reality directed by twelve wonderful blue boys and their coach Stevan Karadzic. The signatory of these lines could not watch him on the court because of being born much later. The older ones say that he was an extraordinary player, a lethal left, lucid, quick, a playmaker to be

respected. Along the side out of bounds line, calm, quiet, behaving as a true expert he paved his way to the throne of the European champions. A month after winning the golden medal Stevan Karadzic recollects the past. How do these eight matches after which you have become the top winner seem nowadays to you?

– I consider it to be an excellent result. Maybe it seemed to be like that, but it surely wasn't easy to become a EU champion. It was hard in the beginning, especially the match with Croatia and afterwards everything went smoother. We played better and better, especially in the quarter finals, semifinals and in the end of the finals– says Karadzic.

The workouts of the blue brigade under Stevan's leadership started even before the organizational preparations of the host town. Since October 2004 a wide

range of candidates for the national team were gathering once a week on weekends to improve shape and tactics by having control matches with senior rivals.

A long time before departure to the one month long preparations to Kolasin and Novi Becej, Stevan Karadzic created special chemistry among the blue ones, and it was seen in every moment at the floor and out the floor.

– We have been together for a long time, the atmosphere has been great, and players have known each other very well. We have realized everything that was drafted, according to the plan– stated Karadzic after each phase of the preparations of the blue ones for the EU championship. The top officials of the national house of basketball have since the beginning without premeditations announced only gold, as if other medals didn't exist. Strong pressure and absence of Nemanja Aleksandrov, the best player in the state out of this generation of the young guys haven't made the strategist of our national team hesitate. He hasn't avoided the imperative.

– With the reputation we have and the fact that we are hosts, it is normal that the goals are always the top ones – Stevan Karadzic has never mentioned gold. As if he saved the words and thought wisely in himself – we would show everything on the floor. And they have shown. The matches in which you are not allowed to correct mistakes, the matches in which you play for the placement to the semifinals and finals are difficult but for the blue ones the decisive match was the one in the second round of the preliminary competition with the players from Croatia.

– We were at the bottom and we managed to regain positions. After the match we became mature overnight. This generation is not used to playing such matches, uncertain ones and with result that is unpredictable during all 40 minutes. It is good that players have learnt to overtake responsibility in key moments.

■ Tatjana Mrdja

Željko Vukićević, trener ženske juniorske reprezentacije

Samo dobar kolektiv donosi rezultat

Nakon zlatne medalje na kadetskom prvenstvu Evrope za košarkašice prije dvije godine u Turskoj, Željko Vukićević je prije nekoliko dana isti rezultat ponovio i sa juniorkama. Ovog puta, međutim, Evropu je pokorio bez najbolje igračice i kapitena Jelene Dubljević, pokazavši tako da je stvorio jak kolektiv koji ne zavisi od bilo kojeg pojedinca, pa ni onih najboljih. Taj kolektiv nastao je Željkovim dolaskom na kormilo generacije rođene 1987. godine.

„Reprezentativnu karijeru počeo sam 2000. godine kao pomoćni trener Zoranu Višiću na juniorskom prvenstvu Evrope. Naredne godine povjerena mi je generacija košarkašica rođenih 1987. godine. U septembru te godine održano je nezvanično prvenstvo Evrope u Slavanskom Brodu i tu smo ubjedljivo osvojili prvo mjesto savladavši domaćina. Prvo mjesto ubjedljivo smo osvojili i u kvalifikacijama koje su u 2002. godine održane na Kopaoniku, a zatim i 2003. u Grčkoj. U julu 2003. održano je kadetsko prvenstvo u Turskoj, gdje smo bez poraza osvojili zlatnu medalju. Dakle, za tri godine, koliko sam vodio tu reprezentaciju, imali smo više od 35 pobjeda, bez ijednog poraza. Ja sam preuzeo 1988. godište. Toj selekciji nijesu davane velike šanse da može nešto napraviti, ali smo mi prošle godine u Torinu ipak osvojili srebrnu medalju. Ove godine održavalo se Svjetsko prvenstvo za 1986. i 1987. godište, te evropski šampionat za 1987. godište.”

Najbolji pokazatelj kakav je uspjeh ostvaren na Evropskom prvenstvu, jeste to što je Vukićevićeva četa postala prvak Starog kontinenta, iako je pred prvenstvo ostala bez kapitena i člana prve petorke na Svjetskom prvenstvu.

„Dubljevička je izjavila da je otkazala zbog povrede. Ispostavilo se da sam napravio pravi potez uvođenjem u ekipu kadetkinje Sonje Petrović. Kako nijesmo imali puno vremena za pripremu i uigravanje, te kako su Francuskinje bile superiornije na mjestu centara, na EP smo izgubili prvu utakmicu. Nedostatak Dubljevičke bio je ogroman hendikep, ipak je to igračica koja je godinama bila kapiten reprezentacije, član prve petorke na svim velikim takmičenjima, najbolji igrač Trokall lige. Vjerovao sam da i bez nje možemo do medalje, ali sumnjao sam da možemo uraditi i nešto više. Međutim, igračice su se dogovorile da daju i više nego što to objektivno mogu, a Dubljevičku je sjajno zamijenila Zorica Mitov”.

Vukićević smatra da bi sve igračice iz juniorske reprezentacije vremenom trebalo prebaciti u seniorski tim.

„Mislim da kompletnu juniorsku reprezentaciju, sa djevojkama koje su u Torinu bile druge, treba prevesti u seniorsku selekciju. Ali, nikako ne treba izdvajati jednu ili dvije i priklju-



čivati ih sadašnjim reprezentativkama, već čitavu generaciju prevesti u seniore. Naredne godine očekuju nas kvalifikacije za svjetsko prvenstvo za mlade reprezentacije, što bi moglo da bude dobar prelaz ka seniorskoj selekciji. Mali problem mogao bi biti nedostatak klasičnog centra, ali u modernoj košarci ionako više nema previše prostora za previsoke i prespore igračice. Tu generaciju izvjesno vrijeme treba istrpjeti i ako napravi lošiji plasman u seniorskoj konkurenciji, jer sam siguran da za tri-četiri godine mogu biti u samom vrhu evropske i svjetske košarke. One imaju pobjednički mentalitet koji su pokazale i u Tunisu, gdje su osvojile srebro iako su bile godinu dana mlađe od ostalih ekipa”.

U našoj košarci Željko Vukićević predstavlja jedinstven primjer trenera koji istovremeno radi i u muškoj i u ženskoj konkurenciji. Naime, osim što je trener ženske juniorske reprezentacije, on radi u muškom košarkaškom klubu Budućnost, gdje vodi pionirsku selekciju.

„Znam da je to jedinstven primjer, ali u Crnoj Gori za mene nije bilo mjesta da radim u ženskoj košarci i jednostavno sam morao da pređem u mušku košarku. U pripremnom periodu imao sam malo problema sa intenzitetom treninga jer su mi djevojke djelovale usporeno poslije rada sa muškom selekcijom. Ipak, vrlo brzo sam se vratio. Što se tiče mog kluba, u kojem radim već godinu dana, imam sjajnu selekciju za koju sam siguran da će napraviti dobre rezultate”.

Zeljko Vukicevic – coach of the female junior National team

Only a good collective brings result



After winning the gold medal on the European Championship for female cadets two years ago in Turkey, Zeljko Vukicevic did it again with juniors few days ago. But, this time, he conquered Europe without the best player and skipper Jelena Dubljevic, showing that way that he had created the strong collective that does not depend on any particular player, not even on the best. That collective was founded after Zeljko's arrival to the head of generation born 1987.

– I had started my career in the national team at the year 2000 as an assistant coach to Zoran Visic on European Championship for cadets. Next year they put into my hands a generation of players born in 1987. In September 2000 non-official European Championship was hold in Slavonki Brod and we deserved to win the first place after defeating the hosts. We also deserve to win the first place in qualifications that took place at Kopaonik in year 2002 and in Greece in 2003 as well. In July 2003 Championship for cadets took place in Turkey and we won a gold medal with no game lost. So, in three years time, which is the time of my leadership of the team, we had more than 35 victories with not a single defeat. I took over girls born in 1988. Not big chances for winning anything were given to that selection but we won silver medal in Torino last year anyway. This year World Championship for players born in 1986 and 1987 was hold.

The best measure for the value of the success accomplished at the European Championship is the fact that Vukicevic's crew became the champion of Europe even though it remained without its skipper and member of the first five on the European Championship.

– Dubljevic said that she had canceled because of injury. It occured that I made a good move by bringing into the team the cadet player Sonja Petrovic. Since we

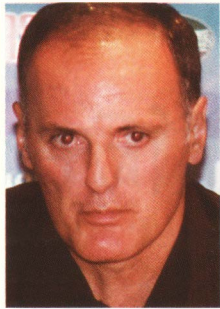
had no time for preparations and rehearsals and French girls were more superior in the position of centers, we lost our first game on the European Championship. Dubljevic's absence was a great handicap since she is a player who was a representation's skipper for years, member of the first five in every big competition, the best player of the Prokal league. I believed that we can reach the medal even without her but I doubted that we could do something more. But, players agreed to give more than they objectively can and Dubljevic was marvelously replaced by Zorica Mitov.

Vukicevic thinks that all the players from a junior team should be chronologically transferred into a senior team.

– I think that the whole junior team along with girls who won the second place in Torino, should be moved to in a senior team. But, there should not exist the separation of one or two players and their connecting with present players of the National team, only the whole generation must be transferred into a senior team. Next year we will be faced with qualifications for the World Championship for young national team and it could be a good step toward senior team. The lack of a classical center could be a little problem, but in modern basketball there is not enough space for too tall and too slow players anyway. That generation should be tolerated even if it makes a bad placement in senior competition, because I am assured that in three, four years time it can be at the top of European and World basketball. They have victorious mentality what they showed in Tunisia where they won silver medal even though they were one year younger than other teams. In our basketball Zeljko Vukicevic represents the unique example of a coach who works with boys and girls simultaneously. In fact, besides being a coach of a female junior team, he works in a male basketball club Buducnost and works there with pioneers.

– I know that it is a unique example, but there was no place for me in Montenegro to work with girls so I had to deal with male basketball. During the preparations I had certain problems with trainings intensely because after working with guys, girls seemed slow to me. Anyway, it lasted short time. Concerning my club I have worked for one year, I have a great selection and I am sure they will make a good result.

■ A. Vuckovic



Duško Ivanović

Rad sa visokim igračima

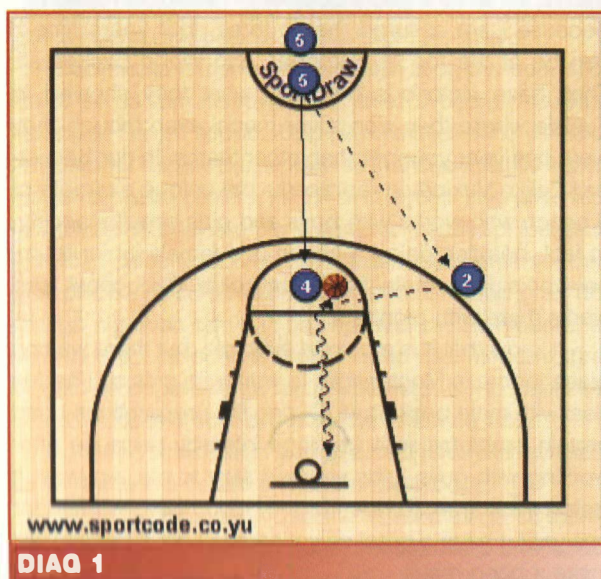
Pokušaću da objasnim stvari koje ja radim na treningu sa visokim igračima i uopšte stvari koje su po meni jako bitne za jednog visokog igrača. Napravio bih jednu razliku kada se govori o visokim igračima: Visok igrač znači 4, 5 koji igra u reketu, a sada u modernoj košarci visok igrač je trojka koja igra spolja i šutira. Tendencija koja sada vlada u modernoj košarci je da se visoki igrači izvlače spolja i šutiraju trojke, razumem kada igrač ima dobar šut kao Fosis pa izađe napolje da igra ali ne razumem one koji imaju loš šut pa opet igraju spolja i nema više puno visokih igrača koji igraju u reketu i prave razliku svojom igrom 1 na 1.

Smatram da su moji igrači najbolji igrači i bez obzira na njihovo ime uvek ih ubeđujem da su najbolji visoki igrači i da moraju da igraju u reketu. Ja pokušavam da dobijem i iskoristim moje visoke igrače da oni igraju u reketu, da izbere poziciju 1 na 1, ili da uhvate skok ili da prime loptu u reketu i da je vrte napolje da otvore šut za malog igrača. Ali svrha postojanja visokog igrača je da igra u reketu, a ne da izađe napolje da šutne za 3 poena. Osnovne stvari u treningu jednog visokog igrača su stvari koje se dešavaju u toku utakmice – koje odlučuju utakmicu. I ja ću pokazati neke banalne stvari da bih do-

šao do one glavne. Prva stvar je polazak u dribling visokog igrača da ne pravi korake, otvaranje prvog pasa, davanje drugom visokom igraču ili niskom igraču, igra pick and rolla, postavljanje blokade i otvaranje iz iste nakon blokade, box out i igra 1 na 1 na niskom postu, unutrašnja tehnika šuta visokog igrača, intenzitet njegovih kretnji i šuta, odbrana i skok visokog igrača i, na kraju, za mene bitna stavka – slobodna bacanja visokog igrača.

Prijem lopte i polazak u dribling visokog igrača

Moj stil igre je da visok igrač mora da bude brz, da trči brzo, ima puno situacija kada visoki igrač mora u trku da se zaustavi na vrhu kapice da primi loptu da šutne ili doda ili odigra 1 na 1, ili da krene na ulaz. Ovu vežbu radim kao vežbu zagrevanja za visoke igrače. Vežba počinje na centru, posle pasa zamišljamo da je to jedan sprint u kontra napadu. Po prijemu lopte zaustavlja se iz jednog ili dva kontakta ali ne sme da napravi korake. Ja sam pristalica da visoki igrač kada kreće sa vrha kapice polazak u dribling, uradi ukršteno, a ne direktno jer je mnogo si-



Dusko Ivanovic

Work With Tall Players

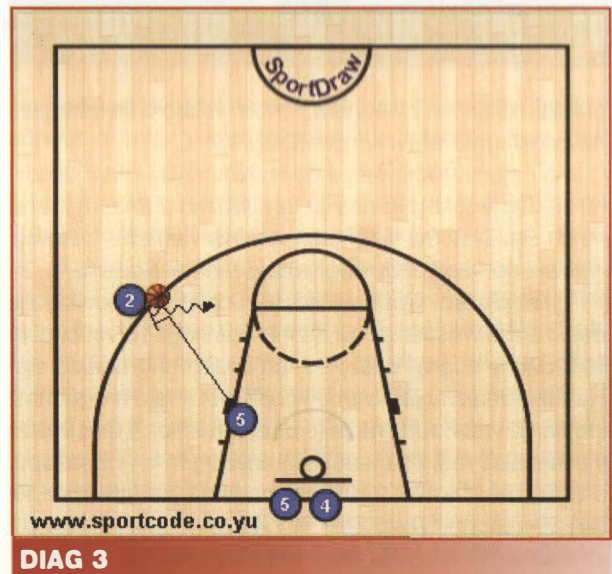
I am going to try to explain you the way I train tall players and about things, which are, in my opinion very important for a tall player. The tall players play in the position 4, 5 in the paint and now, in modern basketball tall players play in the position 3 and play outside and shoot.

The tendency, which we have today, in modern basketball, is that tall players go to play on position outside and shoot for three points. That will be ok if a player is a good shooter as Fosis and he goes to outside positions to play, but I do not understand those players who are bad shooters and despite that they play on outer positions and there is no more tall players playing in the paint and we make difference in game 1 on 1.

I believe that my players are the best, and no matter whether they are well known. I have always tried to persuade them that they have to play in the paint. I try to get and use my tall players in the paint to fight for the position 1 on 1, or catch and jump or to receive the ball in color and to return it outside and to provide some small player to shoot, but the main purpose of a tall player is to play in color and not to go outside and shoot for three points. The basic rules in a tall player training are the things that can happen during the game, the things which have big influence on final score. I will show you some banality, so I can come to the most important one. The first thing is the way that tall player goes in dribbling but does not make wrong steps, opens on the first pass, give the ball to the other tall player or small player, plays pick and roll, make blockades and then opens after blockade, box out and plays 1 on 1 on the low post of the inner shoot technique of a tall player, the intensity of his movement and shots, defense and jump of a tall player, and in the end a very important thing – free shots.

Receiving the ball and dribbling of a tall player

My game style is that tall player has to be fast and to run fast, because there are many situations when a tall player has to stop himself at the top of a cap to catch the ball, to shoot or to pass the ball, or to play 1 on 1 or to try breakthrough. I do this exercise as an exercise of warming up of tall players. The exercise begins in the center of



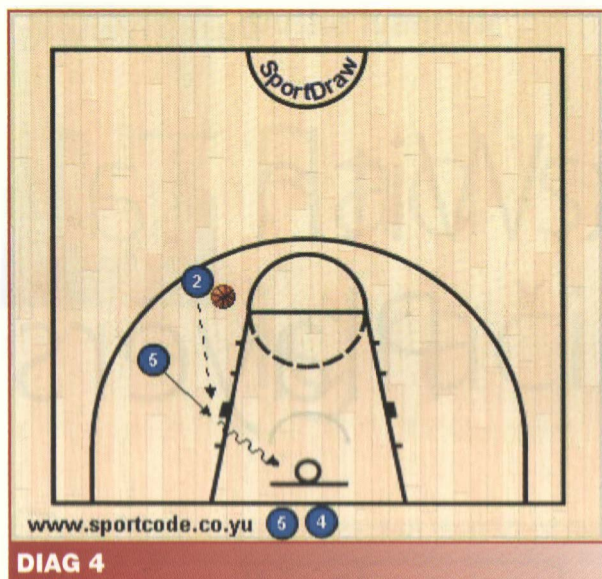
DIAG 3

the field, and after passing the ball we just imagine that it is one sprint in middle of the counterattack, when he receives the ball he stops with one or two contacts, but he must not make traveling and I think that when one tall player goes from the top of a cap, he does a start of a dribbling in cross, not directly, because it is much better for the team and for the coach, and with this exercise you can avoid that tall player runs with the ball (Diag 1).

When player receives the ball he can make pivot (In my opinion the basic movement of a tall player during the back to back play in the paint) or try a breakthrough or pass, but those are variations of the same subject. Also, as a warm up exercise I do the following:

Player in the middle receives the ball and gives it back to the player he receives it from. The speed of legs is installed on (pivot round left or right leg) and pass and a player should shift the passing hand alternately. There is an option of shifting the passing type (against the floor, directly...). This exercise can be done even with one player, during it he hits the ball against the wall (2 meters distance) with left and right hand about 20 seconds alternately (Diag 2).

If you want to accustom your tall players to fast first pass opening after a rebound you will do this exercise by hitting



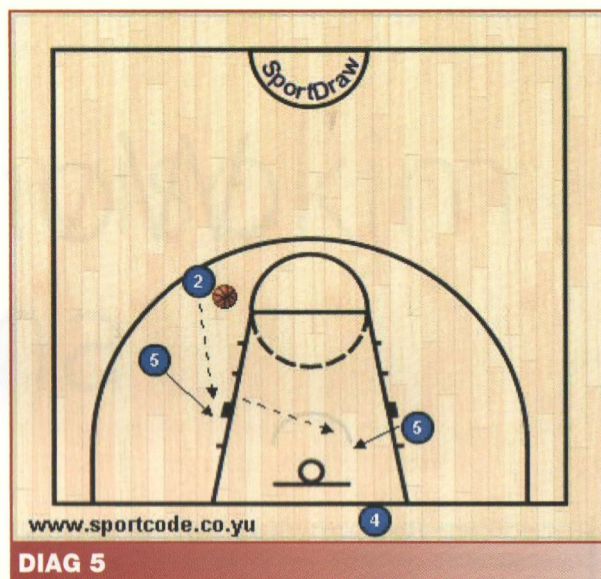
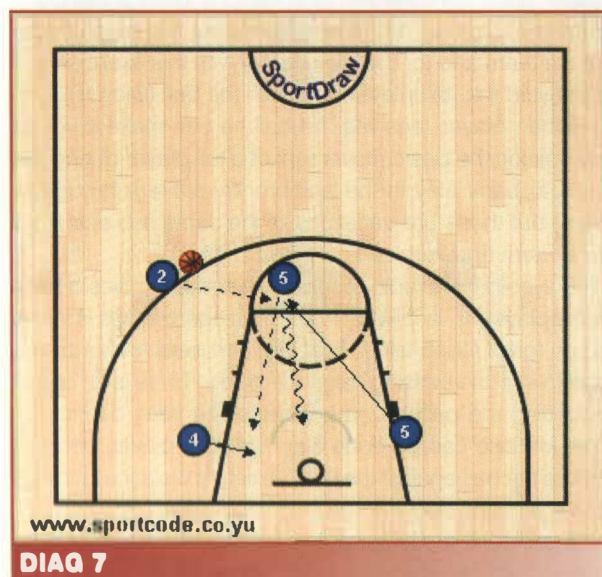
gurnije za ekipu i za trenera, i ovom vežbom se izbegava da visoki igrač pravi korake (Diag 1).

Po prijemu lopte može da ispivotira (po meni osnovna kretnja visokog igrača uz igru leđima u reketu) ili krene na ulaz ili doda. To su sad već sve varijacije na temu.

Takođe kao vežbu zagrevanja radim i sledeće:

Igrač u sredini prima loptu i vraća igraču od koga je dobio pas. Insistira se na brzini rada nogu (pivot oko leve ili desne noge) i pasa, a treba tražiti od igrača da menja ruku dodavanja naizmenično. Opet imate mogućnost menjanja vrste dodavanja (o pod, direktno...) Ova vežba može da se radi i sa jednim igračem gde on baca loptu o zid (razdaljina oko 2m) naizmenično leva i desna ruka oko 20 sekundi (Diag 2).

Ako želite da razvijete naviku kod visokih igrača da otvaraju brz prvi pas posle skoka, radićete ovu vežbu sa nabacivanjem lopte o tablu gde će visoki igrač u skoku rotirati ka strani otvaranja prvog pasa i dodati brzo loptu. Naravno ovde opet možete menjati vrstu pasa (sa jednom rukom, sa dve ruke, bližom daljom...) takođe posle



skoka može da ispivotira ili zadribla...pa doda loptu. Vežba je visokog intenziteta i radite je oko 30 sekundi. To su vežbe koje ja radim za zagrevanje visokih igrača.

Sledeća vežba je za igranje pick and roll

Na poziciji dodavača može biti ili visoki igrač ili trener što nije bitno. Važna je kretnja igrača u reketu. Sada sve zavisi od vašeg sistema koji igrate i gde tražite da se postavi blok. Ono na čemu ja insistiram je da visoki igrač uvek istrčava u punom sprintu kada postavlja blokadu i da ima kontakt sa odbranom u blokadi! Posle blokade mora da locira svog odbrambenog igrača i, u zavisnosti od njegove pozicije, reaguje. Ako njegov igrač ne preuzima ostaje u blokadi, a ako iskače na loptu brzo se otvara iz pivota licem ka lopti i kreće ka košu (Diag 3, Diag 4).

Ova vežba može da se radi i sa tri igrača, gde posle pomeranja odbrane rešenje visokog igrača, opet u zavisnosti od situacije može da bude ili pas, ulaz ili šut (Diag 5).

U ovoj vežbi opet morate da insistirate na saradnji tri igrača, brzini pasa i napravite razliku, odnosno steći prednost u zavisnosti od toga koliko dobro su oni uigrani i koliko dobro sarađuju. Tražite igrača koji ne igra u pik-u da se odmah spušta na zicer. Visoke igrače, naravno, rotirate. Kasnije možete i da ubacite odbranu i terate napad da igra u zavisnosti od reakcije odbrane.

Sledeća vežba je za visoke igrače – tehnika igre 1 na 1 na niskom postu.

Osnovna funkcija visokog igrača je da igra 1 na 1 na niskom postu i tu stekne prednost. Osnovna kretnja mu je da po prijemu lopte zakorači i da se bez driblinga otvori licem ka košu i iz te pozicije (zicer) rešava. Igrači se, naravno, rotiraju (Diag 6).

Kasnije možete da ubacite jedan dribling sa opcijom pivota oko leve ili desne noge. U zavisnosti oko koje noge rotira bira se i strana završetka, kroz sredinu ili na čeonu. Ja preferiram okret na čeonu. Trener tu može da stoji i pravi male faulove, čisto da se igrači naviknu i na

the ball against the board with a tall player rotation during the rebound toward the side of a first pass opening and passing the ball rapidly. Of course, you can change the kind of pass (one hand, two hands, forehand and backhand...). After a rebound a player can also make a pivot or dribbling.... and pass the ball afterwards. This is a high intensity exercise and it should be done in about 30 seconds. These are all the exercises I do for warming up of tall players.

Next exercise is for pick and roll play

A tall player or a coach can be in a position of a passer (it is of less importance), what matters is moving of a player in the paint. It all depends on your playing system and on the place you demand the block to be set. The thing I insist on, is full sprint running of a tall player while setting a blockade and having a contact with defense while in a blockade! After a blockade he must locate his teammate defender and depending on his position to react. If this player is not taking over he is staying in a blockade but if goes for the ball he opens himself from the pivot position toward the ball rapidly and starts moving toward the basket (Diag 3, Diag 4).

This exercise can be done even with three players where after moving of defense a tall player solution, depending on the situation, can be pass, breakthrough or shot (Diag 5). In this exercise you must insist on cooperation between three players, the speed of pass and in that way you will create an advantage which depends on their skill and their cooperation. Force a player who does not play in pick to descend himself to an optimal position. Of course tall player rotations come afterwards, defense also can be introduced later, and force your offence to play in the way that depends on the reaction of defense.

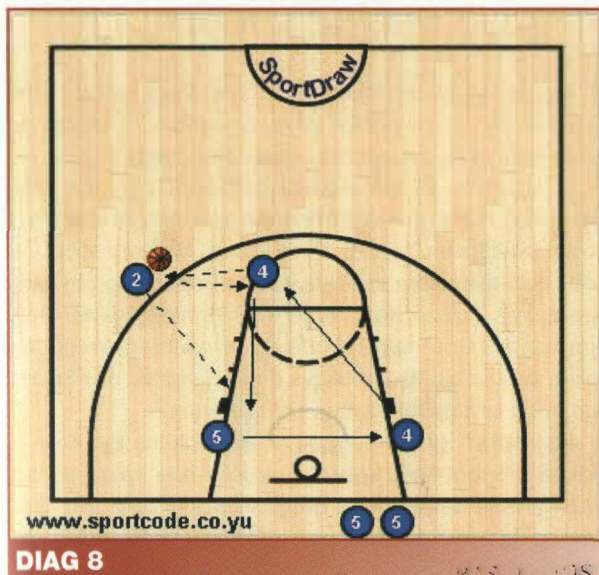
Next exercise is for tall players, technique of 1 on 1 play in a low post. The basic function of a tall player is to play 1 on 1 at low post and gain an advantage in that position. His basic movement is to step after receiving



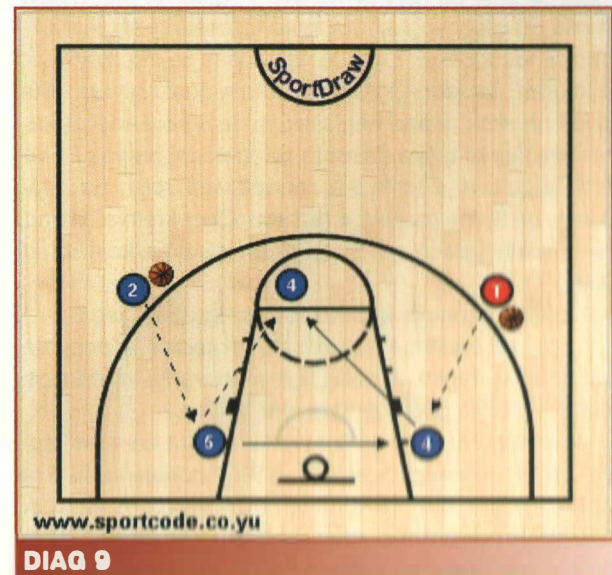
DIAG 6

the ball and to open himself with face toward the basket without dribbling and to solve the situation from that position. Of course, players rotate (Diag 6).

Later, you can introduce one dribbling with an option of pivot round left or right leg and, depending on which leg rotation is made the side of finishing might be chosen, it can be through the middle or at the top, I prefer the turn at the top. A coach can stand there and make little fouls just to accustom players to such situations. Including defense (semi-conducted) and reading it, it goes without saying but it starts from 1 to 0. I do this exercise for 10 minutes with and without defense. Also, it is important to do various back fakes in order to provide the best possible position for finishing. The second option is receiving from the back step with face toward the basket and with, of course, various possibilities for finishing (shooting fake, breakthrough, pass... and, of course, starting of a dribbling with cross step) with a constant glance to the field. I prefer a shot as a first option because there are many sleeping centers who do not defend a shot. Of course,



DIAG 8



DIAG 9



DIAG 10

takve situacije. Ubacivanje odbrane (poludirigovana) i čitanje iste se podrazumeva ali počinje se sa 1 na 0. Ja ovu vežbu obično radim 10 minuta sa odbranom i bez nje. Bitno je raditi i razne ledne finte u svrhu ostvarivanja što bolje pozicije za završnicu. Druga opcija je prijem iz zadnjeg koraka licem ka košu, sa opet raznim završnicama i flintama (flinta šuta, prodora, dodavanja... i naravno polazak u dribling ukrštenim korakom) pogled uvek u teren. Ja volim da prva opcija bude šut zato što ima dosta centara koji spavaju i ne brane šut. Naravno opet sve u skladu sa mogućnostima vašeg igrača. Najbolje bi bilo da im tražite da naizmenično šutiraju i prodiru ka košu. Sa odbranom kada se radi moraju da čitaju odbranu, i u skladu sa tim reaguju.

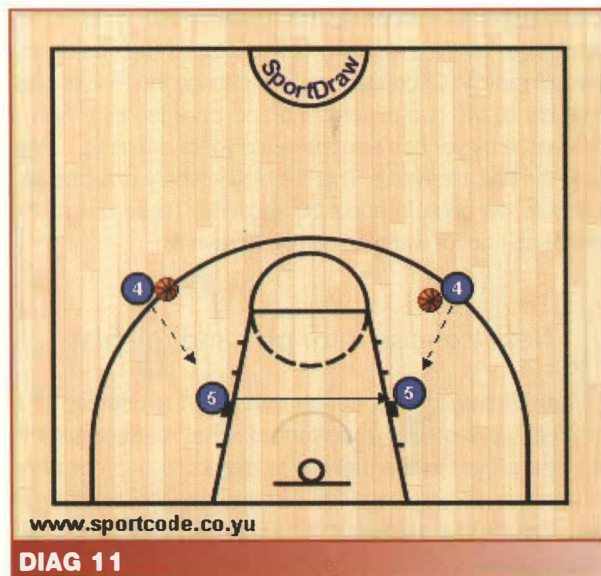
Kretnja visokog igrača na visokom postu

Igrač sa niskog posta izlazi na visoki, prima loptu iz zadnjeg koraka, iz jednog ili dva kontakta ali po prijemu lopte ne sme da napravi korake. Pogled na koš, u zavisnosti od njegovog izbora igrač u reketu reaguje: Šut – obojca idu na skok, pas – povratni pas na utrčavanje od ili ka lopti, prodor – igrač na niskom postu otvara reket ili ide na skok. Mada naglašavam da u situaciji prodora visoki igrač teško da može da promeni pravac i u većini slučajeva je to foul u napadu, više volim da igrač šutne, pa krene na skok u napadu. Opet kretnja i saradnja visokih igrača zavisi od vaših sistema koje igrate (Diag 7).

Još jedna opcija je sa rotiranjem igrača (Diag 8).

Igrač sa brojem 4 istrčava na vrh kاپice, 5 popunjava njegovo mesto, 4 posle finte dodavanja vraća loptu dvojci i utičava pod koš, gde igra leđima.

Sledeća vežba je za šut visokih igrača sa vrha kاپice i dole na niskom postu (Diag 9). 2 dodaje loptu 5 na niskom postu, 4 istrčava na vrh kاپice i prima loptu od 5, 5 posle pasa menja stranu i prima loptu od trenera (ili igrača, svejedno) na niskom postu.



DIAG 11

Vežbe intenziteta šuta visokih igrača

Prva vežba je sa jednim šuterom i dva dodavača. Radi se do deset ubačenih koševa sa pozicije niskog posta (Diag 10).

5 po prijemu lopte od 4 posle šuta menja stranu naizmenično u punom sprintu, radi se do deset ubačenih koševa sa pozicije niskog posta. Dodavači idu na skok.

Mala modifikacija ove vežbe je sledeća:

Igrač broj 5 je sada na srednjem postu, prima loptu okrenut leđima košu, po prijemu (zaustavljanje iz jednog kontakta) rotira se oko leve ili desne noge licem ka košu i šutira, menja stranu naizmenično u punom sprintu naravno, do 10 ubačenih (Diag 11).

4 posle šuta hvata loptu bez obzira da li je dao koš ili ne i daje zicer, u punom sprintu istrčava na kاپicu i reaguje u odnosu na trenera, ako trener doda odmah, igrač šutira, ako trener fintira dodavanje, igrač se u punom sprintu spušta na niski post, prima loptu i igra leđima (Diag 12).

Vežba za rad nogu

Igrač stoji na srednjem postu, nabacuje loptu na tablu tako da mu se odbije sa druge strane, u sprintu je hvata i ponavlja ovu radnju 20 sekundi (Diag 13).

Ja smatram da trener treba da prilagodi igrača sebi svojoj filozofiji, a ne da se trener prilagođava igraču i njegovim kvalitetima. Mislim da se radom svaki igrač može poboljšati u svakom aspektu igre i nikada ne prihvatam igrača koji dolaze kod mene kao formirani. Uvek ima prostora za napredak. Takođe, uvek insistiram svojim visokim igračima da se spuštaju dole i da igraju na niskom postu, da izbegavaju šut sa poludistance.

Sa visokim igračima treba dosta raditi na igri 1 na 1 leđima ili licem košu (obe situacije) i ono najbitnije po meni, a to je saradnja sa drugim visokim igračem. Nadam se da sam vam dao neke ideje kroz vežbe koje sam prikazao.

everything in accordance with your player's skills. The best option is to ask them to shoot and make a breakthrough toward the basket alternately. When you do it with defense, you must read defense and, depending on it, react.

Tall player movement in a high post

A player from the low post goes out to a high post, receives the ball from the back step with one or two contacts but, after receiving the ball he must not travel. View toward the basket, depending on his choice, the player in the paint reacts: shot – both of them cut to jump, pass – reversal pass after running in from or toward the ball, breakthrough – player in a low post sets the point tree or goes for a rebound. But, I would like to emphasize that in a breakthrough situation a tall player hardly can change his direction and commonly it is an offensive foul, so I prefer a player to shoot and then do offensive rebounds. Of course, moving and cooperation between tall players depend on your playing system (Diag 7). One more option is rotating the players (Diag 8).

A player number 4 runs out to the top of the cap, number 5 takes over his place, number 4 after passing fake returns the ball to number 2 and runs under the basket to play back to back.

Next exercise is for tall players to shoot from the top of the cap and down in a low post (Diag 9). Number two passes the ball to number 5 in a low post, number 4 runs out to the top of the cap and receives the ball from number five, number five changes the side after pass and receives the ball from coach (or a player) in a low post.

Tall player's shooting intensity exercises

The first exercise is with one shooter and two passes. It should be done up to ten points from a low post position (Diag

10). Number five after receiving ball from number 4 changes his side after a shot in sprint alternately, it should be done up to ten points from a low post position.

Passers jump.

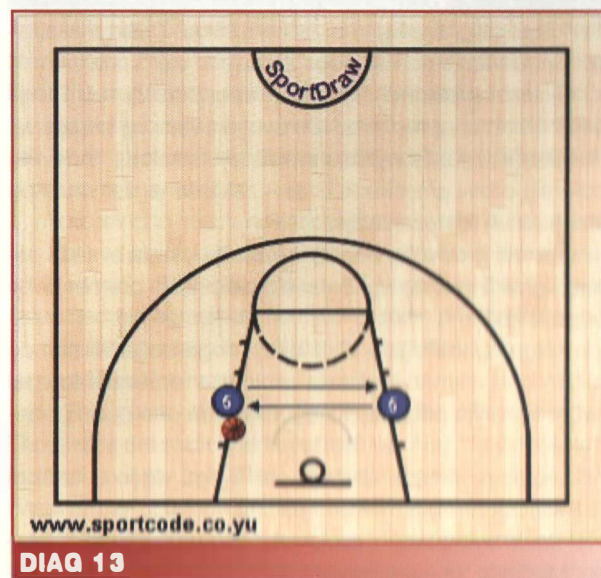
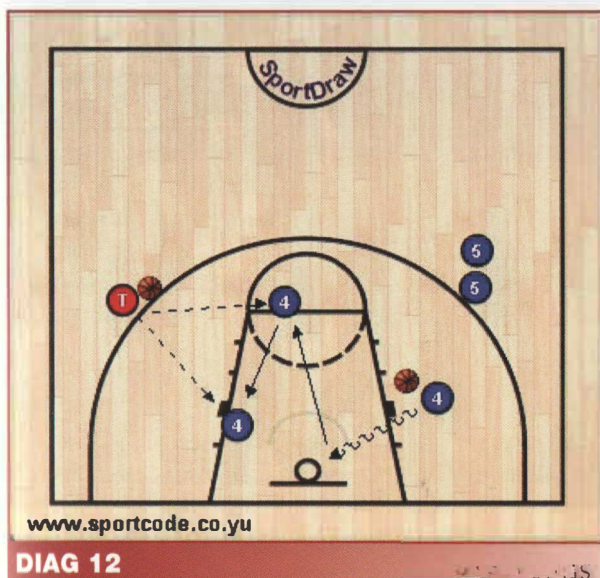
A small modification of this exercise is:

Number five is in the middle post now, receives the ball with his back toward the basket and after receiving (stopping after only one contact) and doing a rotation round left or right leg with face toward the basket and shoots, changes the side in full sprint alternately up to, of course, ten points (Diag 11).

Number four catches the ball after a shot no matter if he scored or not and scores, runs out to the cap in full sprint and reacts to coach, if a coach passes immediately the player shoots but if coach fakes the pass a player descends himself to a low post in full sprint, receives the ball and plays back to back (Diag 12).

An exercise for footwork

A player is standing, in a middle post and hitting the ball against the board. In a way to reverberate it on the other side catches the ball in sprint and repeats this action for 20 seconds (Diag 13). I think that a coach ought to accustom a player to his own philosophy and not to adapt himself to a player and his qualities. I think that, by work, each player can improve himself in every aspect of the game and I never accept player that comes to me as already formed, there is always a space for progress. Also, I always insist on my tall players descending themselves and playing in a low post and avoid shooting semi-distance. There is plenty of work with tall players in one on one back to back or face toward the basket play (both situations) and the most important thing to me, is cooperation with other tall player. I hope you got some ideas through the exercises I showed.



Tunis, mesto uspeha

Srebro kao nagrada za znanje

Nedavno je u Tunisu završeno Svetsko prvenstvo za juniorke (devojke koje su rođene 1986. i kasnije). Reprezentacija SCG, na čijem je čelu bio Zoran Kovačić Čivija, osvojila je srebrnu medalju i tako, nakon 16 godina, donela neko odličje sa svetskih prvenstava.

Prema rečima selektora Kovačića, osnovni motiv prilikom odlaska jeste da se pruži šansa devojkaama koje su rođene 1987. – Pošto najstarije godište treba da bude 1986, stručni štab je procenio da naša zemlja nema dovoljno kvalitetne igracice tih godina, pa smo se zbog toga odrekli njihovih usluga. Cilj nam je bio da ovoj generaciji, koja je najtrofejnija i najtalentovanija kod nas u poslednjih desetak godina, pružimo šansu da što pre igraju i sazreju kako bi tokom sledeće sezone neke od njih već mogle da konkurišu za seniorsku reprezentaciju.

Niko iz stručnog štaba nije planirao da se iz Tunisa vrati sa medaljom:

– Imali smo izuzetno tešku grupu i smatrali smo da bi ulazak među osam ekipa ili eventualno četiri, predstavljao dovoljan uspeh, pogotovo ako se uzme u obzir da smo imali najmlađu reprezentaciju. – reči su trenera Kovačića.

– Ove godine, osnovna stvar bila je ući u formu kada je to najpotrebnije – rekao je Čivija i nastavio – Mi smo upravo ta dva meča, četvrtfinale protiv Australije i polufinale protiv Rusije, odigrali zaista na visokom nivou. Zaista maestralno. Samim tim smo više nego zasluženo ušli u finale.

O snazi protivnika nije bilo potrebno trošiti reči i to je stručni štab unapred znao. Do ovoga Svetskog prvenstva, Rusija nije izgubila nijednu zvaničnu utakmicu... Dok nisu odigrale protiv amerikanki i nas – zaključio je šef stručnog štaba plave reprezentacije.

Šta nas je odvojilo od zlatne medalje i, kada bi sada ponovo igrali finale, da li bi Zoran Kovačić nešto promenio, on odgovara:

– Reprezentacija SAD je bila mnogo bolja. Mislim da bi bile bolji takmac i od naše seniorske reprezentacije. U ovom trenutku ne postoji mogućnost da one budu pobedene.

Snagu protivnika, Čivija je pre svega video u fizičkim predispozicijama američkih igracica:

– Imali smo pasove, proturanje, dobro smo igrali odbranu. Međutim, one su izuzetno fizički jake. Imaju devet crn-

kinja koje su svojom snagom i brzinom bolje od svake belkinje, plus što su godinu dana starije od nas. Mogu sa ponosom da kažem da smo obe utakmice protiv SAD odigrali izuzetno dobro.

Prema rečima trenera Kovačića, naš tim je u odnosu na druge bio izuzetno fizički spreman. Ali to se odnosilo na trčanje. Prvi čovek naše reprezentacije smatra da su u velikoj meri devojke poštovalе dogovor iz svačionice:

Međutim, ova utakmica je izgubljena, bez obzira što smo pet minuta pre kraja vodili petnaest poena:

– Ova utakmica je naš jedini kiks na prvenstvu. Te devojke su niskog rasta i mnogo su brže od nas. Takođe, šutiraju, ne trojke već četvorke. Šutiraju maltene čim pređu centar. Mi se nismo adaptirali na takvu igru. Problem je postojao jer naši centri nisu bili tehničko-taktički osposobljeni da svoje igra-



Naš tim/Our team: Kovačić, Maljković, Kokora, Mitov, Ilić, (gornji red/upper row), Miljković, Butulija, Musović, I. Prčić,

Tunisia the Place of Success

The Youth in Silver

World Championship for girls U19 has recently finished (girls born in 1986 and after). SCG national team, led by head coach, won silver medal and in that way, after sixteen years, brought one of medals from the World Championships.

According to Mr. Kovacic's words, the basic motif before departure was giving a chance to girls that were born in 1987. – Since the oldest age were girls born in 1986. The main board estimated that our country does not have enough players of quality of that age, so we renounced their services. Our aim was to give to this generation, which is the most trophy winning and the most talented in our country, within last ten years, a chance to play and mature as soon as possible, so they could apply for senior National Team during the next season.



Dubljević, Čerina, Stjepanović, Knežević i Savić
D. Prčić i Radočaj

– We had an extremely tough group, so we considered that being between eight teams or maybe between four, would represent the sufficient success, especially if we consider the fact that we had the youngest representation. – said coach Kovacic. We found out from the Head coach that the atmosphere among players was on a high level – optimally working and serious, but it was not enough for winning second place:

– Basic thing this year was to reach good shape in the best time possible – said Civija and continued – We had played on a maximum level exactly those two games, quarter-final against Australia and semi-final against Russia. Really great. In this way we deserved to go to the finals.

There was no use to spend words about our rivals strength, what the main board knew ahead. Until this World Championship Russian team did not lose none of the official games... not until the games against Americans and us – head coach of „blue team” concluded.

Being asked about the thing that separated us from the gold medal, and if we would play the final game again, if Zoran Kovacic would change anything, he replied:

– USA National Team was much better. In this moment, there is no possibility of beating them.

Civija saw the opponent strength, above all, in physical predisposition of American players:

– We had passes, feeding, we played defense well. Meanwhile, physically, they were extremely strong. They had nine negresses, who were, with their power and velocity, better than any white woman, and one year older than us. I can proudly say that we played both games with Americans very well.

According to coach Kovacic's words, in relation to others, our team was extraordinarily physically prepared. It was related to running. First man in our team considers that the girls respected the agreement from locker-room predominantly.

But, that game was lost, without considering the advantage of fifteen points:

– This game was our only drop in the championship. Those girls are short and faster than us. Also, they shoot not for three but for four. They shoot almost immediately after passing the court center. We weren't accustomed to that kind of game. There was a problem, because, our centers were not technically and tactically enabled for chasing their

če jure izvan 6,25. U Evropi nema situacija da tri centra ubace deset trojki. Ovo je bila jedina naša slaba utakmica na prvenstvu. Da nismo prvu utakmicu igrali sa Korejom i da smo imali prilike da ih vidimo na delu, ne bi od njih izgubili.

Napoleon je jednom rekao da je poraz moguće opravdati, ali da je neoprostivo biti iznenađen. Naš stručni štab je ovo ozbiljno švatio:

– Gledali smo kasete posle svake utakmice. Australiju smo dobro prostudirali. Najviše smo obratili pažnju na odlučujuću utakmicu u grupi kada su igrale Australije i Kina. Pobjednik tog duela bio je prvak grupe i naš budući protivnik. Ekipe Australije, koja je u tom meču pobedila, predstavlja jedan izuzetno kvalitetan tim. Dosta tih devojaka ide u školu u SAD. To je američka škola košarke, sa jakom odbranom i sa dosta kontakata. Videli smo da su izuzetno fizički jake. Pretpostavljali smo da često idu u teretanu i da bilduju. Međutim, naša prednost bila je ta da smo mnogo smo brža ekipa što smo i iskoristili. Nametnuli smo svoj stil igre. Nismo dozvolili da se organizuje dugo pozicioni napad, jer su nas one snagom izgurale iz reketa. Igrali smo polukontre, kontre 4 na 3, 3 na 2, i sasvim smo se zaslužno plasirali dalje.

Da li je u finalnom duelu bilo situacija da stručni štab prijeti nešto, ali da je bilo kasno za ispravke:

Ne. Nisu nas mogli ničim iznenaditi. Jednostavno nismo mogli igračicu iz Amerike, koja je bila izuzetno brza poput naših bekova, a teška preko sto kilograma, da držimo. Sve smo videli. I dobre i loše osobine svake ekipe. Maksimalno smo se trudili da kroz neku taktiku napada prikrijemo svoje loše osobine i da prikazemo one prave. U velikoj meri smo to i uspeali, ali eto, u duelu protiv SAD, čak i kada vidimo šta nam se sprema, nismo mogli ništa da uradimo.

Ovo srebro je treća svetska medalja za Zorana Kovačića Čiviju. On u svojoj riznici broji preko devedeset odličja, ali kako priznaje, one ništa ne menjaju – Ja i dalje osećam glad za medaljama. Sve dok budem na klupi želeću da osvajam. Ali, trebalo bi da se zna, da je za mene osnovna stvar u mlađim kategorijama, ne da osvajam medalje, već da pokušam da napravim igračicu koja sledeće godine može da konkuriše za seniorsku reprezentaciju. To je veći uspeh nego osvojiti medalju.

■ Marko Petković

Trener plavih kadeta Petar Rodić o razlozima neuspeha na EP u Španiji

Povrede nam došle glave

Leto nikad usapešnije. Jedini neuspeh doživeli su kadeti (generacija 1989), koji su u Španiji osvojili deseto mesto.

O razlozima ovog neuspeha sigurno je najpozvaniji da govori selektor Petar Rodić. Dakle, zašto tek deseti?

– Imali smo jako tešku grupu, prvi meč protiv Francuza umnogome je odredilo dalji tok takmičenja.

Posle poraza u toj prvoj utakmici, ekipa je psihološki pala. Igrači su znali da ne možemo dalje, u borbu za medalje. Pokušao sam da ih dignem, na lep ali i na oštar način, da odigramo dobro protiv Španije i Letonije. Nažalost, od toga nije bilo ništa...

Inače, treneri su počeli da prate naše kadete još pred polazak na Evropsko prvenstvo.

Kada su snovi o medalji već raspršeni, plave je očekivala borba za plasman od devetog do 16. mesta.

– Pobili smo Grčku, Izrael, Belgiju i Letoniju, izgubili u duelu za deveto mesto sa pola koša od Izraelaca.

Verujte, ne tražim opravdanje, ali nama je bukvalno jedna lopta odlučivala o plasmanu na EP u Španiji – završava Petar Rodić.

■ Dejan Kantić



players out of 6.25 line. There is no situation in Europe, where three centers scored ten times beyond 6.25 line. This was our only weak game during the championship. If we had not played against Korea and if we had a chance of seeing them in act, we would not have lost the game against them.

Napoleon used to say that the defeat can be justified, but it is inexcusable to be surprised. Our main board took this very seriously:

– We were watching the video tapes after every match. We analyzed Australians well. We paid attention mostly to the casting game within our group, when Australia and China played their game. The winner of the duel was the winner of the group and our next opponent. Australia team, that won the game, is a team of great quality. A number of those girls goes to USA schools. It is an American basketball school, a school with solid defense and plenty of contacts. We had a presumption that they were visiting gym and doing the body building. But, our advantage was in our swiftness and we made a good use of that. We inflicted our playing style. We did not let them organize a long-position offense, because they pushed us

with their strength off the paint. We played semi-counter attacks, 4 to 3 and 3 to 2 counter-attacks, and we passed through meritoriously.

– Were there some situations of noticing anything during the final game, by the main board?

– No. they could not surprise us with anything. Simply could not hold the American player, extremely fast just like our guards, with weight of more than 100 kg. We were trying maximally to cover our bad characteristics and present our good sides, through a sort of a tactic. We succeeded in it pretty much, but, you see, against the USA, even if we had known what it is all about, we could not have done anything.

For Zoran Kovacic Civija, this is the third silver medal. In his treasure room he keeps more than ninety medals, but he admits that it does not change anything.

– I still feel hunger for medals. As long as I am sitting on the bench, I will be eager to win. But, it should be known that the basic thing in younger categories is not winning medals, but persistence in creating players, who can apply for a senior national team next year. It is bigger success than winning a medal – Civija concludes.

Blue cadet's coach Petar Rodic on the reasons of failure at the EU championships in Spain

Injuries were fatal for us



There has never been more successful summer. Only the cadets (generation 1989), who won 10th placing, experienced failure. The head Petar Rodic is certainly the most competent person to talk on the reasons of the failure. Why the tenth placing?

– We had a tough group, the first match against the French was decisive for the further outcome of the competition. After losing the first match, the team psychologically worsened. The players knew that we could not go further, struggle for the medals. I tried to lift their spirit up, both in a kind and severe way, to play well against Spain and Latvia. Unfortunately, we could not make it... We played bad against Latvians, and the judges were not most favourable ones, while against the host we lost in the last minutes, just like against France.

Also, bad luck started to follow our cadets even before departure to the EU Championship.

When the dreams of a medal drifted away, the battle for the placement from the 9th to the 16th placing was ahead of the blue ones.

– We have beaten Greece, Israel, Belgium and Latvia, we lost in the duel for the 9th placing with a half score from the Israeli players. Believe me, I am not looking for a justification, but literally one ball was decisive for our placement at the EU Championship in Spain – concludes Petar Rodic.

■ Dejan Kotic

Saša Đorđević

Oproštaj legende

Sve je bilo onako kako se i moglo očekivati od oproštaja čoveka čija je karijera bila posuta zvezdanim trenucima i popločana uspesima. Onako kakav je Saša i kao čovek i kako je igrao i ponašao se na terenu, ali i van njega, takvo je bilo i to nezaboravno veče – 3. jula u beogradskom Pioniru: dostojanstveno, odmereno, bez suvišnih poteza, uz odavanje dužne pažnje svima onima kojima se kao igrač, ali i kao čovek divio, sa kojima je ili protiv kojih je igrao, sa kojima se družio. I svima je stigao da pokloni bar trenutak te blistave večeri. Sjajno izrežirana priča u 4 dela, smeštena u uobičajeni tok utakmice, podsetila je sve one starije ali i mnoge mlađe gledaoce na velikane evropskog basketa o kojima su mnogi samo čitali ili slušali iz zadivljenih priča starijih. Te tople julske večeri prisustvovali smo svojevrsnom košarkaškom vremeplovu. Preko Rive, Menegina, Marića, Bobana Petrovića, Grbovića, Zorkića, Ilića, pa dalje preko Divca, Paspalja, Danilovića, Savića, Rađe, Kukoča, sve do najmlađih Radmanovića, Stojakovića, Rakočevića. Čitava jedna istorija na jednom mestu. I u čast jednog čoveka. I to dovoljno govori o vrednostima onoga ko je sve te ljude okupio. A na trenerskoj klupi – scena za nezaborav. Ono što nije

uspelo ni našem stručnom savetu, uspelo je Saši. Jedan pored drugog sedeli su Duda Ivković, Boža Maljković, Željko Obradović i Kari Pešić. Malo li je? Najbolji i najjači stručni štab na svetu. I nije samo to Sašina veličina. Veličina je i to kakav je momak, iz kakve je kuće potekao, kako se ophodi prema saigračima, trenerima, novinarima, koliko pomaže deci. Nakon višegodišnjeg humanitarnog rada u „Grupi 7“, Saša je odnedavno i ambasador UNICEF-a i odmah je pokazao u kom pravcu će ići njegove aktivnosti. Celokupan prihod od 150.000 evra, sakupljenih na oproštajnom meču, biće namenjeno deci i iskorenjivanju siromaštva među njima. Ali to je tek početak priče. Njegova ekscelencija, ambasador Aleksandar Đorđević tek će doprinosti radu ove poznate svetske organizacije i pomagati svima kojima je pomoć potrebna. Zato je Saša bio i ostao najveći. A čime će se u budućnosti profesionalno baviti odlučio je on sam. Funkcioner, direktor kluba ili Saveza, državno-sportskom funkcijom ili možda baš trenerskim pozivom. Zamislite to znanje, iskustvo i energiju pokraj aut linije. Sjajno. O tome će se tek pisati. Novo poglavlje istorije tek je otvoreno.

■ Božidar Manojlović



Klupa najvišeg rejtinga/Highest rating bench. Željko Obradović, Boža Maljković, Duda Ivković i Svetislav Pešić

Sasa Djordjevic

Legend Saying Good-Bye

Everything appeared to be the way it could be expected from a man saying good-bye whose career was full of bright moments and filled with success. The way Sasa played and behaved as a man, as a player and out of the court, so memorable this evening was in the Belgrade hall Pionir, July 3: with dignity, measure, without exaggerate moves, with paying honour to all the ones he admired as a man and as a player, the ones he played with or against, he socialized with. A story wonderfully directed in four parts, placed in the usual flow of the match reminded all the older ones and many younger ones of the European basket stars they read or heard of from the admiring stories of their ancestors. On this July evening we assisted the basketball time travel. The time travel beginning with Riva, Menegin, Maric, Boban Petrovic, Grbovic, Zorkic, Ilic, continuing with Divac, Paspalj, Danilovic, Savic, Radja, Kukoc, up to the youngest ones, Radmanovic, Stojakovic, Rakocevic. Whole history in one place. In the honour of one man. This says enough of the values of the person who gathered all these people. There was a legendary scene at the coaches' bench. What our expert headquarters didn't manage, was done by Sasa. Duda Ivkovic, Boza Maljkovic, Zeljko Obradovic and Kari Pasic were sitting one next to other. Wasn't that enough? The best and the toughest expert headquarters in the world. That's not the only thing that points to the greatness of Sasa. His personality, the family he provides from, his behaviour towards his team players, coaches, journalists, his helping children. After many years of humanitarian work in the „Group 7“, Sasa has lately become a UNICEF Ambassador and immediately has shown in which direction his activities will go. The total income of 150.000 EUROS collected at the farewell match, will be allocated to children and fighting poverty among them. It's just the beginning of the story. His Excellency, Ambassador Aleksandar Djordjevic will go on contributing to the work of this famous world organization and help all the ones that need it. Thus Sasa has been and remained the greatest. What his profession in future will be is up to him to decide. Either an official, Club Director or Association Director, or serving a state-sports function or maybe a coach. Imagine this know-

edge, experience and energy next to the side out of bounds line. Extraordinary. It will be written about this. A new chapter of the history has been opened.

■ Bozidar Manojlovic



Treći memorijalni turnir „Slobodan Piva Ivković“

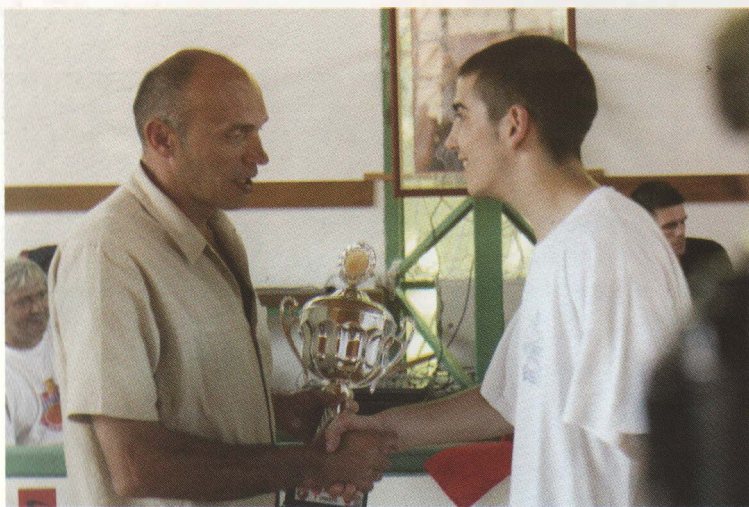
Het-trik OKK Beograda

Slobodan Piva Ivković, legendarni trener Radničkog, ali i juniorskih i seniorskih nacionalnih selekcija, ime je koje se ne zaboravlja. Nikako i nikada na Crvenom krstu gde je košarkaški rođen. Tu je živeo za loptu i čarobne obruče i golubove u kući, u ulici fenomenalnog levorukog strelca Radivoja Koraća, preko puta najstarijeg radničkog sportskog društva Radnički.

U znak sećanja na Pivu održan je u dvorani na Crvenom krstu, koju je snevao i nije doživeo da vidi, treći memorijalni turnir od 24. do 26. juna.

Za razliku od dva prethodna turnira, ovog puta, umesto seniorskih, takmičili su se juniorski sastavi: Partizana, Železnik Vorkersa, OKK Beograda i BKK Radničkog. Ko-

Zlatan Tomic, u ime UKTSCG, pobedniku je predao pehar



Zlatan Tomic handed a trophy to the winner on behalf of ABCSCG

Slobodan Piva Ivkovic, a legendary coach of Radnicki and junior and senior national selection also is the name that can not be forgotten. Never and no way in Crveni Krst where he was born as a player. He lived for a ball and magical baskets and pigeons there in the house, in a street of an extraordinary left-handed shooters Radivoje Korac, right across the road from the eldest Labourer Sport Society „Radnicki“

In the memories of Piva it took a place in a hall at Crveni Krst he was dreaming about and did not live to see, The Third Memorial Tournament from 24 to 26 June.

Unlike previous tournament, this time, instead of seniors junior teams competed of: Partizan, Zeleznik Vorkers, OKK Belgrade and BKK Radnicki.

OKK Belgrade basketball players were most successful ones and that way dethroned the previous winner for two times from Zeleznik.

šarkaši OKK Beograda bili su najuspešniji i tako skinuli sa trona prethodnog dvostrukog pobednika iz Železnika.

Pored osvojenog pehara za prvo mesto, dodeljena su još dva, članovima OKK Beograda: Stefanu Vujičiću za MVP i Miljanu Miljaniću, najboljem odbrambenom igraču.

Treći turnir otvorio je Jovica Veljović, svojevremeno u sastavu „krstaša“, a nadmetanju naših košarkaških nada prisustvovao je i Dušan Duda Ivković, Pivin brat, isto i nekadašnji igrač Radničkog, potom trener prvoligaških klubova i savezni trener. Zlatan Tomić uručio je pobednički pehar, ispred Udruženja košarkaških trenera SCG, a prelazni trofej darovala je košarkašima sa Karaburme Sanja Bulatović, direktorka BKK Radnički.

Drugoplasiranom Partizanu dodelio je pehar Žarko Vučurović, takođe bivši član ekipe sa Crvenog krsta, dok je Zoran Gavrilović, generalni sekretar Košarkaškog saveza Srbije, predao trofej trećeplasiranom Železnikar Vorkersu.

■ V. Ignjatović

The third memorial tournament
Slobodan Piva Ivkovic

Hat-trick of OKK Belgrade

Besides the first place trophy, two more trophies were given to the number of OKK Belgrade: Stefan Vujacic as a MVP and Miljan Miljanic as the best defender.

The third tournament was opened by Jovica Veljovic, once a member of „crusaders“, in our young basketball players competition there was also Dusan Ivkovic, Piva's brother, once a player of Radnicki, then, a coach of our clubs from the first league and a coach of the National Team.

Zlatan Tomic delivered the winner's trophy on behalf of Serbia and Montenegro Basketball Coaches Association and other trophy was delivered to the basketball players from Karaburma by Sanja Bulatovic, the principal of Radnicki.

To Partizan, which won the second place trophy was delivered by Zarko Vucurovic, also once a member of the team from Crveni Krst, while Zoran Gavrilovic General Secretary of Serbian Basketball Association delivered to Zeleznikar Vorkers that won the third place.

Istanbul 1950

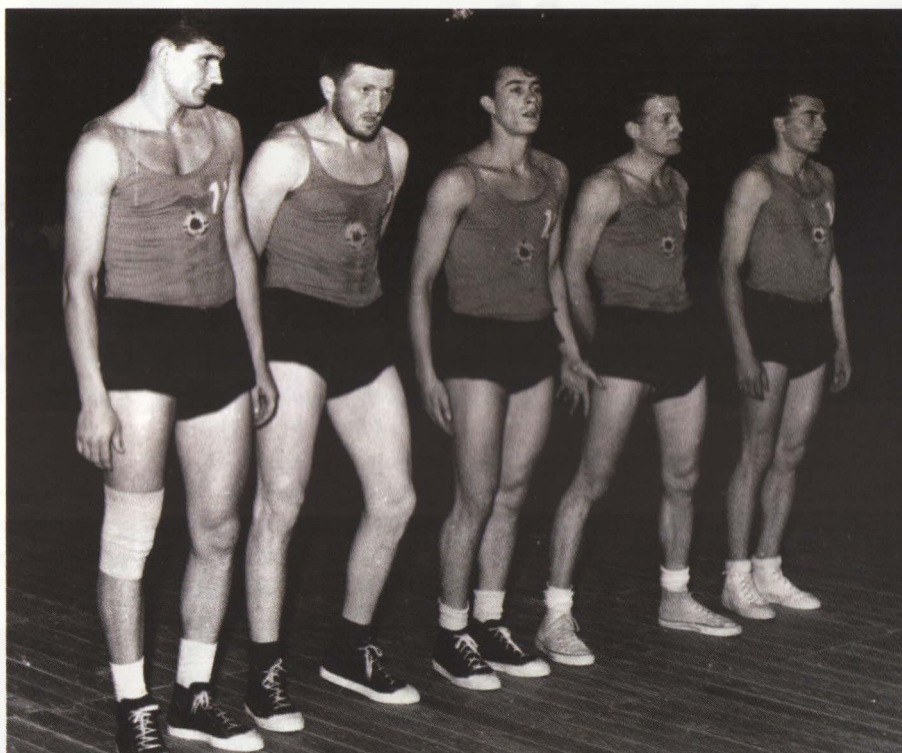
Poslednji put bosu

Na XI evropsko prvenstvo koje se održavalo u Istanbulu, Plavi su ispraćeni sa željama da se posle Sofije, gde je osvojeno 6 mesto, popnu koji stepenik više.

U prvoj utakmici na prvenstvu, protiv Bugara, doživeli smo poraz od 80:72. Naša petorka u sastavu Kristančić, Daneu, Nikolić, Đurić i Korać tokom cele utakmice bila je blizu pobede.

Sledeća utakmica protiv domaćina Turske, nije bila nimalo laka. Poredili smo sa 70:66, a prema izveštaju Bore Stankovića za beogradski „Sport”, saznajemo da je reprezentacija domaćina igrala vrlo agresivno, pa je čak pet igrača moralo pre kraja da napusti teren zbog pet faulova. Takođe, navodi se u izveštaju da je pri kraju utakmice počela da pada kiša. „...u tom trenutku naši su poskidali gumene cipele i poslednjih nekoliko minuta odigrali bosu...”

Protiv Belgije sve je počelo kako se samo poželeti može. U osmom minutu vodili smo sa 17 poena razlike i tada neobjašnjivo stali, što su protivnici znali da iskoriste i svedu našu prednost na dva poena razlike. Na kraju je zabeležena Pirova pobeda Plavih 60:56.



Nemanja Đurić, Radivoj Korać, Miodrag Nikolić, Marjan Kandus i Ivo Daneu

Nedostajao je samo poen koji nas je vodio u prvih osam ekipa i verovatno borbu za medalje.

Bare footed for the last time

On the XI European Championship which was held in Istanbul „blue players” were seen of with hopes and wishes that after Sofia, where they won 6th place, they could get better result now, closer to the top.

The first game at this Championship, we played with Bulgarians and we lost it with 80 : 72. Our first team with Kristancic, Daneu, Nikolic, Djuric and Korac, during the whole game was very close to victory.

The next game, against our host Turkey, was not easy at all. We won it with 70:66, and according to Bora Stankovic's report to the Belgrade magazine „Sport” we found out that the national team of our host played agres-

sively and even five players had to leave the game before it ended for five pensils. In this report we can also read the information that before the end of the game it started to rain and „in that moment our players took off their ruby shoes and the last few minutes they played Barefooted”.

Against Belgium everything started as we wished to be. At the eight minute we had 17 points more than Belgium, but than we just stopped, and our rivals knew how to use it and bring down our advantage to only two points. At the end our team won the game with 60:56, but that was not enough. We missed only one point that would lead us to the first eight and probably to the fight for the medals.

■ Milan Tasic

Akademci pod koševima

Vidovdanski turnir – nezvanično prvenstvo

U sportskoj hali Vojne akademije od 24-26. juna održan je IV vidovdanski turnir studenata, koji je ujedno i nezvanično prvenstvo Beogradskog univerziteta. Na turniru je učestvovalo deset ženskih i šesnaest muških ekipa.

Kod devojaka najbolje su bile studentkinje Više poslovne škole koje su u finalu savladale favorita Filološki fakultet, a treće se bile studentkinje FON-a. Kod studenata je sledeći plasman: Tehnološko-metalurški fakultet, FON i Medicinski.

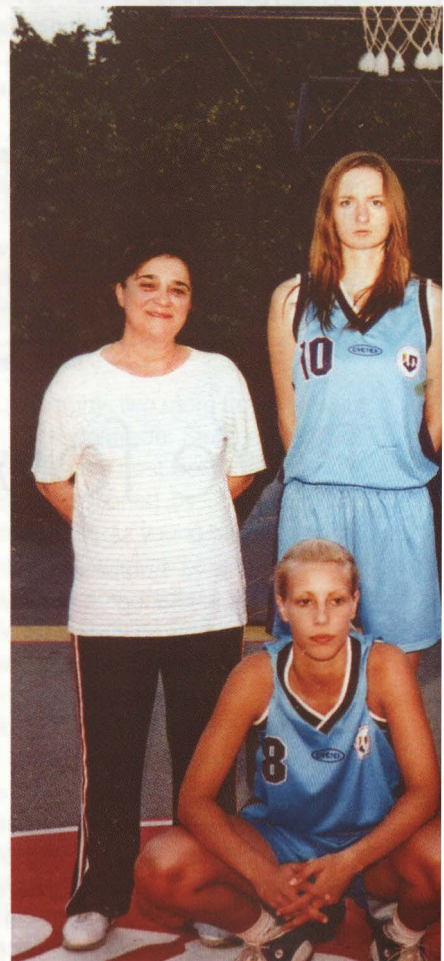
Ovo takmičenje sa tradicijom svakako ima svoju perspektivu. Na ovom mestu je suviše govoriti o značaju razvoja sporta na univerzitetu. Međutim, neophodno je istaći da takmičenje, na kome pravo učešća imaju samo registrovani igrači u Sportskom savezu Beogradskog univerziteta, zaslužuje značajniju pažnju i podršku. Ovogodišnje takmičenje, pre svih, izneli su entuzijasti, a pomogli su: Ministarstvo prosvete i sporta Vlade Republike Srbije, Energoprojekt, Tigar, Livnica Braća Jeremić, Sportski žurnal i košarkaški savezi Beograda i Srbije koji su preuzeli troškove suđenja.

Uvereni da će ovo takmičenje imati sve veći značaj za razvoj, pored ostalog i naše košarkaške baze, svakako se otvara pitanje kvaliteta i obučenosti onih koji rade na razvoju košarke na našem najvećem univerzitetu. Naravno, reč je o trenerima koji vode ove ekipe. Ovogodišnje takmičenje je vrlo ilustrativan primer za to. Iznenadjenje prvenstva je šampionska titula Više poslovne škole kod studentkinja – Međutim, to je jedina ekipa koju su vodili kvalifikovani treneri. Prvi trener dr Anđelka Jančić sa crvenom licencom i njen asistent Marko Arsić – plava licenca. Bilo je više nego očigledno da je u borbi za prvo mesto od studentkinja – pobedila crvena licenca

Očigledan primer da se u ovo takmičenje mora uključiti i samo Udruženje košarkaških trenera, jer, pored entuzijazma, za kvalitetno vođenje ekipe potreban je i obučeni trener. Prva prilika za to je Liga beogradskog Univerziteta koja počinje u oktobru. Da bi se popravio kvalitet ovog takmičenja eto šanse za našu Višu košarkašku školu, jer korist bi bila obostrana. ■ M.PI.

*Pobednice
Vidovdanskog
turnira:
Studentkinje Više
poslovne škole
predvođene
svojim trenerom dr
Anđelkom Jančić
(stoji prva sleva)*

*Winners of the
Vidovdan
tournament:
students of the
Business College,
headed by their
coach PhD
Anđelka Jancic
(standing first
from the left)*



Academics Under Basket

Vidovdan tournament an unofficial championship

From 24th to 26th July, in the sport hall of the Military Academy, was held the VII Vidovdan Student Tournament, which is the unofficial championship of the University of Belgrade. There were 10 female and 16 male teams competing at this tournament. In the female competition the first place took the team of the Business College. In the final game they won the favourite, the team of the Philological Faculty, and the

third place took the team of School of Political Science. In the male competition the first place took the team of the Mining School, the second place took the school of political science and the third place took Medical school.

This competition with its tradition certainly has future. And how important development of sport in the university there is no need to mention. But, it is very important to say, that the competition in which only players who are registered by the Sport Union of Belgrade University, can take part in deserves big support and attention. This year competition was the great undertake of the enthusiasts and the help of Sinalco, Brothers Jeremic Foundry, Sport Magazine, Cukarica Community and Belgrade and Serbian Association, which took over cost of referee services.

We are completely sure that this competition will have more and more importance for development of our basketball base but there is also question that concerns quality and education of the people who work on the development of basketball in our biggest university. Of course we are talking about coaches who train our teams. The first place, which was won by Business College in the female competition presents the big surprise. But it is the only team which was led by the skilled coaches. The first coach Andjelica Jancic has red license and her assistant Marko Arsic has the blue license. It was obvious that in the game for the first place, in the female competition – the red license won.

This is a very good example which shows that in this competition the Association of Basketball Coaches, also has to take part in, because besides the enthusiasm to create good team, we need skilled coaches. The first chance for that, you will have in the Belgrade League which starts in October. If you want to improve the quality of this competition, the Basketball College has to find its interest in it, because there will be benefit for both sides. ■ M.PI.

Prevod tekstova na engleski: Tatjana Milosavljević,
Nina Vidosavljević, Ivan Bogunović i Milan Mitrović.



Regulativa Fibe za ovlašćene trenere

1. Definicija

Trener je osoba koja priprema tim za takmičenje, i/ili vodi tim u takmičenju, i ovlašćena je od strane Nacionalne Federacije.

2. Dužnosti i obaveze nacionalnih federacija

2.1. Svaka nacionalna federacija je obavezna da ima sistem licenci za svoje trenere.

2.2. Svaka nacionalna federacija je obavezna da ima akreditacioni sistem na svojoj teritoriji koji klasifikuje trenere prema propisanim nacionalnim standardima.

2.3. Nacionalna federacija će informisati Fibu (Svetski kongres) o imenima trenera koji su klasifikovani na najviši nivo, i informisaće Fibu (Svetski kongres) o promenama liste do kraja svake godine.

3. Ovlašćeni treneri FIBE

3.1. Treneri koji poseduju najviši stepen koji je odredila njihova nacionalna federacija imaju pravo da nose naziv „Fibin ovlašćeni trener“.

3.2. Da bi bio imenovan za Fibinog ovlašćenog trenera, trener mora prvo biti uključen u listu trenera najvišeg stepena koju Fiba (Svetski kongres) dobija od njegove nacionalne federacije.

3.3. Trener može biti uključen samo u nacionalnu listu zemlje čiji je on legalni građanin. Ovo ne utiče na njegovu spo-

sobnost da izvrši dužnosti trenera u drugoj zemlji prema primenljivim propisima te zemlje.

3.4. Svaka nacionalna federacija može da ima neograničeni broj Fibinih ovlašćenih trenera.

3.5. Jednom odobrena, titula Fibinog ovlašćenog trenera važi sve dok trener ostane na listi koja se podnosi Fibi (Svetskom kongresu) prema uslovima iz tačke 3.2.

3.6. Trener mora biti imenovan Fibinim ovlašćenim trenerom da bi postao glavni trener reprezentacije koja se takmiči na glavnim zvaničnim takmičenjima Fibe.

3.7. Kad trener dobije licencu Fibinog ovlašćenog trenera, on automatski postaje član Svetskog Udruženja Košarkaških Trenera (WABC).

4. Detalji procesa

4.1. One osobe koje budu imenovane za Fibinog ovlašćenog trenera predaće Fibi (Svetskom kongresu) lične informacije u informativnom formularu za svakog pojedinog trenera, jednu fotografiju u boji veličine za pasoš, i fotokopiju pasoša sa podacima o prezimenu, imenu, datumu rođenja i nacionalnosti.

4.2. Administrativna taksa od 10 švajcarskih franaka treba da bude predata Fibi (Svetskom kongresu) sa informativnim formularom svakog trenera.

4.3. Čim se tražena dokumentacija iz tački 4.1 i 4.2 primi Fiba (Svetski kongres) će izdati licencu Fibinog ovlašćenog trenera navedenoj osobi.



Regulations Governing FIBA Approved Coaches

1. Definition

A Coach is a person who prepares a team for, and/or directs the team in, competition, and is licensed by a National Federation.

2. Duties and Obligations of National Federations

2.1. Each National Federation is obliged to have a licensing system for its coaches.

2.2. Each National Federation is obliged to have an accreditation system in place which grades its coaches according to prescribed national standards.

2.3. The National Federation shall inform FIBA (World) of the names of Coaches who have been graded at the highest level, and shall inform FIBA (World) of any changes to the list at the end of the each year.

3. FIBA Approved Coaches

3.1. Coaches in possession of the highest grading as determined by their National Federation are entitled to the designation „FIBA Approved Coach“.

3.2. To achieve designation of FIBA Approved Coach, a coach must first be included in the list of coaches holding the highest grading provided to FIBA (World) by his National Federation.

3.3. A Coach may be included only in the national list of the country of which he is a legal citizen. This does not affect his

ability to perform the duties of a Coach in another country according to the applicable regulations of that country.

3.4. Each National Federation may have an unlimited number of FIBA Approved Coaches.

3.5. Once approved, the title of FIBA Approved Coach is valid as long as the coach remains on the list submitted to FIBA (World) in terms of 3.2.

3.6. A coach must be designated FIBA Approved Coach in order to be a Head Coach of a national team competing in the Main Official Competitions of FIBA.

3.7. Once a Coach has been issued a FIBA Approved Coach Licence, he becomes automatically a member of the World Association of Basketball Coaches (WABC).

4. Process Arrangements

4.1. Those persons designated FIBA Approved Coach shall submit to FIBA (World) personal information in an Individual Coach's Information Form, one passport-sized colour photograph, and a photocopy of passport showing family name, first name, date of birth, and legal nationality.

4.2. An administrative fee of CHF 10.00 is to be forwarded to FIBA (World) with the Individual Coach's Information Form.

4.3. Once the documentation required according to 4.1 and 4.2 has been received, FIBA (World) shall issue a FIBA Approved Coach licence to the person involved.

air | connection



Beograd

Knez Mihailova 2
Knez Mihailova 21a
Bul. K. Aleksandra 40
Bul. K. Aleksandra 168
Zeleni Venac 2

Novi Sad

Pozorišni Trg 3
Sutjeska 2
Dunavska 2

Kragujevac

Glavna 37
dr. Zorana Đinđića 10

Kruševac

Mirka Tomića 18
Trg oktobarske revolucije 12

Niš

Pobedina bb
Pobedina 12

Subotica

10. Oktobra 1

Čačak

Kuželjeva 1

Vršac

Sterijina 34, Bahus TPC

Užice

Dimitrija Tucovića 99

DELTA SPORT



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