



časopis udruženja košarkaških trenera

# TRENER

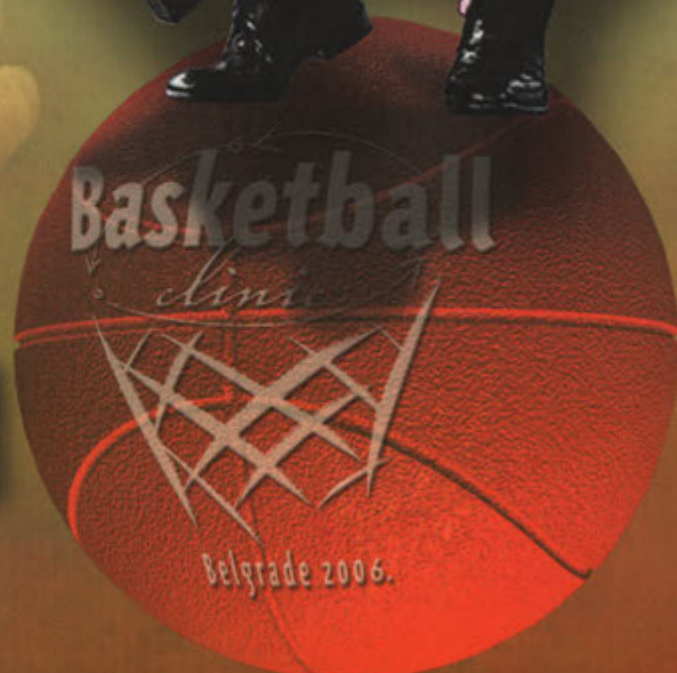
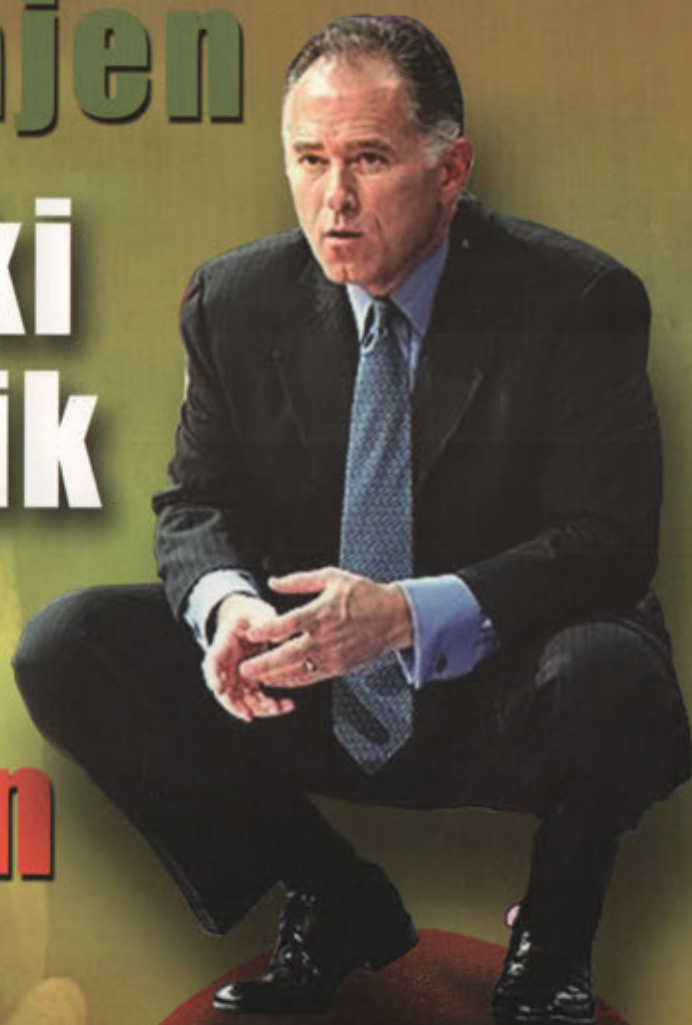


## Džim O'Brajen

# Košarkaški posvećenik

## Jim O'Brien

# A devotee of basketball

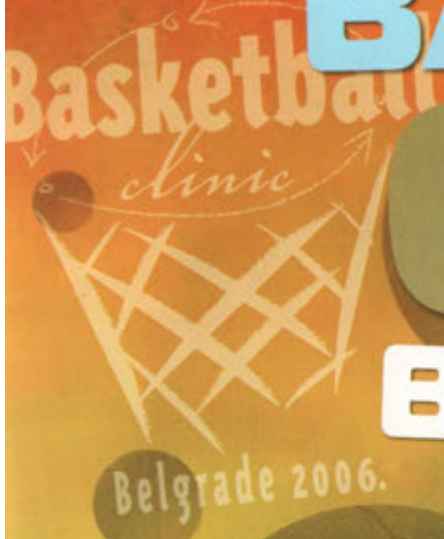


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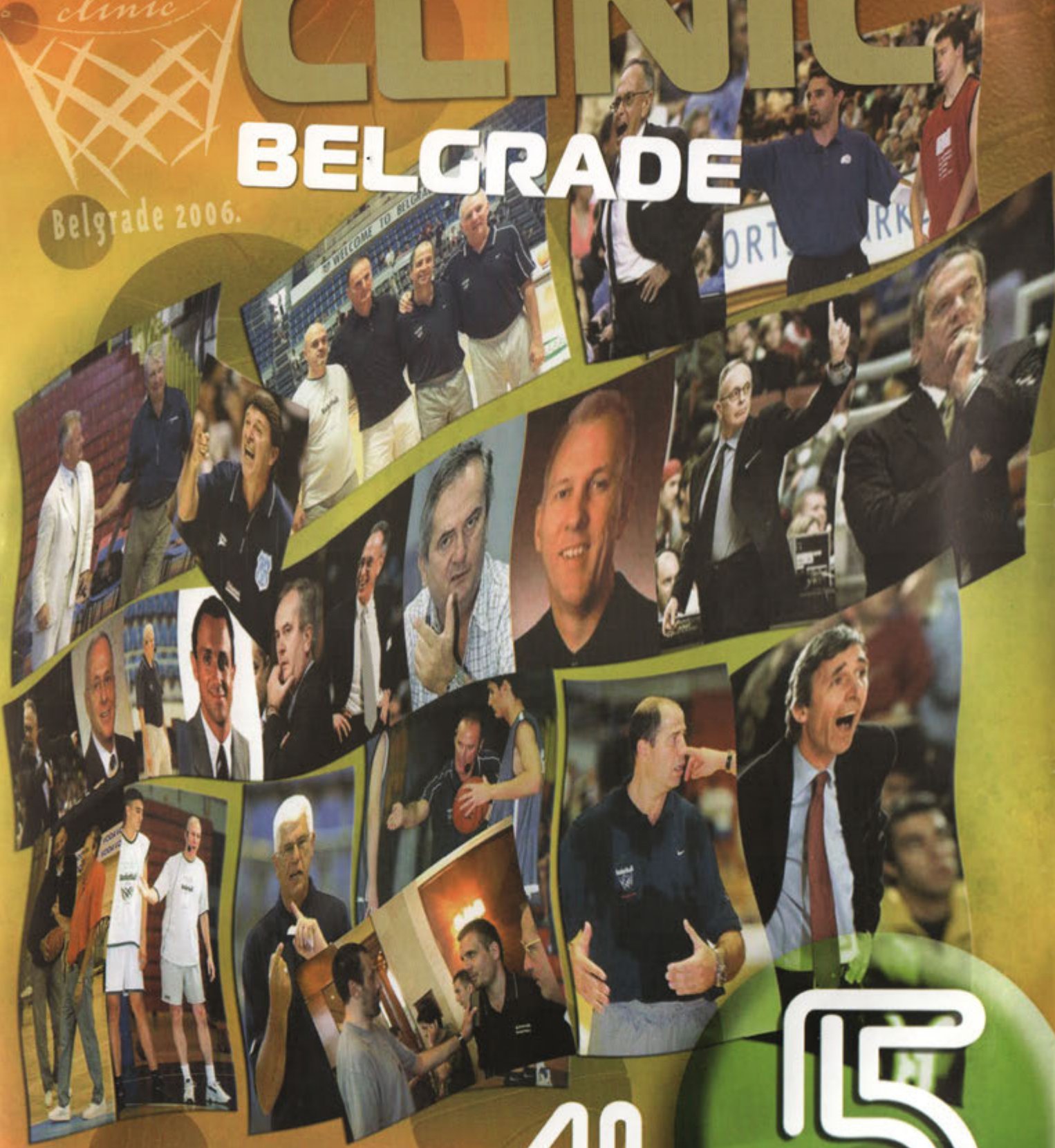
# BASKETBALL

# CLINIC

# BELGRADE



Belgrade 2006.



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časopis udruženja košarkaških trenera

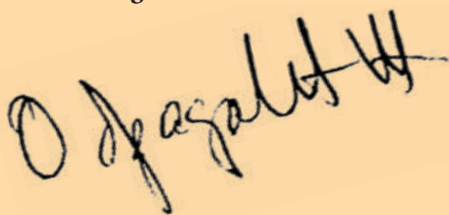
# TRENER

## Dobrodošli u Beograd

## Welcome to Belgrade

**Željko Obradović**, predsednik Udruženja košarkaških trenera Srbije

*U ime Udruženja košarkaških trenera Srbije želim Vam dobrodošlicu na 5. jubilarni trenerski seminar „Basketball Clinic Belgrade 2006”. Ubeđeni smo da će i ovaj seminar ispuniti Vaša očekivanja kao što je to bilo i prethodne četiri godine. Lepa tradicija je stvorena i veoma je teško zamisliti ovaj deo godine bez okupljanja trenera iz celog sveta u Beogradu.*



*On behalf of the Serbian Association of Basketball Coaches I would like to welcome you on the 2006 Basketball Clinic in Belgrade.*

*The fifth coaching clinic is a small jubilee, and we are convinced that one of the greatest events for basketball coaches will meet your expectations as it has been the case over the last four years. A nice tradition has been created, and it is very hard to imagine this period of the year without gathering of the best basketball coaches from all over the world.*



**Željko Obradovic**, President of the Serbian Association of Basketball Coaches

**Džim O'Brajen**, glavni predavač na Basketball Clinic Belgrade '06

# Košarkaški posvećenik

**g**lavni predavač na Basketball Clinic Belgrade '06, Džim O'Brajen, radio je kao glavni trener u NBA ekipama Boston Seltiks i Filadelfija Siksers, kada je kao asistent Rika Pitina na Univerzitetu Kentaki osvojio titulu NCAA šampiona.

U kratkom intervjuu, koji je za „Trener“ dao putem e-maila, on je otkrio neke od osnovnih ideja i principa koji su ga vremenom učinili jednim od najpoštovanijih košarkaških umova u SAD.

**Gospodine O'Brajen, sa kakvim emocijama očekujete dolazak u Srbiju, gde ćete svoje znanje podeliti sa više stotina trenera? Kako uopšte gledate na trenerske klinike?**

– Uvek se radujem razgovorima o košarci. Poseta novim mestima i saradnja sa kolegama trenerima za mene predstavljaju divno iskustvo. Ovog leta sam gostovao na jednoj klinici u Grčkoj i zaista sam uživao. Razmeniti znanje i iskustvo je vrlo važna stvar, a podeliti strast prema košarci još važnija.

**Koliko je važno uvek učiti i širiti svoje košarkaško znanje. Kada trener za sebe može da kaže da je kompletan i dovoljno iskusan?**

– Dan kada pomislite da posedujete odgovore na sva pitanja je dan kada vaša karijera počinje da kreće nizlaznom putanjom. Učenje je proces koji se nikada ne završava.

**Recite nam nešto o Vašoj trenerskoj filozofiji i idejama koje pokušavate da usadite u igru Vaših timova, kako u odbrani tako i u napadu.**

– Moja filozofija je veoma jednostavna. Dovedite svoje igrače u najbolju moguću kondiciju. Učinite sve da shvate kako je odbrana stvar koja donosi titule. Moji igrači su svesni da će im samo trud koji ulažu u fazi odbrane obezbediti mesto na terenu. U napadu želim da moja ekipa trči i ne dozvoli protivniku da postavi odbranu. Ako moja ekipa ne uspe to da uradi, onda kreiram akcije kojima najbolje mogu da iskoristim kvalitete igrača.

**Poznati ste kao trener koji obraća pažnju na najsitnije detalje i voli da razloži igru na najsitnije deliće. Oči-**



**gledno je da ste pobornik kvalitetne pripreme, ali da li mislite da je u redu ponekada odbaciti šeme i voditi utakmicu instinktivno?**

– Naravno da kao trener morate biti sposobni da se adaptirate i tokom utakmice donesete odluke o promenama u taktici. Priprema je veoma, veoma važna, a njena suština sastoji se u tome da ne dozvolite protivniku da vas iznenadi. Trener nikada neće doživeti utakmicu koja neće postaviti izazov njegovim instinktima.

**Jim O'Brien**, the main lecturer at the Basketball Clinic Belgrade '06

# A devotee of basketball



Jim O'Brien is coming to the Basketball Clinic Belgrade '06 as the main lecturer, bringing along the resume which includes head coaching tenures with the Boston Celtics and the Philadelphia Sixers, and also the NCAA title he won as an assistant coach at the University of Kentucky.

In the brief interview done through e-mail, he reveals some of the basic ideas and coaching principles that made him one of the most admired basketball minds in the USA.

**Mr. O'Brien, how do you feel about coming to Serbia and sharing your basketball knowledge with hundreds of attending coaches? What can you tell us about your experiences with coaching clinics?**

– I always look forward to speaking about basketball. Visiting new places and interacting with fellow coaches is a wonderful experience. This summer I did a clinic in Greece and enjoyed it immensely. Sharing knowledge on any subject is very important. Sharing

passion on a subject like basketball is even more important.

**How important is it to always keep on learning and widening one's knowledge of the game? When is the time that coach can say about himself that he is experienced, complete one?**

– The day you think that you have all the answers is the day your career starts spiraling downward. The process of learning never ends.

**Tell us something about your coaching philosophy, and the ideas you try to implement in the play of your teams, both in defense and in offense.**

– My philosophy is very simple. Condition your players to their maximum. Get them to understand defense is the thing that will win championships and that if they are going to play on my team, they will have to defend. Offensively, I want to run and not let the opponent set up their defense. If my team can not do that, I create an offense that is suited to my personnel.

## 30 years of coaching experience

Jim O'Brien has 30 years of coaching experience at the collegiate and professional level. Most recently, he served as head coach of the Philadelphia Sixers during the 2004-2005 season. The Philadelphia native guided the 76ers to the playoffs with a 43-39 record, a 10 win improvement from the previous season.

O'Brien has served as an assistant coach at six different colleges, a head coach at the University of Dayton (1989-94) and Wheeling Jesuit (1982-87), and an NBA assistant coach with the New York Knicks (1987-89) in addition to his seven years with the Boston Celtics as an assistant coach (1997-2001) and a head coach (2001-04).

After serving as an assistant coach in Boston from 1997-2001, O'Brien was named interim

head coach of the Celtics, following the departure of Rick Pitino. He signed a multi-year contract as head coach on April 24, 2001. During his four seasons as a head coach, O'Brien led Boston to a 139-119 (.539) record and back-to-back playoff appearances in 2002 and 2003. In 2002 that playoff appearance included a trip to the Eastern Conference Finals for the first time since the team's 1987-88 campaign.

Prior to joining the Celtics as an assistant coach, O'Brien served as an associate head coach to Pitino from 1994-97 at the University of Kentucky. During those three years the Wildcats posted a 95-12 record, winning the NCAA National Championship in 1996 and losing in overtime in the 1997 title game.

## Trenersko iskustvo – 30 godina

Džim O'Brajen ima 30 godina trenerskog iskustva u koledž i NBA košarci. Poslednji tim koji je trenirao bili su Filadelfija Siksersi u sezoni 2004/05, kada je ekipu iz svog rodnog grada odveo u plej-of i sa skorom 43-39 ostvario napredak od deset pobeda u odnosu na učinak iz prethodne sezone.

O'Brajen je radio kao asistent na šest univerzитета i bio šef struke na univerzitetima Dejton (1989-94) i Viling Džezuit (1982-87). Bio je asistent u stručnom štabu Njujork Niksa (1987-89), dok je u taboru Boston Seltiksa proveo sedam godina, kao pomoćni (1997-2001) i glavni trener (2001-2004).

Po odlasku Rika Pitina, proglašen je za privremenog šefa struke, a zatim je potpisao višegodišnji ugovor. Za nešto više od tri sezone na če-

lu Seltiksa ostvario je 139 pobeda i 119 poraza (53,9% uspešnosti) i dva puta zaredom ih odveo do nastupa u plej-ofu. U sezoni 2001-02 Boston je prvi put posle 14 godina stigao do finala Istočne konferencije.

Pre nego što je prešao u tabor Seltiksa, O'Brajen je od 1994. do 1997. bio Pitinov pomoćnik na Univerzitetu Kentaki. „Divlje mačke” u tom periodu su ostvarile impresivan skor 95-12, osvojivši titulu prvaka 1996, dok su naredne godine posle produžetka poražene u finalu.

O'Brajen je 1974. godine diplomirao menadžment i marketing na Univerzitetu Sent Džozef, a sedam godina kasnije magistrirao na Merilendu. Rođen je 11. februara 1952. godine i sa suprugom Šeron ima troje dece: Džeka, Šenon i Kejtlin.

Košarka se konstantno menja. Iako fraza kaže da „odbrana osvaja titule”, svedoci smo „buma” koji su u NBA ligi napravili timovi koji upražnjavaju napadački, le-

pršav stil igre. Čak i Greg Popović i šampionski tim San Antonio Sparsa morali su da se odreknu svog stila i prilagode se Dalas Maveriksima u njihovoj plej-of seriji. Da li je to košarkaška revolucija?

– Što se košarka više menja, to više ostaje ista. Majami Hit postali su NBA šampioni jer su od šesnaest plej-of timova bili najbolji odbrambeni tim. Bilo bi interesantno pitati Grega Popovića da li bi u okršaju sa Dalasom ponovo odlučio da promeni svoju filozofiju.

Da li ste gledali neke od mečeva na Svetskom prvenstvu u Japanu? U finalu su se našle dve evropske ekipe, Španija i Grčka, dok su SAD zauzele tek treće mesto, iako su na turnir došle sa većinom svojih najsjajnijih mladih zvezda.

– Grčka i Španija su na Svetskom prvenstvu bile dve prvorazredne odbrambene ekipe. Grci su u polufinalu pobedili Amerikance zato što smo loše branili visoki pik end rol.



## Bez liderstva nema ni pobeda

„Kada sam sa osam godina čuo svog trenera kako kaže da bih mogao da budem dobar vođa, postao sam usredsređen na koncept liderstva u svim oblicima. Otkako sam postao trener, proučavao sam liderstvo u košarkaškom svetu čak i više nego što sam se bavio napadačkim i odbrambenim šemama. Igrači-lideri su neophodni da bi se pobeđivalo na bilo kom nivou takmičenja”, smatra O'Brajen.



You are known for the attention to the details and for breaking down the game to its smallest parts. So it is obvious that you have firm trust in good preparation, but is it OK to sometimes give up the schemes and try to coach just by your instincts?

– Of course you must be able to adapt to the change in game situations. Preparation is very, very important but it is key so you will not be surprised often. Never is there a game that will not challenge your instincts.

The game of basketball is always changing. Although the old phrase says that defense wins championships, we are witnessing the boom of teams that employ run-and-gun, free flowing, small ball style. Even Gregg Popovich and NBA champions San Antonio Spurs had to give up their style and adapt to the Dallas Mavericks in their playoff series! Is it a kind of basketball revolution?

– The more basketball changes, the more it stays the same. The Miami Heat won the championship because they were the top defensive team of the sixteen playoff teams. It would be interesting to ask Coach Pop if he

would change his philosophy again versus Dallas.

Did you watch any games at the World Championships in Japan? There was an all-European finals between Spain and Greece, and USA finished just third, despite going to the tournament with most of their brightest young stars.

– Greece and Spain were great defensive teams in the World Championships. Greece beat the USA because we didn't defend the High Pick and Roll well.

Phoenix Suns brought Mike D'Antoni from Europe, Toronto Raptors brought new GM from Italy, Serbia has couple of assistant coaches in Detroit and Minnesota, tens and tens of players are coming from Europe to the NBA. Do you expect to see European born coach at the helm of one NBA team, and when? Are American coaches open to that idea?

– The world has shrunk in basketball terms. There will be a division of the NBA in Europe within the next ten years. Owners

## Jack Ramsay and Rick Pitino

When O'Brien married Sharon Ramsay, he inherited a future Basketball Hall of Fame as his father-in-law. Jack Ramsay watches all O'Brien games. They are religious when it comes to discussing what went right and wrong in the game and Ramsay also offers constructive criticism on his son-in-law's coaching.

„In essence I have my own basketball guru which has paid tremendous dividends throughout my career,” says a grateful O'Brien.

Ramsay meanwhile sees some similarities between O'Brien and the gentleman who coached the Portland Trailblazers to a NBA Championship in 1976 – which means himself.

„I think there is a great commitment on his part as there was on mine, to maximize the potential of your team.”

While Ramsay has been a constant confidant, it was Rick Pitino that was O'Brien's most demanding mentor.

„I thought I had a great work ethic prior to going with Rick. He blew that concept out of the door. With Rick, if you were awake you were working.”

Finiks Sansi doveli su iz Evrope Majka D'Antoni-ja, a Toronto Reptorsi su novog generalnog menadžera doveli iz Italije. Srbija ima dvojicu asistenata u Detroitu i Minesoti, a desetine košarkaša iz Evrope stižu u NBA ligu. Da li i kada očekujete evropskog trenera na mestu šefa struke u jednom NBA timu? Da li su američki treneri zainteresovani za tu ideju?

– U košarkaškom smislu svet se vremenom smanjio. U roku od deset godina, jedna divizija NBA lige biće locirana u Evropi. Vlasnici timova su ti koji odlučuju, a oni žele da imaju najbolje igrače i trenere. Ako vlasnici misle da je trener iz Evrope najbolje rešenje za njihov tim, oni će ga i unajmiti.

Kao mnogi drugi poznati NBA i evropski treneri, igrali ste na poziciji plejmejкера. To očigledno nije slučajnost! Kako objašnjavate lakoću i uspešnost te transformacije?

– Da biste usavršili znanja koja su vam neophodna za obavljanje trenerskog posla, potrebno je da uložite deset godina napornog rada i učenja. To je posao koji oduzima puno vremena i u kojem nema prečica. Pozicija na kojoj ste proveli igračku karijeru ne garantuje vam ništa kada postanete trener. Za trenera je najvažnije da bude učitelj.



## Džek Remzi i Rik Pitino

Kada se Džim O'Brajen oženio sa Šeron Remzi, u „miraz“ je, kao tasta, dobio budućeg stanovnika košarkaške Kuće slavnih. Džek Remzi gleda sve O'Brajenove utakmice i njih dvojica u stanju su da neumorno raspravljaju o taktičkim detaljima i analiziraju šta je bilo dobro, a šta loše. Remzi je uvek tu da ponudi konstruktivnu kritiku rada svog zeta.

„U suštini, imam svog košarkaškog gurua i to je nešto na čemu sam tokom karijere neviđeno profitirao“, kaže zahvalni O'Brajen.

Remzi vidi dosta sličnosti između O'Brajena i džentlmena koji je 1976. sa Portland Trejblejzersima osvojio NBA šampionat – tačnije samog sebe.

„Mislim da kod Džima, kao kod mene, postoji neverovatna posvećenost u nastojanju da maksimalno iskoristi potencijal svog tima“.

I dok je Remzi uvek bio O'Brajenova osoba od poverenja, Rik Pitino je bio njegov najzahtevniji mentor.

„Pre nego što sam upoznao Rika, mislio sam da se mogu ponositi svojom radnom etikom. Ali on je tu moju iluziju razbio u paramparčad. Kada ste saradnik Rika Pitina, odmarate se samo noću dok spavate“.

Kako gledate na odnos trener-igrač? Koje stvari prevashodno zahtevate od svojih igrača?

– Želim da moji igrači budu lideri. I to lideri samih sebe, pa tek onda lideri svojih saigrača. Ako ne posedujete samodisciplinu, nikada nećete biti vođa.

Da li više volite da imate tim sastavljen od (A) dvojice zvezda i grupe „igrača zadatka“ ili (B) tim koji čini grupa igrača približnih kvaliteta, spremnih da se u celini žrtvuju za interese tima? Da li tim B može da uspe ako nema izraženog lidera?

– Uživam u treniranju svakog tima. Uopšte mi nije bitno da li tim ima jednu, dve, ili uopšte nema zvezde. Zabava i izazov trenerskog posla sastoje se u preuzimanju grupe pojedinaca od kojih imate zadatak da stvorite tim.

Veliki deo trenerske karijere proveli ste kao asistent, na prvi samostalan posao u NBA ekipi čekali ste više od 25 godina. Na drugoj strani, nekima se ukaže šansa da odmah budu „bačeni u vatru“. Koji način razvoja mislite da je najpodesniji za mladog trenera?

– Nema magične formule za uspon na vrh profesije kojom se bavite, tu su samo naporan rad i strast koja vas tera da unapređujete sebe iz dana u dan. Kojim god poslom da se bavite, morate mu se potpuno posvetiti u sadašnjem trenutku i ne razmišljati o tome šta će doći sutra. Budućnost je samo čitava serija sadašnjih momenata.

Konačno, da li biste nagovestili šta će Vaši slušaoci na BCB '06 moći da čuju? Šta možete da im obećate?

– Moji slušaoci će videti da je košarka igra koju iskreno volim, da sam ceo svoj profesionalni život posvetio košarci i veštini podučavanja. Bez obzira na to koju temu dobijem, provešću dane i noći studirajući je.

Ivan Bogunović





want the best players and coaches. They will hire a European coach if they think he is the best to lead them.

Like many famous and successful coaches in USA and in Europe, you have been a point guard in your playing days. Obviously that's not the coincidence thing! How do you explain the smoothness and the success of that transformation?

– It takes ten years of intense study to master the skills needed to coach. It is time consuming and there are no short cuts. The position you played does not guarantee

you anything as a coach. You must be a teacher first.

How do you see the relationship coach-player? Which are the most important things that you demand of your players?

– I want my players to be leaders. Leaders of self first and others second. If you do not have self discipline, you can never be a leader.

Do you prefer to have the team of, let's say, (A) two stars and the bunch of role players or are you more familiar with (B) the group of unselfish guys, ready to sacrifice their egos, shots etc. Can Team B have success if it doesn't have a recognisable leader, or maybe two of them?

– I enjoy coaching any team. It doesn't matter whether that team has one or two stars or just players that are not stars. The fun and challenge in coaching is taking a group of players and turning them into a team.

## No leadership equals no winning

„Ever since I was eight years old and heard a coach say that he thought I could be a good leader, I have been fixated on the concept of leadership in all forms. Since I became a coach I have studied leadership in a basketball environment even more than I have dissected offensive and defensive fundamentals and schemes. Player leadership is an absolute necessity to win at any level”, said O'Brien.

You have spent a large part of the coaching career as an assistant, you've been waiting for more than 25 years before you've become a head coach of the NBA team. On the other side, some guys are given a chance to „jump in the fire” from the very start. Which way of development do you think suits best to the young coach?



– There is no magic formula for getting to the top of your profession other than hard work and a passion to improve on a daily basis. Whatever job comes your way, you must embrace it totally and not worry about what comes next. The future is just a whole string of nows.

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?

– My listeners will understand that I love the game of basketball and that I have devoted my entire professional life to the game of basketball and the ability to teach it. No matter what the subject matter is, I will have spent many, many days and nights studying it.

Prepared by Ivan Bogunovic

Deset godina časopisa **TRENER**

# Svedok istorije UKT

Piše: **Mirko POLOVINA**



nogi će reći kao da je to bilo juče, a sa ovim brojem izmiče deseta godina izlaženja časopisa *Trener*. Moramo, doduše naglasiti da je to bio novi početak stare ideje koja je pokretana u više navrata. Uvek je nešto nedostajalo pa je najviši domet bio izlaženje do četvrtog broja. Tako je, tada još Predsedništvo skupštine UKTJ, odnosno dobar broj njegovih članova, žarko želeo da se novim pokušajem samo prebrodi magični broj četiri.

Međutim, za poznavaoce prilika bilo je jasno da će ovaj pokušaj imati mnogo duži vek.

Obezbeđen je stabilan izvor finansiranja, usvojena nova programska koncepcija, Časopis je zvanično registrovan i na odgovarajući način izvršena podela posla. Uređivanje i priprema su ponuđeni profesionalnim novinarima, uz asistenciju stručnjaka u odabiru stručnih tema.

Vreme je vrlo brzo pokazalo da su košarkaški treneri dobili svoj časopis po meri. *Trener* je imao vošestruku ulogu, i to da edukuje, afirmiše postignute rezultate, podstiče mlade i nadarene, uspostavi komunikaciju sa organima Košarkaškog saveza, sudijama, sportskim novinarima, drugim udruženjima i sl. Uz sve to *Trener* je bio svedok desetogodišnje istorije najdinamičnijeg razvoja Udruženja košarkaških trenera, bez obzira na to što je na tom putu bilo niz prepreka, često vrlo neočekivanih i čudnih.

Naravno *Trener* je delio sudbinu svog osnivača – samog udruženja. Krenuli smo tromesečno, sa koricama u boji i crno-belim unutrašnjim stranama. Danas izlazimo u punom koloru i svakog drugog meseca. Prilikom poslednjih analiza časopisa čuli su se i zahtevi da ta dinamika bude jednomesečna. Snažan iskorak i međunarodnu afirmaciju *Trener* je naročito doživeo osmišljavanjem Basketball clinic Belgrade. Tim povodom počeli smo sa dvojezičnim izdavanjem brojeva, što je imalo pozitivan odjek kod inostranih gostiju.

*Trener* je svojim kontinuiranim razvojem stvorio stalne i prepoznatljive rubrike, a pored praćenja savremenih zbivanja, otimali smo od zaborava početke naše košarkaške istorije.

Zabeležili smo i dobitnike najvišeg trenerskog priznanja, nagrade za životno delo koja nosi ime utemeljivača modernog udruženja Slobodana Pive Ivkovića. Zbir stručnih tema objavljenih u *Treneru* predstavlja pravi udžbenik najvišeg standarda i ogromnog stručnog bogatstva.

Stizale su kritike povoljne i nepovoljne. Srećom, onih koji su nas hvalili, čak više nego što smo mi to očekivali, bilo je neuporedivo više. Činjenica je da je *Trener* postao cenjen i omiljen ne samo kod naših članova, već se s ponosom mogao porediti sa onima iz mnogo bogatijih udruženja, a to znači časopisa sa mnogo većim budžetom, a o uslovima rada da i ne govorimo. Naravno, kao i u mnogim sličnim prilikama, mi smo imali ogroman entuzijazam i znanje. Tu pre svega mislimo na članove našeg udruženja koji su časopis prihvatili kao svoj i mnogi od njih bili aktivni učesnici u njegovom kreiranju.

Deset godina redak je jubilej koji dožive časopisi ovakve vrste. Zato je to prilika da se zahvalimo svima koji su pomogli da *Trener* opstane deset godina. Podršku njegovom opstanku očekujemo pre svega od samih članova Udruženja, jer to je jedino dobro koje pripada svakom članu. U Americu su mogla da odu petorica, sada dvojica, na najmasovnije seminare u zemlji dođe, u najboljem slučaju, trećina članova. *Trener* je jedini koji pripada svakom članu Udruženja.



10<sup>th</sup> anniversary of the magazine **TRENER**

# Witness of ABC History

by **Mirko POLOVINA**



Many people would say that it did not happen long time ago, but this number shows that ten years ago magazine „Trenner” was published for the first time. We must stress that this was a new beginning of the old idea that was started from time to time. Always something was missing so we reached the top by publishing the fourth number. Then the Presidency of the ABC Assembly, ie. majority of its members was eager to go beyond the magic number four in a new trial.

However, the ones that were familiar with the circumstances knew that this trial would be a long-term one. A stable source of financing was provided and a new programme concept was established. The magazine was officially registered and in the corresponding way the job distribution was performed. Arrangement and preparation was offered to the professional journalists with the assistance of experts in selecting the professional issues.

Time soon showed that the basketball coaches got the magazine tailored to them. „Trenner” had many roles, to educate, acknowledge achieved results, enhance the young and gifted ones, establish communication with the organs of the Basketball Union, referees, sports journalists, other associations etc. Besides this „Trenner” was a witness of the ten-years-long history of the most dynamic development of the Association of Basketball Coaches, no matter on this way there were numerous obstacles, often very unexpected and strange ones.

„Trenner” of course shared the destiny of its founder- the Association. It was published once in three months, with covers in colour and black and white inner pages. Nowadays it is published completely in colour and every second month. On the occasion of the recent analyses of the magazine there were demands to publish it each month. Great progress and international reputation „Trenner” experienced with the Basketball Clinic Belgrade. Then we started publishing numbers in two languages, what left a positive impact on foreign guests.

„Trenner” with its continuous development created permanent and recognizable columns and besides monitoring current events, we tried to preserve from being forgotten the beginning of our basketball history. We noted as well the winners of the highest coach acknowledgement, prize for the life work bearing the name of the modern Association founder Slobodan Piva Ivković. The collection of professional issues published in „Trenner” represents a true manual of the highest standard and huge professional experience.

We were criticized and praised. Fortunately, the ones that praised us, even more than we expected were majority. It is a fact that „Trenner” became appreciated and renowned not only by our members, but, we are proud to say, by the ones from much richer associations, and this means magazines with much bigger budget and better working conditions. Certainly, as in many similar occasions, we had enormous enthusiasm and knowledge. Here we mean above all of the members of our association that accepted the magazine as their and many of which were active participants in its creation.

Ten years of anniversary is a rare jubilee of this sort of magazines. Thus we should thank all the ones that helped „Trenner” to keep on being published for ten years. We expect the support for its survival above all from the members of the Association because it is only asset that belongs to each player. Five people could go to the USA, now two persons could attend the most massive seminars of the state, in the best case, the third of the membership. „Trenner” is the only one that belongs to each Association member.

Translated by **Tatjana Milosavljević**

Na kongresu svetskog udruženja trenera

# Najkvalitetnije prvenstvo

**J**edan od pratećih događaja Svetskog šampionata bija je osma Generalna skupština Udruženja košarkaških trenera sveta. Udruženje je istaklo određene probleme u radu, pre svega podatak da je predsednik Udruženja trenera Evrope otišao na funkciju šefa kabineta Katalonije, tako da nije mogao da prisustvuje svetskom kongresu. To je prvi put da se tako nešto dogodilo. Kongresu su prisustvovali Klaudio Konstanćino iz Afrike, Luis Alberto Martinez iz Amerike i Patrik Hant iz Australije. U funkciji sekretara bio je Zoran Radović – predstavljajući FIBA World. U radu je učestvovalo 35 delegata sa svih kontinenata, među kojima je naš predstavnik bio Milan Opačić. Razgovaralo se o edukaciji trenera, o brojnim seminarima, trening centrima i kampovima. Istaknuto je da je došlo do velikog napretka afričke košarke, zahvaljujući angažovanju Svetskog udruženja trenera, koje je na tom kontinentu proteklih godina organizovalo 84 klinike, na kojima je učestvovalo 2200 trenera. Govorilo se i o tome da bi trebalo uspostaviti standarde u edukaciji i da se planira uvođenje licence, koja će omogućiti trenerima na svim kontinentima da rade, odnosno da mogu na svim FIBA takmičenjima da vode svoje nacionalne selekcije. Svetsko Udruženje trenera je izdalo jedan ogroman materijal u proteklom periodu, koji se sastoji od 12 CD i DVD. Izdato je i 20 časopisa „FIBA Assist“, koji je svim trenerima dostupan besplatno. Takođe je urađen i jedan novi program, čija će prezentacija biti u Beogradu tokom trajanja klinike. Reč je o kompjuterskom programu namenjenom trenerima.

Konstatovano je da je FIBA Europe formiralo „Coach Department“ (jedno odeljenje koje ima zadatak da uspostavi što bolji kontakt sa Evropskom asocijacijom trenera). U tom sektoru rada sada radi Mihael Švarc, koji je zadužen za koordinaciju rada. Evropskom Udruženju trenera je ostavljen rok da do kraja godine organizuje godišnju skupštinu na kojoj će biti izabran predsednik.

Što se tiče izbora na Skupštini Udruženja trenera, oni su protekli u svečanom tonu. Reizabrani su počasni predsednik Čezare Rubini, predsednik Svetske asocijacije trenera – Dušan Ivković, a istovremeno su zamenjeni neki članovi egzekutivnog komiteta. Izabran je Viktor Aheda iz Amerike, zatim Panajotis Janakis iz Evrope, koji će biti zajednički kandidat nacionalnih Udruženja Srbije, Grčke i Španije za predsednika Evropskog udruženja trenera. Razgovarano je o programu

Ruskog udruženja trenera o radu sa mlađim kategorijama. Rusi su predvideli pet nivoa rada i to je ostavljeno izvršnom komitetu da u narednom periodu analizira i prouči, da bi se tek kasnije to usvojilo i primenjivalo. Bila je ovo dobra prilika da se naši predstavnici upoznaju sa velikim brojem ljudi sa svih kontinenata, kojima je podeljen promotivni materijal naše trenerske klinike.

Predsednik Dušan Ivković je dobio veliki aplauz, a o njegovom reizboru nije se glasalo, niti se utvrđivao kvorum. Na predlog da on bude predsednik i naredne četiri godine reagovano je burnim aplauzom. Što se tiče kvaliteta minulog Svetskog prvenstva, Dušan Ivković je rekao: „Mislim da je ovo sada najkvalitetnije prvenstvo u istoriji.“

Sigurno da je kvalitet prvenstva bio iznad očekivanog, jer nije bilo vremena za opuštanje, pošto je većina ekipa bila približnog kvaliteta sa snažnim igračima, tehnički obučeni, koji brzo trče i dobro skaču. Neke utakmice su odlučene za više od dvadeset poena razlike, a očekivalo se da budu nezvesnije. To možda nije dalo neki kvalitet u smislu dopadljivosti, a ono što je dalo pravi kvalitet ovom prvenstvu su igre u odbrani evropskih ekipa, koje su pokazale da u defanzivnim zadacima ne zaostaju za američkim. Istovremeno, u osmini finala od šesnaest ekipa bilo je svih devet iz Evrope, u četvrtfinalu od osam učesnika bilo je šest evropskih i na kraju, u finalu usledila je evropska završnica, potvrdivši da je Evropa košarkaška vodilja. Od dvadeset i osam sudija, sedamnaest ih je bilo iz Evrope, što je, takođe, podatak koji ide u prilog košarci na starom kontinentu.

Svetsko udruženje trenera vodilo je jednu veliku akciju praćenja utakmica od osmine finala. Tako je jedan od naših predstavnika Mirko Očokoljić bio član tog tima koji je vršio skauting za FIBA. Na taj način priznanje je dobilo i naše trenersko Udruženje, koje će samim tim imati i koristi od toga.

**Slobodan Maletić**



*Učesnik Kongresa:*  
**Milan Opačić**

At The Congress Of The World Association Of Coaches

# The Top-Quality Championship

**j**

8<sup>th</sup> General Assembly of the World Association of Coaches was one of the accompanying events of the World Championship. The Association stressed certain problem in work, above all the date the President of the European Association of Coaches was appointed head of the Catalonia cabinet, so he could not attend the world congress. For the first time something like this happened. Claudio Costancino from Africa, Luis Alberto Martinez from America and Patrik Hunt from Australia attended the congress. Zoran Radović was a secretary- representing FIBA World. In the work 35 delegates from all the continents participated, among which our representative was Milan Opačić. Education of coaches was discussed as well as numerous seminars, training centres and camps. It was pointed out that there was a great progress of African basketball, due to the engagement of the World Association of Coaches that organized at this continent over past few years 84 clinics, at which 2200 coaches participated. Standards in education and planning of introducing a licence that will enable coaches from all continents to work, lead at all FIBA competitions their national teams were the issues of consideration. World Association of Coaches has issued a huge material in the previous period, composed of 12 CD and DVD. Twenty magazines «FIBA Assist», that are available for free to all the coaches, were published. Also a new programme was created, whose presentation will be held in Belgrade on the clinic. It is a computer programme for coaches.

It is stated that FIBA Europe has established a «Coach Department» (a department whose task is to establish better contact with the European Association of Coaches). In this sector of work Michael Schwarz now works, who is in charge of work coordination. A deadline until the end of the year is left to the European Association of Coaches to organize an annual assembly on which president will be elected.

Regarding the elections at the Assembly of the Association of Coaches, they passed in the solemn way. Honorable President Cesare Rubine, President of the World Association of Coaches- Dušan Ivković were re-elected and at the same time some members of the Executive Committee were substituted. Victor Ajeda from America

and Panayotis Yanakis from Europe, that will be a common candidate of the national Associations of Serbia, Greece and Spain for the President of the European Association of Coaches were elected. Programme of the Russian Association of Coaches regarding the work with junior categories was discussed. The Russians envisaged five levels of work and Executive Committee will be in charge in the following period to analyze and study this in order to adopt and implement it later. This was a good opportunity for our representatives to meet a great number of people from all the continents, to whom advertising material of our coach clinic was distributed.

President Dušan Ivković got a great applause and his re-election was not voted nor quorum was determined. At the suggestion of appointing him a President for the following four years, the reaction was loud applause. Regarding the quality of the last World Championship, Dušan Ivković said: „I believe that this is nowadays the most quality championship in the history.”

Certainly the championship quality was above the expected one, because there was not time for relaxation, because majority of the teams were of similar quality with strong players, technically skilled, who run fast and jump well. Some matches were decided upon with more than twenty points of difference and it was expected to be more uncertain.

This maybe did not add a quality in the sense of popularity but what marked with true quality this championship were the games in the European team defense that turned out to be close to the American ones in defensive tasks. Simultaneously, in the eighth of the finals out of sixteen teams nine were from Europe, in the quarter finals out of eight participants there were six European ones and in the end, European teams were in the finals, confirming that Europe is leading in basketball. Out of twenty eight referees, seventeen were from Europe what is also data acknowledging basketball quality at the Old Continent.

World Association of Coaches organized important action of monitoring the matches of the eighth finals. One of our representatives Mirko Ocokoljić was a member of this team that performed scouting for FIBA. In this way our Association of Coaches was acknowledged what will yield lots of benefits.

Translated by **Tatjana Milosavljević**

**Dušan Ivković** – još jedan mandat na čelu WABA

# Priznanje velikom treneru



ugoslovenska košarka decenijama je mogla da se ponosi „reprezentativcima” na najvišim funkcijama u međunarodnim organizacijama. Borislavom Stankovićem kao generalnim sekretarom FIBA, prof. Radomirom Šaperom, predsednikom Tehničke komisije FIBA.

Izbor Dušana Ivkovića za predsednika Svetske trenerske organizacije pre četiri godine predstavljao je nastavak lanca naših, a svetski priznatih imena na najznačajnijim pozicijama u kraljici igara.

Tokom godina u kojima je radio u Partizanu, Šibenki, Vojvodini, PAOK-u, Panioniosu, Olimpijakosu, AEK-u, naravno i kao trener reprezentacije Jugoslavije, Ivković je postao svetski priznati autoritet među stručnjacima. Postavljanje Udruženja košarkaških trenera Jugoslavije na zdrave noge bila je samo signal međunarodnom forumu da bi Ivković bio pravi izbor za čelnu funkciju u WABA.

Pre četiri godine, stručnjak u čijoj biografiji je tada između ostalog stajalo da je trostruki prvak Evrope, prvak sveta i osvajač olimpijskog srebra sa reprezentacijom Jugoslavije, prvak Evrope sa Olimpijakosom, osvajač Kupa Radivoja Koraća sa Partizanom... postavljen je za predsednika Svetskog trenerskog esnafa.

Za izbor na neku od funkcija potreban je adekvatan kurikulum, za reizbor neophodni su rezultati rada. U Tokiju, posle izveštaja o radu Svetske trenerske organizacije u periodu između dva kongresa FIBA, reizbor Dušana Ivkovića bio je samo logičan sled stvari.

– Mislim da smo u prethodne četiri godine dosta uradili. Pred nama su isti zadaci, prvenstveno u edukaciji trenera u svim delovima sveta. Upitnicima smo evidentirali nivo obučenosti trenera u svim zonama FIBA i nadamo se da ćemo do 2009. godine biti u mogućnosti da počnemo sa izdavanjem FIBA licenci – rekao je Ivković, posle sastanka Generalne skupštine WABA.

Na konstataciju da je trenutno jedini ambasador naše košarke na tako visokoj funkciji, Ivković je odgovorio:

– Više bih voleo da je naša košarka na onom mestu na kom se u godinama nalazila po ostvarenjima na terenu. **Predrag Sarić**



**Dušan Ivković** – one more term of office at the WABA head

# Award to the great Coach



Yugoslav basketball has been proud for decades of its „national team” members at the highest functions in the international organizations: Borislav Stanković as a Secretary General of FIBA, Prof Radomir Šaper, President of the FIBA Technical Commission...

The election of Dušan Ivković for the President of the World Association of Basketball Coaches four years ago represents a continuation of a series of our, and world renown names at the most important positions in the queen of games.

Having worked for years in Partizan, Šibenka, Vojvodina, PAOK, Panionios, Olympiakos, AEK, and of course as a head of the Yugoslav national team, Ivković has become a world known authority among the experts. Placing the Yugoslav Association of Basketball Coaches on healthy foundation was just a signal to the international forum that Ivković was the right choice for the head function of WABC.

Four years ago, the expert in whose curriculum vitae was noted then that he was a triple European Champion, World champion and winner of the Olympic silver with the Yugoslav national team, European champion with Olympiakos, winner of the Cup of Radivoj Korać with Partizan...is appointed the President of the World Association of Coaches.

An adequate curriculum is needed for the election to a certain function, and for the re-election the work results are necessary. In Tokio after the report on work of the World Association of Basketball Coaches in the period between two FIBA congresses, the re-election of Dušan Ivković was just a logical consequence of events.

– I believe that we have done a lot over the past four year. The same tasks are ahead of us, primarily in the education of coaches in all FIBA zones and we hope that in 2009 we will be able to start issuing FIBA licences– said Ivković, after the session of the WABC General Assembly.

To the statement that he is currently the only Ambassador of our basketball at such a top function Ivković answered:

– I would rather have our basketball at the place it used to occupy for years based on the achievements at the floor.

Translated by **Tatjana Milosavljević**



„TRENER“ kao svedok

# Sve naše BCB

**J**ednostavno rečeno – trenerski seminari, odnosno stručno usavršavanje trenera bilo je i ostalo osnovni zadatak Udruženja. Međutim, BCB (Basket ball clinic Belgrade) je nešto sasvim novo, kvalitetnije i definitivno je svrstala naše udruženje u najeminentnija košarkaška udruženja u svetu. Časopis Udruženja bio je svedok svake BCB i povodom malog jubileja – pete BCB, podsetićemo na događaje koje prati i uvažava ceo košarkaški svet.

Počelo je 2002. godine. Agilnošću Upravnog odbora, na čelu sa predsednikom Dušanom Ivkovićem, od 07-10. juna organizovan je seminar koji je promenio sve i postavio nove standarde, u svetskim okvirima, u organizaciji ovakvih seminara. Taj pr-



vi seminar, nazvan pomalo rogovatnim nazivom, postavio je temelje svim budućim. Naravno za dobar seminar, prvi osnov je dobra priprema, obezbeđena materijalna sredstva i kvalitetni predavači. U skladu sa tom strategijom, predsednik Ivković, sa svojim dugogodišnjim prijateljem, gospodinom Derisom Konstatinosom, vlasnikom marketinške agencije TAF iz Atine, na bazi obostranog interesa, potpisuje ugovor o sponzorstvu. Napravljena je besprekorna organizacija, a neposredno rukovođenje povereno je članu Upravnog odbora Milanu Opačiću koji je postavljen za izvršnog direktora seminara. Kada je objavljen program i spisak predavača, mnogi su bili spremni da tu vest svrstaju u rubriku Verovali ili ne.

Svakako super star tog predavačkog tima bio je Don Nelson, a za njim su svoje teme izlagali: Del

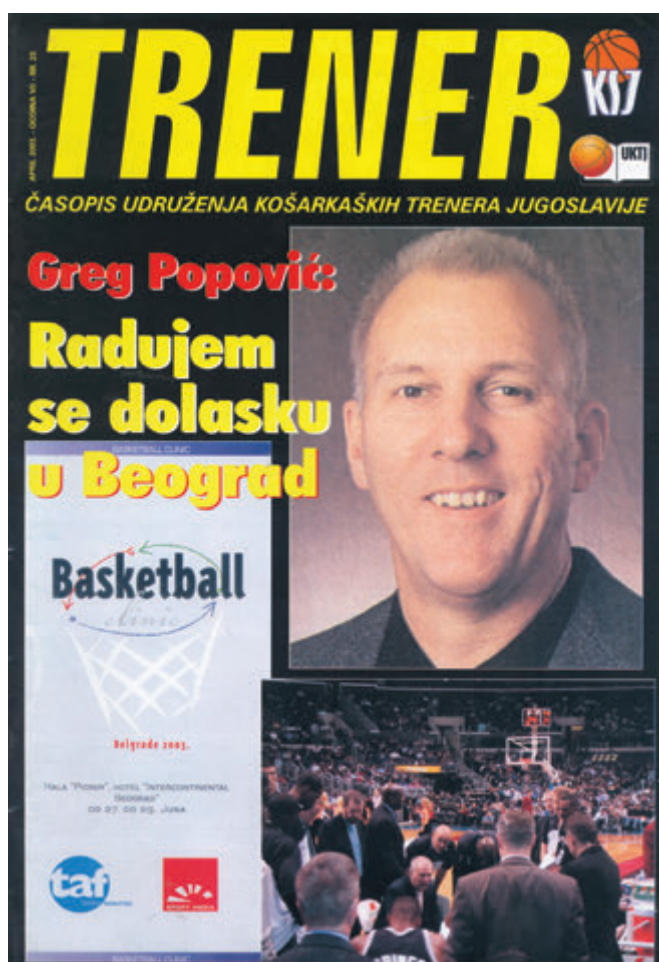


„TRENER“ as a witness

# All our BCB

**S**imply said – coach seminars, ie. professional education of coaches has remained a basic task of the Association. However, BCB (Basketball Clinic Belgrade) is something completely new, with more quality and definitely it included our Association among the most eminent basketball associations of the world. The Association magazine was the witness of each BCB and on the occasion of the small jubilee – fifth BCB, we will recollect the events monitored and appreciated by whole basketball world.

It started in 2002 with the agility of the Managing Board headed by President Dušan Ivković, from June 7-10 a seminar was made that changed everything and placed new



standards, in world frames, in the organization of such seminars. This first seminar with a little bit too long title was the foundation to all the future ones. Certainly, the first condition to organize a good seminar is good preparation, providing material assets and quality lecturers. In accordance with this strategy, President Ivković, together with his long-term friend, Mr Deris Konstantinos, owner of the TAF marketing agency from Athens, based on the mutual interest, signed a sponsorship contract. There was a perfect organization and Milan Opačić, member of the Managing Board, was in charge of the immediate management and he was appointed the executive seminar manager. When the programme and list of lecturers were published, many people were ready to put this news into the column: Believe it or not.

The super star of the lecturers' team was Don Nelson, and there were also lectures of: Dell Harris, Doni Nelson,

Haris, Doni Nelson, Rik Madčers i Evropljanin sa najdužim NBA trenerskim stažom, naš Igor Kokoškov.

Preko hiljadu trenera pratilo je ovaj seminar, čime je oboren rekord star 20 godina kada je 1982. godine Bobi Najt u Bolonji održao seminar za 820 trenera.

Sledeće, 2003. godine kada ovaj seminar dobija zvaničan naziv BCB, dogovoreno je da se ne ide samo na NBA trenere, već da se „pokupi” ono što je trenutno najbolje u trenerskoj filozofiji na svetu, a da se u predavanjima uvrste i stručnjaci čije teme nisu direktno vezane za pripremu i odigravanje utakmice.

Tako su na BCB 2003, koja je održana 27-29. juna, svoje teme imali: Greg Popović, kao aktuelni osvajač zlatnog prstena NBA, Havier Imbroda, tada selektor španske reprezentacije i trener koji je selektirao tim i udario temelje osvajanju poslednjeg SP u Japanu. Zatim, Duško Ivanović, dr Vladimir Koprivica i dr Dragan Koković.

Pečat trećoj BCB 2004, dao je Dajmon bol koji je održan u Beogradskoj areni od 31. juna do 6. avgusta. Zato je BCB održana od 4. do 5. avgusta. Pokazalo se da je poziv Leri Braunu, da bude glavni predavač, takođe bio taličan po njega, jer je i on došao sa tek osvojenim NBA zlatnim prstenom. Pored njega sastav predavače ponovo zadivljujući: Greg Popović, Roj Vilijams, Božidar Maljković, Ettore Mesina, Anri Kander i dr Dušan Ugarković. Bile su to Basketball clinic Belgrade koje su obeležile, pored ostalog, rukovođenje Dušana Ivkovića – trenerskom organizacijom.

Princip novog predsednika Udruženja trenera, Željka Obradovića bio je da se kompletan seminar mora



održati isključivo na terenu, odnosno u sportskoj hali, uz podršku dosadašnje praksi i koncepciji BCB. Tako od prošle godine baza BCB postaje SC Šumice. BCB 2005. održana je od 19. do 22. septembra. Kliniku je otvorio Patrik Bauman, generalni sekretar FIBA, a rejting predavača i dalje je bio svetski.: Majk D'Antoni, pa treneri osvajači poslednjih zlatnih medalja na olimpijadi i Svetskom prvenstvu – Ruben Manjano i Svetislav Pešić, zatim Sead Krdžalić i dr Vladan Devedžić. Prvi put u ulozi specijalnog gosta-predavača bio je legendarni Vlade Divac.

Kako je to i na stranicama ovog časopisa ostalo zabeleženo, a njegove naslovne strane tek podsećaju na to, ove seminare pratili su brojni ugledni gosti, novinari iz zemlje i sveta. Jednostavno bio je to, u najpozitivnijem smislu pravi košarkaški spektakl, za koji je potrebno mnogo znanja, sredstava i entuzijazma da održi svoj stečeni ugled. Kada već, povodom pete BCB, sumiramo rezultate, činjenica je da su pečat dosadašnjim uspesima dali svi članovi Upravnog odbora, neumorni izvršni direktor BCB Milan Opačić. Međutim, neopravdano bi bilo izostaviti iz priče desetine volontera, pre svih, naših mladih trenera, bez čijeg se angažovanja ovakav događaj ne može odvijati na tako visokom, do sada, besprekornom, nivou.

Tako smo došli do BCB 2006 – pete godine Basketball clinic Belgrade i desete godine svedoka tih događanja – časopisa Trener.



Rick Mudgers and our Igor Kokoškov, the European with the longest NBA coach experience.

Over thousand of coaches attended the seminar and this beat the record placed 20 years ago in 1982 when Bobby Knight in Bologna held a seminar with 820 coaches.

The following year, in 2003, this seminar obtained the official title BCB, and it was agreed not to invite only NBA coaches, but to „collect” the best current coach philosophies all around the world and to offer the lectures of the experts whose issues are not directly connected with the preparation and playing of a match.

Thus there were lectures at BCB 2003, held from 27 till 29 of June, of: Gregg Popovich, as a current winner of the golden NBA ring, Javier Imbroda, the head of the Spanish national team and coach that selected a team and placed the foundation to winning the latest World Championship in Japan. Then, Duško Ivanović, PhD Vladimir Koprivica and PhD Dragan Koković.

There was a contribution to the third BCB 2004 of Diamond Ball held in the Belgrade Arena from 31 of June till 6 of August. Thus, BCB was held from 4 till 5 of August. It turned out that the invitation to Larry Brown to be a head lecturer has also been significant for him because he came with the recently won NBA golden ring. Besides him, there were remarkable lecturers: Gregg Popovich, Roy Williams, Božidar Maljković, Ettore Messina, Arnie Kander and PhD Dušan Ugarković. These were Basketball Clinics Belgrade that were marked, among other, with the management of Dušan Ivković– coach organization.

Principle of the new President of the Association of Coaches, Željko Obradović, was that the complete semi-

nar must be held exclusively on the floor, ie. in the sports hall, with the support to the long-term practice and the BCB concept. Since last year Sports Centre Šumice became the headquarters of the BCB. BCB 2005 was held from 19 till 22 of September. The Clinic was opened by Patrick Bauman, FIBA Secretary General, and the lecturers remained to be top in the world: Mike D'Antoni, and coaches winners of the latest golden medals at the Olympic Games and the World Championship– Ruben Magnano and Svetislav Pešić, then Sead Krdžalić and PhD Vladan Devedžić. For the first time as a special guest-lecturer there was a legendary Vlade Divac.

As it was recorded on the pages of this magazine, as you can see on the front cover, these seminars were attended by numerous renowned guests, journalists from the country and abroad. Simply, it was, in the most positive sense, a real basketball spectacle that requires much knowledge, assets and enthusiasm to maintain the achieved reputation. When summing the results on the occasion of the fifth anniversary of BCB, we should mention the contribution to success of all the members of the Managing Board, tireless BCB executive manager, Milan Opačić. However, it would be unjustified to leave out dozens of volunteers, above all, our young coaches, without whose engagement this event could not be held at such high, so far, perfect level.

So we reached BCB 2006 – fifth anniversary of the Basketball Clinic Belgrade and the tenth anniversary of a witness of these events – magazine „Trener”.

Translated by Tatjana Milosavljević



IV memorijalni turnir  
Slobodan Piva Ivković

## U slavu velikog trenera

**U** Beogradu je, na Crvenom krstu, Pivi u čast i za nezaborav, od 10. do 11. septembra održan Četvrti memorijalni turnir: Slobodan-Piva Ivković. BKK Radnički, na čelu sa svojim agilnim predsednikom

Dejanom Popovićem, učinio je sve da uspomenu na svog legendarnog, malo je reći trenera, Pivu dostojanstveno čuvaju i prenose novim generacijama.

Na dvodnevnom turniru učestvovali su, pored domaćina, prvligaši Megaishrana, Ergonom i OKK Beograd. U finalnoj utakmici OKK Beograd, savladao je BKK Radnički, dok je u borbi za treće mesto Megaishrana savladala Ergonom.

Naravno, rezultati su bili u drugom planu. Osnovni cilj je bio – setiti se velikog čoveka i trenera koji nas je prerano napustio i preselio se u legendu. Teško bi bilo nabrojati sve Pivine kolege, prijatelje i igrače koji su svojim dolaskom pokazali da čuvaju uspomenu na Pivu.

Organizator turnira je nagradio sve učesnike, a predsednik Popović je porodici Ivković uručio plaketu koju je, u ime porodice, primila Pivina supruga Branka.

Naravno, memorijalnom turniru prisustvovao je i Pivin brat i najbolji učenik Dušan Ivković.

U ime Udruženja trenera, čiji je Piva osnivač i prvi predsednik, Vlado Androić, član Upravnog odbora UKTS predao je nagradu najboljem treneru turnira Slobodanu Nikoliću, OKK Beograd.

Pored BKK Radnički i ovom prilikom treba istaći da Udruženje trenera, uspomenu na Pivu čuva na veličanstven način. Plaketa „Slobodan Piva Ivković“ dodeljuje sa kao najveće moguće priznanje jednom košarkaškom treneru – nagrada za životno delo. Zato i ovaj memorijalni turnir zaslužuje pažnju i potrebu da se očuva. Ne samo Pivi u čast, već za dobrobit naše košarke kojoj su ovakvi uzori vodilje ka vrhunskim košarkaškim vrednostima.

M. PI.

4th Memorial „Slobodan Piva  
Ivković“ tournament

## In the glory of great coach

**b** elgrade, Crveni Krst, was the host of the Fourth memorial „Slobodan Piva Ivković“ tournament, on 10-11 September, in the honour and memory of Piva. Basketball club Radnički, with its chairman Dejan Popović, did their best to make memory of their famous coach, unforgettable for the new generation.

Participants of the tournament, besides the host, were Megaishrana, Ergonom and OKK Beograd. In the final game, OKK Beograd defeated Radnički, while Megaishrana's won Ergonom winning the third place.

Of course, results were not important. The basic aim was – to remember a great man and coach, who left us too early and became a legend. It's difficult to list all Piva's colleagues, friends and players who arrived to the tournament to preserve the memory for Piva.

President Popović gave acknowledgement to Ivković's which was handed in to Piva's wife Branka. Of course, Piva's brother and his best student

Dušan Ivković, attended the tournament too.

On behalf of the Association of Coaches whose founder and first president was Piva, Vlado Androić, member of Coach Association Board, gave award to Slobodan Nikolić (OKK Beograd), the best tournament coach.

It should be pointed out on this occasion that besides Radnički, the Serbian Association of Basketball Coaches, preserves memory of Piva in the magnificent way. The acknowledgement „Slobodan Piva Ivković“ is the greatest award a basketball coach can get – Award of Lifes's Work. For this reason this memorial tournament deserves attention and needs to be continued not only in honour of Piva, but also for the welfare of our basketball that is led by such models towards top basketball values.

Translated by Z. Polovina



*Dejan Popović uručuje plaketu Pivinoj supruzi/Dejan Popović gives the award to Piva's wife*

## PROGRAM SEMINARA

## CLINIC SCHEDULE

**ČETVRTAK, 21. septembar**

12:00-18:00 Prijavlivanje (hol SC „Šumice“, Beograd)

**PETAK, 22. septembar**

08:00-09.45 Prijavlivanje  
 10:00 Otvaranje seminara  
 10:00 Duško Vujošević  
 „Obuka igrača za igru u napadu u savremenoj košarci“  
 12:00 Jim O'Brien  
 „Igra Pick and Roll u napadu“  
 14:00 Duško Vujošević  
 „Zahtevi moderne košarke u odbrani čovek na čoveka “

**SUBOTA, 23. septembar**

08:00-10:00 Prijavlivanje  
 10:00 Jim O'Brien  
 „Poboljšanje igre 1 na 1 u odbrani“  
 12:00 specijalni gost  
 14:00 Igor Jukić  
 „Perspektiva kondicionih priprema košarkaša“

**NEDELJA, 24. septembar**

10:00 Igor Jukić  
 „Pretvarajući kondicioni trening u košarci“  
 12:00 dr Dragoslav Đorđević  
 „Ishrana košarkaša“  
 14:00 Jim O'Brien  
 „Završnica utakmica i specijalne situacije“  
 15:30 Zatvaranje seminara

**THURSDAY, September 21**

10:00 – 15:00 Registration (Sport center Šumice, Ustanička 125a)

**FRIDAY, September 22**

08:00-09.45 Registration  
 10:00h Opening ceremony  
 10:00h Duško Vujošević  
 „Offense Training of Players in Contemporary Basketball“  
 12:00h Jim O'Brien  
 „Pick and Roll Offense“  
 14:00h Duško Vujošević  
 „Modern Demands of Basketball in Man-to-Man Defense “

**SATURDAY, September 23**

08:00-10:00 Registration  
 10:00 Jim O'Brien  
 „Improving 1 on 1 Defense“  
 12:00 special guest  
 14:00 Igor Jukić  
 „Basketball Players' Physical Preparation Perspective“

**SUNDAY, September 24**

10:00 Igor Jukić  
 „Complex Conditioning Training in Basketball“  
 12:00 PhD Dragoslav Đorđević  
 „Nutrition of Athletes “  
 14:00 Jim O'Brien  
 „Late game and Special Situations“  
 15:30 Closing ceremony



Zadatak kao priznanje

# Reprezentacije pod skenerom

**n**a Svetskom prvenstvu u košarci, koje je nedavno održano u Japanu, Svetska košarkaška federacija (FIBA) sprovela je analizu igre šesnaest najboljih reprezentacija ovog takmičenja. Pažnja istraživanja bila je usmerena na praćenje timske igre u napadu i odbrani, odabir taktike, specijalne situacije i sl. Na ovom projektu radili su Patrik Hant, Predsednik trenerske asocijacije Okeanije i Mirko Ocokoljić, sekretar UKTS.

– Naš zadatak je bio da pratimo igru nacionalnih selekcija i da na osnovu toga napravimo izveštaje za časopis „Assist”, koji će takođe biti objavljeni na sajtu FIBA, na DVD formatu zajedno sa video klipovima, kao i jedan deo u časopisu „Trener” – reči su Mirka Ocokoljića. – Ovaj posao je zahtevao da u tih desetak dana odgledamo sve utakmice. Neke reprezentacije smo imali prilike da vidimo uživo samo jedanput, dok smo druge gledali po 3-4 puta. Osim toga, dobili smo snimke svih utakmica, tako da imamo mogućnost da naknadno ispravimo neke eventualne nedostatke.

Mirko Ocokoljić je, između ostalih, pratio igre Sjedinjenih Američkih Država, Grčke, Nemačke, Francuske i naše reprezentacije, što je zahtevalo da na turniru provodi po ceo dan.

– Bilo je naporno raditi. Morali smo da gledamo po četiri utakmice dnevno, tako da smo u hali bili od 9 ujutru do 23 časa. Međutim, nije nam teško padalo, jer smo obojica treneri i radili smo sa zadovoljstvom.

Iz trenerskog ugla, gospodin Ocokoljić je imao prilike da vidi mnogo zamisli i taktičkih rešenja od svojih kolega:

– Bilo je interesantno gledati ove ekipe, jer je svaka igrala drugačije. Imale su različite postavke, različite ideje. Moglo je da se vidi mnogo i dobrih i loših stvari.



Očigledno je da je postojala velika razlika između prva četiri plasirana tima od timova između petog i šesnaestog mesta.

Iako Hant i Ocokoljić nisu gledali prvu fazu takmičenja, na osnovu drugog dela mogli su da steknu veoma pozitivne utiske o organizaciji prvenstva i o zemlji domaćina:

– Program kojem smo mi prisustvovali održavao se u hali u Saitami i on je bio odlično organizovan, bez greške. Kao što smo i pretpostavljali, domaćini su bili veoma precizni. Nije bilo nikakvog kašnjenja, ni u polascima i odlascima autobusa, ni u kretanju po hali, ni u počecima utakmica.

Sve je funkcionisalo u sekundu, kao sat. Imali su ogroman broj volontera i prosto je neverovatno koliko je ljudi bilo angažovano. Hala u kojoj se igralo prvenstvo je fantastična. Pomeranjem zidova proširivala se sa 18 na 40 hiljada gledalaca. Mislim da je nivo cele manifestacije bio, u najmanju ruku, kao u Beogradu prošle godine. Moglo je da se oseti da se radi o jednom zaista velikom takmičenju.

Izveštaji koje su Patrik Hant i Mirko Ocokoljić uradili biće objavljeni u časopisu Assist onim redosledom prema kojem su se rangirale reprezentacije na takmičenju, a već u sledećem broju „Trenera” naši čitaoci će moći da pročitaju njihovo viđenje reprezentacije Grčke i to pre svega informacije o treneru koji je vodio ekipu, najvažnije statističke podatke koji su u vezi sa brojem kontranapada, odbrana i sl, zatim izveštaje o igri u napadu i odbrani, kao i o sistemu igre.

**Marko Petković**

Task as

# National Teams being scanned



At the Basketball World Championship that has been lately held in Japan, the World Basketball Federation (FIBA) has conducted analyses of the play of sixteen best national teams of this competition. The attention of the research was directed at monitoring the team play in offense and defense, selection of tactics, special situations etc. At this project worked Patrick Hunt, President of the Association of Coaches of Oceania and Mirko Ocokoljić, Secretary General of the Association of Basketball Coaches of Serbia.

– Our task was to monitor the play of the national teams and to make reports according to it for the magazine „Assist” that will also be published at FIBA website, in DVD format together with video clips and partially in the magazine „Trener” – says Mirko Ocokoljić.

– This job demanded watching all matches within these ten days. Some national teams we had opportunity to see personally only once, while we were watching others for 3 or 4 times. Besides this, we got the tapes of all matches so we were able afterwards to correct possible faults.

Mirko Ocokoljić, besides others, monitored the plays of the USA, Greece, Germany, France and our national team, what demanded spending whole day at the tournament.

– Work was strenuous. We had to watch four matches a day, so we were in the hall from 9a.m. till 11p.m. However, it was not hard for us because both of us are coaches and we enjoyed our work.

From the coach point of view, Mr Ocokoljić had opportunity to see many sets and tactical solutions of his colleagues:

– It was interesting to watch these teams because each team played in a different way. They had different sets, different ideas. One could see many good and bad staff. It is evident that there was a great difference among four first ranked teams from the 5th and 16th place.

Although Hunt and Ocokoljić did not watch first phase of the competition, they could get very positive impressions on the championship organization and the host country based on the second part of the competition:

– We attended the programme that was held in the hall in Saitama and it was perfectly organized, without an error. As we supposed, the host was very precise. No one was late; neither buses with arrival and departure, nor movement in the hall and match beginning. Everything functioned in the second, like a clock. They had enormous number of volunteers and it was incredible how many people were engaged. The hall where the championship was played was fantastic. It became larger by moving the walls and the number of spectators could be

increased from 18 to 40 thousand. I believe that the level of the overall manifestation was at least like the one in Belgrade last year. One could feel that it was really a significant competition.

The reports of Patrick Hunt and Mirko Ocokoljić will be published in the magazine „Assist” by order of the ranking of national teams at the competition, and in the following number of „Trener” our readers will be able to read their analyses of the Greek national team and above all the information on the head coach, most important statistical data related to the number of fast-breaks, defenses etc, then reports on playing offense and defense and system of the play.

Translated by **Tatjana Milosavljević**



NBA i ostatak sveta

# Razlike u vođenju statistike



U ovom broju časopisa „Trener“ bavićemo se razlikama u načinu vođenja statistike kod nas i u NBA ligi. Autori neće u ovom tekstu govoriti samo o načinu vođenja statistike već će objasniti kako se to radi u NBA ligi.

Do pre nekoliko godina bili smo svedoci da se statistika kod nas radila na papiru ili kako se to kaže „ručno“. Zatim se takva statistika sa svih terena slala na određena mesta gde se opet „ručno“ vodila i na taj način se pokušavalo doći do neke zakonitosti.

Napominjemo da se ručno vodila statistika i za potrebe sudijske komisije. Gospodin Nikola Stojić (asistent na Mašinskom fakultetu) i Branko Lozanov (FIBA komesar) su napravili jedan kompjuterski program za praćenje sudija. Dakle, nije se osetila potreba za košarkaškom statistikom već i za nekom drugom statistikom. Kada govorimo o ručnom načinu vođenja statistike moramo da istaknemo da je to veoma teško vođenje, jer ne možete u veoma kratkom roku da, na primer, dobijete ukupan šut nekog igrača ili broj izgubljenih lopti jer je potrebno vreme da se sve to „izbroji“. Tu je postojala mogućnost da se nešto ispusti pa da trener dobije pogrešnu informaciju. Svedoci smo i da pojedine ekipe danas vode takozvanu ručnu statistiku. Napredne ekipe u svetu su počele i da prate neke određene elemente

skautinga, na primer, da li ekipa igra akciju „1“, akciju „Fist“ i druge. Oni prate koliko puta igraju određenu akciju, koliko puta su uspešni. Opet i neke ekipe imaju svog skauta zaduženog za odbranu. No svedoci smo sve češće upotrebe računara.

U NBA ligi se odavno koriste računari. Postavlja se pitanje kako se vodi statistika? Do 2000. godine kori-



stio se jedan veoma popularni program za statistiku, gde su se podaci unosili mišem i putem tastature. Na svakoj utakmici je moralo biti prisutno pet ljudi koji su bili raspoređeni tako da su dvojica radili za jednu ekipu, druga dvojica za drugu ekipu i jedan supervizor koji je nadgledao unos. Takođe, na svakoj utakmici je morao biti prisutan još jedan čovek koji je bio rezerva. Dvojica statističara koji su pratili jednu ekipu bili su podeljeni tako da jedan prati napad, a drugi odbranu. Ta



NBA and the rest of the world

# Differences in statistical records keeping



In this number of the magazine „Trener” we will discuss the differences and the manner of keeping statistical records in our country and in the NBA league. The authors shall not talk only about the statistics but will explain the way it is calculated in the NBA league.

A few years ago we were witnesses that statistics was calculated on a piece of paper - „manually”. Then such statistics from all matches were sent to certain places where it was „manually” elaborated and in this way one tried to make some conclusions. Here we should particularly mention that statistics was manually calculated for the needs of the referee commission. Mr Nikola Stojić (Assistant Professor at the University of Machine Engineering) and Branko Lozanov (FIBA Commissioner) created a computer programme for monitoring referees. One not only lacked basketball statistics but other sort of statistics too. Regarding manual keeping of statistical records we must stress that it is hard work because one cannot get in a short period of time overall shooting of a player or number of lost balls because it takes time to „count” everything. There was a possibility to overlook something and a coach could get wrong information. We are witnesses that certain teams nowadays have so called manual statistics. Progressive teams of the world have started to monitor also determined scouting elements, for example if team plays action „1”, action „Fist” and others. They monitor how many times they play some action, how successful they are. Some teams have their scout in charge of defense. However, as time passes by usage of computer is getting more popular.

Computers have been used in the NBA league for a long time. One could ask: How is statistics calculated? Until 2000 a very popular programme for statistics was used and the events were input with a mouse and a key-

board. Five people had to attend each match and they were distributed in such a way that two of them worked for one team, other two for another team and a supervisor monitored the input. Also, one more reserve man was supposed to watch each match. Out of two statisticians monitoring one team one was in charge of offense and the other one for defense. These two could never exchange places to let the one monitoring offense be in charge of defense on the next match. Thus specialists for offense and defense were created. Since 2001 statistics has not been done in this way because the events are recorded by voice. This is a contemporary technology that reaches us with a slow but secure step. We have a very good software used by the blind. There are small problems when you have to make the computer „accustomed” to your voice, ie. when you pronounce only the words found in the data bases, because on the contrary such event shall not be registered in the data base. Additional disadvantage of keeping statistical records like this is noise, ie. rustles. Statisticians are very isolated and have microphones very close in order to reduce the influence of noise. The manner of calculating statistics by voice inputs facilitates a lot the statistical input because in this way one can monitor more details than by recording the events with a mouse or a keyboard. There is one more option of statistical input and it is by means of PDA device, where one uses a pencil to record events.

We shall describe only some of the differences in keeping the statistical records. Let's start with the assistance that is besides a rebound and a stolen ball maybe „the most controversial” one. In our country and in Europe it is assistance when a player passes a ball to another player a ball or „close to the rib” or if a player stays alone to shoot. Certainly, the task of the second player is to score two or three points. A few years ago assistances were counted only when a player remains

dvojica nikad nisu mogli da se zamene, tako da na primer, na sledećoj utakmici ovaj prati napad jer je na prošloj pratio odbranu. Tako se došlo do toga da postoje specijalisti za napad, odnosno za odbranu. Od 2001. godine statistika se tako ne radi već se događaji unose glasom. To je savremena tehnologija, koja kod nas stidljivo, ali polako dolazi. Kod nas postoji jedan jako dobar softver, koji koriste ljudi koji su slepi. Dakle, tu postoje mali problemi gde Vi računar morate da „naviknete” na svoj glas, odnosno da izgovarate samo one reči koje se nalaze u bazi podataka, jer u suprotnom takav događaj neće biti registrovan u bazi podataka. Još jedna otežavajuća okolnost za ovakav način vođenja statistike je u buci, odnosno šumovima. Ljudi koji rade statistiku su jako izolovani i mikrofone drže jako blizu, kako bi smanjili uticaj šumova. Sam način vođenja statistike, dakle unosom glasa, znatno olakšava sam način unosa statistike jer na taj način, Vi možete pratiti mnogo više detalja, nego kada događaje unosite mišem ili pomoću tastature. Postoji još jedan vid unosa statistike, a to se radi pomoću PDA uređaja, gde olovku koristite kako biste vršili unos događaja.

Krenućemo da opisujemo samo neke od razlika u vođenju statistike. Počecemo od asistencije koja je pored skoka i osvojene lopte možda „najkontroverznija”. Kod nas i u Evropi se vodi asistencija samo kad jedan igrač doda drugom igraču loptu ili na „zicer” ili ako igrač ostane sam na šutu. Naravno, zadatak ovog drugog igrača je da postigne pogodak bilo za dva ili za tri poena. Do pre nekoliko godina asistencije su se brojale samo kada igrač ostane sam na ziceru, najčešće u samom reketu. Međutim, danas su i asistencije kad igrač ostane sam na šutu za dva ili tri poena. U SAD je to sasvim drugačije, bilo da se igra u NBA, NCAA, ili u WNBA ligi. Autori su do pre nekoliko godina često raspravljali sa Aleksandrom Džikićem o tome. Dakle, u SAD je asistencija kad ja dodam igraču loptu tako da ostane sam na šutu, ali se desi slučaj da je nad tim šuterom napravljen foul. Asistencija se piše jer je taj asistent sve uradio kako treba. Autori smatraju da tu zaista ima dosta logike jer je asistent sve korektno uradio i nije kriv što šuter nije odradio deo posla. Opet, košarka je timska igra. Često smo bili svedoci da asistent sve dobro uradi, a da šuter promaši, i gde se asistencija devalvira. Tu su mnogi igrači oštećeni, jer nije lako napraviti asistenciju, a i kad je napravite zavisiste od drugog igrača. Ovo pitanje zahteva dublju analizu i treba videti koje je rešenje najcelishodnije. Takođe u Americi se vodi gde su se desile asistencije, da li je to bilo u reketu, van reketa, po perimetru. Kod nas se beleži koji igrač kom igraču daje najičešće asistenciju. To je dobar izveštaj jer se može dosta toga zaključiti iz svega ovoga. Može se između ostalog videti kako igra ta ekipe.

Sledeći podaci kod nas i u SAD koji se razlikuju u osvojene lopte i skok u odbrani. One i kod nas izazivaju dosta polemike. U SAD je posle svakog šuta na

koš skok u odbrani i tu nema nikakvih dilema. Ali šta se događaja kada posle šuta na koš lopta padne na zemlju ili šta se događaja kad posle šuta na koš iz slobodnog bacanja lopta padne u ruke igrača. Da li je to baš sve skok ili je to osvojena lopta? Autori u razgovoru sa dosta treneru su došli do zaključka da nekog pravila i nema. Jer jedni misle jedno, a drugi drugo. U Srbiji se takvi slučajevi, kada lopta padne u ruke posle šuta na koš vode kao osvojena lopta. Međutim u SAD se osvojene lopte vode na drugi način. Piše se svaka dobra odbrana kao osvojena lopta. Na primer, kad igrač igrača natera dobrom odbranom da ovaj ode u aut. Tu se piše da je lopta „stollen” (ukradena). Ima tu nekoliko varijanti da se osvojena lopta iz podbacivanja odmah piše kao skok, a ne kao osvojena lopta. Veoma je interesantno kako se vodi izgubljena lopta. Naime, ima devenaest (19) izgubljenih lopti u savremenoj košarci. A najviše izgubljenih lopti se desi na utakmici kao loše dodavanje. Često je statističaru teško da odredi da li je to bilo loše dodavanje ili loše hvatanje. Pogotovu je to teško jer statističari u većini mesta sede na relativno lošim mestima ispod, ili oko koša. Najbolje bi bilo kad bi i statističari sedeli blizu zapisničkog stola odakle bi imali jako dobar pregled i samim tim bi lakše odrađivali sporne slučajeve. Takođe bi lakše koordinirali sa zapisničkim stolom ako bi primetili da nešto nije u redu.

Od pre nekoliko sezona postoji još jedna vrsta izgubljene lopte, a to je ilegalana odbrana. Zadatak da prepoznaju ilegalnu odbranu imale su sudije. Kod nas se događa da je u mlađim kategorijama ta zona zabranjena, i da sudije ako tako nešto primete opominju trenera ekipe. Do pre dve godine sudije su najpre imale zadatak da trenera te ekipe opomenu, a svaki sledeći put je bila tehnička greška trenera. U SAD se najpre kažnjavala opomenom, a onda svaki sledeći put kažnjavala se slobodnim bacanjem. Danas, za prekršaj ovog pravila sudija dodeljuje tehničku grešku klupi.

Jedna od veoma važnih razlika između NBA i evropske košarke je pravilo tri sekunde u odbrani. Pravilo se odnosi na igrača koji stoji na strani pomoći, ali nije aktivan u odbrani više od 3 sekunde, odnosno čuva prostor. Takođe, ovo pravilo se koristi i u igranju zonske odbrane, gde igrači posle 3 sekunde moraju da se pomeraju, odnosno da definišu svoju poziciju. Dodeljuje se tehnička greška klupi i posed sa strane za napad.

Takođe u SAD postoji još jedan vid skautinga koji se vodi kao statistika a to je način i vrsta odbrane. Naime, tamo se mora prepoznati koja odbrana je u pitanju i samim tim da se odredi kakav je bio šut igrača. Da li je uspešan za dva ili tri poena na zoni ili čoveku? Dakle, da bi se neko uspešno bavio statistikom mora dobro da poznaje pravila sudijske igre. Ovo su samo neki od delova koji se razlikuju u vođenju statistike kod nas i u NBA ligi.



alone „close to the rib”, most frequently in the elbow. However, nowadays assistances are counted also when a player stays alone to shoot two or three points. In the USA it is completely different, no matter NBA, NCAA or WNBA league is being played. A few years ago the authors were discussing this matter with Aleksandar Džikić. So, in the USA it is assistance when one passes the ball to a teammate that stays alone to shoot and when a foul occurs over the player that shoots. Assistance is written down because the assistant did everything properly. Authors consider that it is very logical because the assistant performed everything correctly and is not to blame because the shooter did not do what he was supposed to do. Basketball is a teamplay. Many times we witnessed that assistant did everything well and that the shooter missed, what devaluated assistance. Here many players are damaged because it is not easy to assist and when you do you depend on the other player. This issue requires a better analysis and the most appropriate solution should be found. Also in the USA it is written down where assistances occurred whether from the basket or out of the basket, in the perimeter. We have a report which says what player assists to what player most frequently. This is a good report because lots can be concluded based on it. Among other staff it can be seen how this team plays.

The following concepts in our country and in the USA are different: stolen balls and rebound in defense. They

are a matter of dispute in our country too. In the USA after each shooting at the basket there is a rebound in defense and there are no dilemmas. But what happens when after shooting at the basket a ball falls on the floor or what happens when after shooting at the basket from a free throw it goes to the player's hands? Is everything a rebound or is it a stolen ball? Authors have concluded after a conversation with many coaches that there is no rule. Some people think in one way, the others in another way. In Serbia such cases when the ball goes into the hands after shooting at the basket is counted as a stolen ball. However, in the USA stolen balls are written down differently, each good defense is considered to be stolen ball, for example when a player makes other player go to the out-of-bound due to good defense. It is written down that a ball is „stollen”. There are a few options to consider the ball obtained by jump ball immediately as a rebound and not as a stolen ball. Another interesting matter to discuss is the concept of a stolen ball. There are nineteen (19) stolen balls in contemporary basketball. And most stolen balls occur in the match as a consequence of bad passing. A statistician often has a hard task to determine if it was a bad passing or bad catching. It is especially hard because statisticians in most places sit at relatively bad places, under the basket or around it. It would be best if statisticians would sit near the score table where minutes are kept to get a good perspective and to elaborate more easily some cases of dispute. It would be also easier to coordinate with the score table if they notice some irregularity.

Since last few seasons there is one more type of the lost ball, and this is illegal defense. Referees were in charge of discovering illegal defense. It is interesting in our country, among the youth categories that this zone is forbidden and that the referees warn a team coach when they note such a thing. Two years ago referees had to warn a team coach and for each repeated time it was the technical fault of the coach. In the USA the first punishment was a warning and each following time the punishment was a free throw. Nowadays, the violation of this rule is followed with the technical fault of the bench.

One of the very important differences between the NBA and European basketball is the three second rule in defense. The rule is related to the player standing on the help side but not active in defense more than three seconds, ie. preserving space. Also, this rule is applied on the occasion of a zone defense where players have to move after three seconds, define their position. Technical fault is attributed to the bench and possession at the offense side.

In the USA as well there is a sort of scouting recorded as statistics and this is a manner and type of defense. It should be recognized there what sort of defense it is and assess based on this the player's shot. Is it successful for two or three points on the zone or a man? To be a successful statistician one should know very well the rules of the referee play. These are only few of the differences in keeping statistical records in our country and in the NBA league. Translated by **Tatjana Milosavljević**



**Boško Đokić**, viši košarkaški trener

# Slobodna bacanja u savremenoj košarci



ragajući za pisanim i video zapisima određenih segmenata košarkaške igre, lako je uočiti da se o pojedinim temama gotovo ništa ne može naći, ali sam siguran da su slobodna bacanja i sve u vezi sa njima najzapostavljena oblast. Stoga je i literatura za ovaj rad gotovo zanemrljiva.

To dalje znači da se i na treninzima malo pažnje posvećuje slobodnim bacanjima, da treneri za njima posežu samo u tri slučaja:

- kao "odmor" posle naporne vežbe
- kao parcijalni deo šuterskog treninga
- kao "popuna vremena" na samom kraju treninga

Međutim, praksa pokazuje nešto sasvim drugo: sve više utakmica se rešava u poslednja tri minuta slobodnim bacanjima, tako da je njihov ekipni procenat (samim tim i individualni) potrebno dovesti na maksimalni nivo.

Primeru radi, u sezoni 2004/05. nastupajući u Goodyear ligi sa beogradskim "Reflexom", prosečno smo na 32 utakmice (30 u regularnom delu lige i dve na finalnom turniru) postizali 81 poen, od čega 21 iz slobodnih bacanja, što čini značajnih 25% od ukupno datih poena. Sebi postavljam pitanje: da li sam potrebnu četvrtinu vremena na tehničko-taktičkom delu treninga posvećivao slobodnim bacanjima? Mislim da nisam.

Kada smo već kod statističkih podataka, koje ja lično mnogo ne cenim, posebno kada govore o odbrani, ali koji su jako validni kada se pominju slobodna bacanja, evo još nekoliko, koji idu u prilog zahtevima koje postavljam pred ekipu i najbolje igrače:

- svaka ekipa koja pretenduje na visok plasman u bilo kojoj ligi mora slobodna bacanja da šutira više od 80%
- svaki pojedinac koji drži do svoga igračkog rejtinga mora slobodna bacanja da šutira više od 80%

Evo kako stvari stoje u već pomenutoj Goodyear ligi za sezonu 2004/05. Timovi su ovako šutirali slobodna bacanja:

- Pivovarna Laško 75,2%
- Geoplin Slovan 75,1%
- Cibona 74,5 % i tako dalje

Od 16 timova slabije od 70% slobodna bacanja su šutirali samo Budućnost i Šibenka Dalmare.

Takođe, poredak najboljih pet pojedinaca čitave Lige u izvođenju slobodnih bacanja izgledao je ovako:

- 1) Koljević Ivan 92,68%
- 2) Marković Nenad 90,6%
- 3) Bader Marton 88,78%
- 4) Roko Leni Ukić 85,37%
- 5) Topić Milenko

Ukratko, završnica svake košarkaške utakmice igra se šahovski precizno i rešava se uglavnom slobodnim bacanjima. Svaki igrač koji slabo šutira slobodna bacanja postaje balast za tim i trenera, Takav igrač ne može biti u igri u trenucima kada se utakmica odlučuje. Daljom analogijom ako idemo, sve to znači da na treningu slobodnim bacanjima moramo pristupiti situaciono-takmičarski: dovesti igrača na liniju slobodnih bacanja simulirajući („virtualno igrajući“) pojedine delove predstojeće utakmice.

## ISTORIJSKI ASPEKT

Kao što je poznato, istorija košarke počinje 1891. godine u gradiću Springfield u Masačusetsu, SAD. Tada je Džejms Najsmi, kao trener školskog fudbalskog tima, osmislio novu igru u sali, kojom bi se studenti zanimali u zimskim mesecima. Nova igra, koja je brzo postala poznata pod imenom KOŠARKA, postigla je veliki uspeh. Najsmitovih 13 izvornih pravila igre bilo je zasnovano na principu da se poeni postižu veštinom, a ne snagom. Pravila su objavljena u časopisu "Triangle" 15. 1. 1892. godine pod naslovom "Nova igra".

Pojam slobodnih bacanja nije bio zastupljen u prvih 13 Najsmitovih pravila (7. pravilo je glasilo: "Ako bilo koja strana napravi tri uzastopne greške, računa se pogodak za protivnika.") Dalje su stvari u vezi sa slobodnim bacanjima tekle, što se pravila tiče, ovako:

- slobodna bacanja uvedena su 1895. godine
- od 1896. godine pogodak iz igre računa se dva poena, a iz slobodnih bacanja jedan poen
- godine 1923. izbačen je unapred određen izvođač grešaka. Igrač nad kojim je napravljena greška morao je da izvodi slobodna bacanja
- Na kongresu FIBA u Rimu 1960. godine uvedeno je pravilo da se u poslednjih pet minuta svaka greška kažnjava sa dva slobodna bacanja, ako igrač nad kojim je načinjena greška nije postigao važeći pogodak
- godine 1968. u Meksiku, doneta je odluka da se u poslednja tri minuta svaka greška kažnjava sa dva slobodna

**Boško Đokić**, senior basketball coach

# Free Throws in Modern Basketball



In quest for written and video inscriptions of certain segments of basketball play, it is easy to observe that almost nothing can be found on certain subjects, but I'm sure that free throws and all about them is the most neglected area. So, the literature on this subject is almost insignificant.

It subsequently means that very little attention in trainings is paid to free throws and that coaches practice them only in three cases:

- As a „relaxation“ after hard practice
- As a partial part of shooting training
- As a „time fill“ at the very end of the training

But, experience indicates very opposite thing: more and more matches are being solved within the last three minutes by free throws, so their team percentage (and at the same time the individual one) needs to be brought to the maximum level.

For example, in the season 2004/05, participating in the Goodyear league with „Reflex“, basketball team from Belgrade, the average in 32 games (30 in the regular part of the season and 2 in the final tournament) was 81 points, 21 from free throws, which is 25% of the total number of scored points. I'm asking myself: Have I committed to free throws the necessary quarter of time of the technically-tactical part of the training? I think I haven't. Speaking of the statistical data, that I personally do not appreciate too much, especially when they are about defense, but which are very valid when they are about free throws, here are a couple of such ones, that favours the demands I've been setting to the team and the best players:

- Each team aiming at the high placement in any league, must possess the percentage of the scored free throws above 80%
- Every individual bearing in mind his player's ranking, must possess the percentage of the scored free throws above 80%

Here is the situation in the Goodyear league in the season 2004/05.

Teams had the percentage of scored free throws as following:

- Pivovarna Laško 75,2%
- Geoplin Slovan 75,1%
- Cibona 74,5 etc

Out of all 16 teams, only Budućnost and Šibenka Dalmare had the percentage of the scored free throws less than 70%.

Also, the classification of the first top five individuals of the entire league in free throws scoring is as follows:

- 1) Koljević Ivan 92,68
- 2) Marković Nenad 90,6%
- 3) Bader Marton 88,78%
- 4) Roko Leni Ukić 85,37%
- 5) Topić Milenko

To sum up, the ending of every basketball game is being played very precisely and usually is solved by free throws. Each player with a bad free throw becomes a burden both for his team and for a coach. Such a player can't be play in the decisivemoments of the match. Should we further follow the analogy it means that in the course of a training, to free throws we must approach in a situational and competitive manner: bringing the player to the free throw line, and simulating („playing virtually“) certain parts of the forthcoming match.

## HISTORICAL ASPECT

It is universally known that the history of basketball began in 1891 in the town of Springfield, Massachusetts, USA. James Naismith, the coach of the local football team, invented a new game in the gym, to have students occupied during winter months. The new game, which rather quickly became well known as BASKETBALL, made an extraordinary success. Nesmith's 13 primordial rules were based on the principle of scoring by skill, not by strength. Those rules were published in magazine „Triangle“ on 15 of January 1892 with the headline „The New Game“.

The notion of free throws wasn't included in to the Naismith's 13 rules (the 7th rule was: Should someone makes three successive fouls, the opponent gains one score.) Regarding free throws, things were going as follows:

- Free throws were introduced in 1895
- Since 1896 the score in the course of play is being considered as two points and a free throw as one point
- In 1923, the predestined free thrower was abolished. Player who suffered opponent's foul had to administrate free throwing.
  - FIBA congress in Rome passed the rule of punishing with two free throws each foul made within the last three minutes, if the player to be fouled didn't make a valid score
  - In 1968 in Mexico, the decision on the rule of punishing each foul within the last three minutes was made, and the

bacanja, a ekipa na kojoj je izbor, da izvede ubacivanje iza bočne linije umesto izvođenja slobodnih bacanja

- u Minhenu 1972. godine izbačeno je pravilo tri minuta na kraju utakmice. Više nije bilo razlike između poslednjih tri minuta i ostalog dela utakmice. Istovremeno, igrač koji je načinio grešku na protivniku koji nije šutirao na koš, bio je kažnjen samo ubacivanjem lopte iza bočne linije za protivnika, što realno i nije bila kazna

- prethodno pravilo dovelo je do veoma grube igre (na Evropskom šampionatu u Barseloni 1973. godine proseki grešaka po utakmici iznosio je 61), tako da je 1974. godine stupilo na snagu pravilo: "Ako u toku poluvremena ekipa načini 10 grešaka, svaka naredna greška igrača kažnjava se sa dva slobodna bacanja"

- godine 1976. uvedeno je pravilo "tri za dva", po kome igrač na kojem je načinjena greška u akciji šutiranja i šut je bio neuspešan, ima mogućnost da šutira treće slobodno bacanje ako promaši jedno od prvih dva

- kongres u Moskvi 1980. godine uveo je osam umesto deset "dozvoljenih" grešaka za poluvreme

- FIBA 1984. godine prihvata šut za tri poena, što dovodi do revolucije i napretka košarke. Broj grešaka ekipe u poluvremenu smanjen je sa osam na sedam, a posle sedme greške uvedeno je pravilo "jedan plus jedan" za slobodna bacanja, odnosno ako igrač promaši prvo – nema pravo na drugo slobodno bacanje. Izbačeno je pravilo "tri za dva". Ako je greška načinjena na igraču koji šutira za dva poena – dodeljuju se dva slobodna bacanja, a na igraču koji šutira za tri poena – tri slobodna bacanja

- Pravo izbora, šutiranja ili ne slobodnih bacanja, izbačeno je 1990. godine, preciznije: igrač na kome je načinjena greška nema pravo izbora ubacivanje lopte iza bočne linije umesto izvođenja slobodnih bacanja

- Godine 1994. izbačeno je pravilo "jedan plus jedan", a umesto toga dodeljuje se dva bacanja ako se ekipa nalazi u situaciji kazne.

## TEHNIČKI ASPEKT

Način izvođenja slobodnih bacanja imao je takođe svoju evoluciju, kao i šut iz igre: šutiralo se sa dve ruke odozdo, sa jednom rukom odozgo, sa obe ruke iznad glave i slično, ali se jako brzo došlo do zaključka da nije potrebno trenirati dva načina šuta (iz igre i slobodna bacanja), već je tehnika šuta slobodnih bacanja standardizovana na šut iz igre, bez skoka, naravno.

Za tehnički aspekt slobodnih bacanja veoma je važan veliki broj ponavljanja, upornost kojom se pobeđuje skoro sve u košarci. Igrači uglavnom, pogrešno, misle da je šutiranje slobodnih bacanja dosadno i nepotrebno. Bitno je pozitivno razmišljati o slobodnim bacanjima, stvarati nakakav svoj, specifični "ritual slobodnih bacanja" i ponovo veliki broj svakodnevnih ponavljanja koji dovode do automatizma (ono što doktor Slavko Trninić zove "mističnom memorijom": posle velikog broja ponavljanja stvara se automatizam i, gotovo, da mišići i samo telo izvode pokret pri šutu.

Doktor Tom Ambery koji je, kao jedan od retkih, otišao zaista studiozno i daleko u razmišljanju o slobodnim bacanjima, misli da je u mehanici šuta neobično važno izgrađi-

vanje sopstvenog rituala i definiše sedam koraka do savršenog izvođenja slobodnih bacanja:

- položaj stopala na liniji slobodnih bacanja (balans, stopala u širini ramena, desna noga malo napred)
- tri driblinga loptom (ili onoliko koliko sam igrač odredi u svom ličnom ritualu)

- pravilan i udoban položaj prstiju na lopti
- lakat unutra
- rad kolenima i nogama (ono što treneri kažu "šutiraj nogama")

- oči uprte u metu (u tačku na prednjem obruču)
- izvesti šut i ostaviti ruku za loptom

Preporuka: ako se promaši prvo slobodno bacanje (ili drugo od tri) treba se pomeriti sa linije slobodnih bacanja i čitavom ritualu prići ponovo.

## PSIHOLOŠKI ASPEKT

Ovo je verovatno važniji element od prethodnog, jer se mehanika šuta slobodnih bacanja može popraviti i dovesti na odličan nivo kod većine igrača, ali sama psiha ("šut ide iz glave") i pozitivan pristup u šutu mogu biti izraženi samo kod vrhunskih igrača. Jer, nije isto šutirati slobodna bacanja u prvoj i poslednjoj minuti, pri velikoj razlici i pri nerešenom rezultatu, u finalnoj ili redevnoj ligaškoj utakmici.

Igrače treba ubediti da je slobodno bacanje poklon, dar za dobrog izvođača, a ne kazna i muka. O slobodnim bacanjima treba uvek razmišljati pozitivno, kao o lakom poenu i nagradi za igrača. Otprilike kao o sigurnom poenu, kao što su: četverac u vaterpolu, sedmerac u rukometu ili jedanaesterac u fudbalu.

U mentalnom pristupu slobodnim bacanjima igračima treba razjasniti dva pojma. Radi se o koncentraciji i fokusiranju pažnje.

Koncentracijom se, naravno na duži rok, postaje bolji igrač, njom se postiže bolji učinak na treninzima i utakmicama. Sa povećanjem koncentracije povećava se i broj vezanih ubačenih slobodnih bacanja, "lični rekord" o kome svaki izvođač slobodnih bacanja mora voditi računa (prisustvovao sam nekoliko puta treninzima gde su igrači ubacivali više od sto vezanih slobodnih bacanja).

Fokusacija znači trenutnu i potpunu kontrolu uma pri izvođenju slobodnih bacanja, na utakmici, recimo. Treba izbaciti sve misli iz glave, raditi po principu "sada i ovde", po rečenici koja se koristi u navedenoj knjizi o slobodnim bacanjima: "Juče je istorija, sutra je misterija, treba gledati prezent (kao sadašnjost i kao poklon, odnosno slobodno bacanje), još jednom, po maksimi: SADA I OVDE.

Prostije rečeno, kada igrač tokom utakmice stane na liniju slobodnih bacanja treba da zaboravi sve što se desilo pre toga.

## VEŽBE

Iz prethodno rečenog jasno je i šta želim da postignem kod tima i pojedinaca uvođenjem seta od petnaestak vežbi slobodnih bacanja u svakodnevni trening:

- stavljanjem igrača u situaciju utakmice povećati njegovu koncentraciju, preciznost i odgovornost prema sebi, saigračima i klubu za koji nastupa.

team that suffered the foul had an option of inputting from behind the sideline, instead of having free throw.

- In Munich in 1972, „the three minutes rule” was abolished. There was no difference anymore between the last three minutes and the rest of the match. Simultaneously, the player who fouled the opponent that didn't make a shot was punished by inputting from behind of the sideline, which in fact is not a punishment at all.

- The previous rule caused very rough play (the average of fouls in one game in the European Championship in Barcelona 1973 was 61), so in 1974 new rule came into force: „If the team makes 10 fouls within one half-time, every next foul will be punished by two free throws”

- In 1976 in Moscow the rule „three for two” was passed, according to which a player who suffered opponent's foul, and tried to score but unsuccessfully, has an option of administering the third free throw, in case of one of the first two was missed.

- Moscow congress in 1980 introduced 8 instead of 10 „allowed” fouls in one half-time

- FIBA accepted a three-point shot in 1984 and it caused revolution and progress of basketball. Number of team fouls within the half time was reduced from 8 to 7, and after the 7th foul there was the rule „1+1” in free throws, i.e. if player mis-sea the first – he has no right to shoot one more time. „Three for two” rule was expelled. If the shooter that has a two points shot is fouled – he got two free throws, and if it was behind the 6,25 line – he gets three free throws.

- The right to choose between shooting and not having free throws was abolished in 1990, i.e. a player who is fouled has no right to choose between inputting from behind the sideline instead of free throws administering.

- In 1994 the „1+1” rule was abolished and instead of it, if the team was in the situation of penalty, two throws were administered.

## TECHNICAL ASPECT

The manner of free throws performance had its evolution as well as a shot in play: with both arms from beneath, one arm from above, both arms overhead and so on, but quite rapidly a conclusion was preached that it is unnecessary to train two ways of shooting (in play and free throws), but free throws' shooting technique has been standardized in accordance with the shot in play, but without rebound, naturally.

For the technical aspect of free throws the great number of repetitions is very important, the persistence that wins almost everything in basketball. Players are wrong if thinking that free throwing is boring and unnecessary. Thinking positive about free throws is important, as well as creating a certain personal, specific „ritual of free throws” and, once again, a vast number of everyday repetitions that lead toward automatism (the thing which PhD Slavko Trninic named „mystical memory”). After a big number of repetition automatism is created, and it causes the situation where the muscles and the body almost themselves, do the movement in shooting.

PhD Tom Amberry who, as one of the few people, studied seriously free throws, believed that in the mechanics of the shot the most important thing is the creation of personal

ritual, and therefore defines 7 steps toward perfect administration of free throws:

- The position of feet on the free throw line (balance, feet equal to the shoulders, right leg slightly forward)

- Triple dribbling of the ball (or as much as the player himself determines in his personal ritual)

- The correct and comfortable position of fingers touching the ball

- An elbow placed inside

- Moving the knees and legs (the thing coaches used to say for „shoot with legs”

- Eyes fixed on the target (in the spot on the front panel)

- Operate the shot and leave the hand behind the ball

Recommendation: if the first throw is missed (or the second in case of three free throws), the player should leave the free throw line and repeat the entire ritual.

## PSYCHOLOGICAL ASPECT

This is probably more important element than the previous one since mechanics of the shot can be improved and brought to the excellent level, but mind itself („the shot comes from the head”) and positive access to the shot might be present only in the character of the extraordinary players. Thus, it is not the same thing to shoot free throws in the first and in the last minutes of the game, in the course of a big goal difference and in the course of draw score, in final or in regular league game.

Players must realize that free throw is a present, a gift for the good shooter, but not a sentence or torment. We should always think positively of free throws, as of an easy score and reward for the player. It is approximately similar to 4 meters in waterpolo, 7 meters in handball or penalty shot in football.

In mental approach to free throws, two notions must be cleared to players. It is about concentration and attention focusing.

By concentration, in the course of certain time, the player becomes much better, higher efficiency in trainings and matches is achieved by means of it. During the increase in concentration, the number of simultaneous conversions also rises, „personal best” of which every free throw shooter must take care (I've been present for several times at the trainings where players were scoring more than a hundred throws in succession).

Focusing indicates momentary and total control of the mind in the course of administration of free throws, in a game, for example. All thoughts ought to be expelled from the head, and things ought to be done according to the principle „now and here”, and this clause is taken from the book dealing with free throws and sentence goes like this: „Yesterday is history, tomorrow is mystery, present should be observed (both as a present and gift, i.e. free throw). Once again, the maxim „NOW AND HERE”.

More simply, when a player encroach the free throw line, he must forget everything that happened before, he must remove anger, fatigue, pain and get focused, with positive thoughts, on free throws only.

– utkati vežbe slobodnih bacanja u sve segmente treninga, od 1 na 1 do 5 na 5, po situacionom modelu

– probuditi u igraču lični i kolektivni ponos, pozitivni osećaj važnosti i odgovornosti

– dati slobodnim bacanjima značaj i vreme koje im objektivno pripada na utakmicama

– osposobiti pojedince i tim da u odlučujućim mečevima dostignu nivo uspešnosti od 80, odnosno 75 odsto

**1.** Vežba koju zovem "overa, potvrda": radi se u svakoj vežbi od 1 na 1 do 5 na 5. U taktici 5 na 5 na pola terena posle svakog datog koša, igrač koji ga je postigao staje i na liniju slobodnih bacanja i šutira jedno. Tek ako postigne koš, prethodni pogodak se priznaje i njegov tim ostaje u napadu. Ukoliko promaši – prethodni poen njegovom timu (ili njemu u 1 na 1) se ne priznaje, ali se skače za promašenom loptom.

**2.** Vežba kontranapada 2 na 1 posle slobodnog bacanja: Igrač 1 šutira slobodno bacanje i sprinta na drugu stranu terena da nogom dohvati čeonu liniju i suprotstavi se odbranom 2 i 3. Jedina šansa da stigne da se suprotstavi u odbrani je da ubaci slobodno bacanje, pošto onda igrač broj 2 mora da uvede loptu iza čeonu linije a prvi pas ka igraču 3 ne sme biti preko produžetka linije za slobodna bacanja. Ukoliko igrač broj 1 promaši slobodno bacanje – 2 i 3 skaču i direktno igraju u leđa odbrambenom igraču kontranapad.

**3.** Ekipna vežba slobodnih bacanja po principu "1 plus 1", uvek na kraju treninga: na čeonu liniju stanu svi igrači, ali prema godinama rođenja – prvo najstariji, pa tako dalje do najmlađeg igrača koji šutira poslednji. Igrač broj 1 šutira slobodno bacanje po principu "1 plus 1" (ako ubaci prvo, teko onda ima pravo i na drugo slobodno bacanje). Ako ubaci oba slobodna bacanja – za njega je trening završen, ide na klupu za rezervne igrače. Ukoliko promaši prvo ili drugo slobodno bacanje – ide na kraj kolone i odrađuje sve "kazne" i promašaje ostalih igrača. Ako se promaši prvo slobodno bacanje – svi trče do suprotne čeonu linije i nazad. Ukoliko igrač broj 1, ili bilo koji drugi, promaši drugo slobodno bacanje – trči se do centra i nazad. Radi se onoliko krugova dok i poslednji igrač ne ubaci dva vezana slobodna bacanja. Vežba popravlja atmosferu tima, osećaj odgovornosti i ponosa kod pojedinaca.

**4.** Vežba koju zovem "od 20 do 0": radi se pojedinačno, obično na kraju treninga. Igrač ima 20 poena i potrebno je da dođe do 0. Svako ubačeno slobodno bacanje smanjuje konačan zbir za 1, a svaki promašaj povećava zbir za 3. Teoretski, do 0 se može najbrže doći sa 20 vezanih ubačenih slobodnih bacanja, a vežba može i da se ne završi (što se se neretko i dešavalo) i da se dođe do 50 i više "poena". Sama vežba se može dovesti i na blaži (za promašaj se dodaju dva poena) i na stroži način: kazna za promašaj od 20 do 10 je 3 poena, za promašaj od 10 do 5-5, a za promašaj od 5 do 0 – dodaje se čak 10 poena.

**5.** Vežba takmičenja slobodnih bacanja 6 na 6: igrači šutiraju po dva slobodna bacanja u krug. Pobjednik je onaj tim koji pre ubaci 100 slobodnih bacanja.

**6.** Vežba takmičenja slobodnih bacanja 6 na 6, kao i prethodna, samo šutiraju po tri igrača, dok im ostala trojica vraćaju lopte. Trojke se u šutu menjaju na svakih 20 ubačenih slobodnih bacanja, a pobjednik je onaj tim koji pre ubaci 200 slobodnih bacanja.

**7.** Situaciona vežba simuliranja poslednjih deset sekundi utakmice: 5 na 5 na jednoj polovini terena i sa upaljenim semaforom pri nerešenom rezultatu. Obe ekipe su iskoristile "bonus", tako da se svaki faul kažnjava slobodnim bacanjima.

**8.** Vežba zahteva da se ubace tri vezana slobodna bacanja, odmah posle kontranapada ili kakve teške odbrambene vežbe. Igrač staje na liniju slobodnih bacanja da ubaci tri uzastopna poena. Ukoliko promaši prvo, drugo ili treće bacanje – sprinta do centra i nazad i ponovo šutira.

**9.** Vežba u kojoj igrač šutira pet puta po dva slobodna bacanja na sledeći način: posle šuta prva dva bacanja ide na skok i maksimalno jakim driblingom ide na suprotnu liniju slobodnih bacanja i tamo šutira dva bacanja i tako do deset šuteva pod pritiskom. Osam od deset je odličan procenat.

**10.** Vežba slobodnih bacanja pod nazivom "ispisnica". Odnosno: Igrač treba da uradi određeni zadatak da završi trening. U konkretnom slučaju da ubaci određeni broj slobodnih bacanja bez promašaja: kreće se sa 10 od 10, pa se kasnije tokom sezone taj broj povećava za 5. Kada se stigne do 20 od 20 ubačenih slobodnih bacanja – to je odličan nivo.

**11.** Vežba takmičenja slobodnih bacanja 1 na 1. Igrači se menjaju na jedno promašeno bacanje, a pobjednik je onaj koji prvi dođe do 100 ubačenih.

**12.** Vežba slobodnih bacanja za individualni rad: igrač iz određenog broja šuteva treba da pogodi 10 slobodnih bacanja. Računaju se samo ubačaji gde lopta nije dohvatila obruč.

**13.** Vežba slobodnih bacanja na individualnom treningu: igrač šutira bacanja sa nekoliko lopti različite težine i obima.

**14.** Vežba takmičenja slobodnih bacanja u paru, na kraju ili na šuterskom treningu: svaki par šutira naizmenično dva bacanja: pobjednik je onaj par koji prvi ubaci 30 slobodnih bacanja bez promašaja.

**15.** Vežba slobodnih bacanja kombinovana sa raznim takmičenjima šuta: parovi se takmiče u šutu do 100 ubačenih lopti. Jedan igrač šutira za dva a drugi za tri poena. Menjaju se na pet ubačenih lopti. Posle svakih pet ubačaja ide na liniju slobodnih bacanja i moraju pogoditi penal koji se ne broji u opštem skor, već overava, potvrđuje pet prethodno ubačenih šuteva. Moguće je napraviti niz takmičenja i kombinacija na ovu temu.

**16.** Vežba koja ide na treningu obično posle velikog napora: igrač mora iz najviše 13 pokušaja ubaciti 10 slobodnih bacanja. Sve preko toga podleže nekoj "kazni".

Na ove vežbe svaki trener mora napraviti nešto novo, prema svom nahođenju i stepenu znanja. Osnovna ideja je da slobodna bacanja treba utkati u sve delove treninga, tako kako se dešava i na samim utakmicama.



## EXERCISES

Previously stated things clearly demonstrate what I would like to achieve with team and an individual by involving about 15 exercises of free throws in everyday training.

- Increase the player's concentration, precision and responsibility for himself, other players and his team, by putting him in the situation of the game.

- Interweave free throw exercises in all segments of the training from 1:1 to 5:5, according to the situational model

- Invoke player's personal and collective pride, positive feeling of importance and responsibility

- Give to free throws the meaning and the time in games that obviously belongs to them.

- Abilities of the team and the individual to achieve the level of efficacy of 80% or 75% in most important matches.

**1.** The exercise I call „verification”, „confirmation”: it is applied in every exercise from 1:1 to 5:5. In tactics 5:5 in the middle of the field after the score, the player who scored goes to the free throw line and shoots only once. Only if he scored again, the previous score is admitted and his team stays in attack. In case of a failure, previous point isn't admitted, but rebound for the ball is allowed.

**2.** Exercising of counterattack 2:1 after the free throw: player 1 executes a free throw and runs to the other side of the field to touch the baseline and confronts players 2 and 3. The only chance to manage making confrontation in defense is to score the free shot, since player 2 must input the ball from the baseline and the first passing toward player 3 mustn't pass over the extension of the free throw line. If player 1 has missed the shot, players 2 and 3 make a rebound and play counterattack in defender's back.

**3.** Team exercise of free throws based on the principle of 1:1 play at the end of the training: all players are on a baseline, according to the year of birth, the oldest one stands first and than younger ones all the way down to the youngest one who shoots last. Player 1 shoots the free throw on the basis of 1:1 principle ( if the first is scored, only then he has the right to shoot once again). If both free throws are scored, the player has finished his training and goes to the bench. But, if he missed first or second shot, he goes to the end of the line and executes every „punishment” and failures of other players. If the first free throw is missed, they all run to the opposite baseline and back. If player number one missed the second free throw, they run to the center and back. The number of rounds depends on the time necessary for all players to score two free throws in a row. This exercise improves the atmosphere in a team, the feeling of responsibility and pride of an individual.

**4.** The exercise I named „from 20 to 0” is done individually, usually at the end of a training. A player has 20 points and must reach 0. Every scored free throw decreases the final amount for 1, and each failure increases it for 3. Theoretically, 0 can be in shortest time reached by 20 successive scored free throws, and the exercise may remain unfinished (it happened quite often), and reach 50 „points” and more. The exercise itself may be reduced to easier (two points added for the failure) and harder level ( the penalty for the miss between 20 and 10 is 3 points, from 10 to 5 is 5 and from 5 to 0 10 points is added).

**5.** The exercise of free throw competition 6:6 : each player shoots 2 free throws in a round. The winner is the team which makes a score of 100 points first.

**6.** The exercise of free throw competition 6:6 , as previous, but now only three players shoots and other three throws them the balls. Triples shifts their positions after every 20 scored free throws, and the winner is the team that scored 200 free throws.

**7.** Situational exercise of simulating the last 10 seconds of game. 5:5 in the one half of the field, scoring board is on and the score is draw. Both teams have spent their „bonus”, and for each foul, free throw is the punishment.

**8.** This exercise demands involvement of three consecutive free throws, right after the counterattack ore certain hard defense exercise. Player is on the free throw line, in order to score three consecutive points. In case of missing first, second or third throw – he runs to the center of the field and back and shoots again.

**9.** The exercise in which player shoots two free shots five times in the following manner: after first two shots, he makes a rebound and in a maximal dribbling goes to the opposite free throw line and shoots two free throws there, ten times in a row under the pressure. Eight out of ten is an excellent percentage.

**10.** Free throw exercise named „logging off”. Task: Player must do a certain task in order to finish the training. In particular case, to score a certain number of free throws without miss. The starting point is 10 out of 10 and, in the course of the season the number should be gradually increased by 5. After reaching 20 out of 20, it indicates an excellent level.

**11.** Free throw competition 1:1. Players shift their position after the missed free throw, and the winner is player who first reached 100 scored points.

**12.** Free throw exercise for individual work: out of the certain number of shots, player ought to score 10 free throws. Only scores where the ball didn't touch the basket.

**13.** Free throw exercise in an individual training: player shoots free throws with several balls of different weight and girt.

**14.** Free throws competition exercise in pairs, in the end of training or in shooting training: each couple shoots two free throws alternately. The winner is the pair that scored 30 free throws without a miss.

**15.** Free throws exercise combined with various shooting competitions: pairs have competition in shooting up to 100 scored free throws. One player shoots for two points and other player for three points. They change their position after five scored points. After every five scored shots, they go to the free throw line and must score the penalty shot which is not included in final result, but it confirms, it verifies five previously scored shots. It is possible to make a row of competitions and combinations in this subject.

**16.** An exercise which in the training usually comes after big tension. Player must score 10 free shots out of 13 attempts top. Everything above that number is liable to certain „punishment”.

In these exercises, each coach must involve something new, according to his wish and the degree of knowledge. Basic idea determines the fact that free throws should be interwoven in all aspects of trainings, in the way it happens in games.

Translated by **Nina Vidosavljević**

Treneri mladih reprezentativnih selekcija sumirali utiske sa EP – uz zaključak

# Centri dominantni – problem bekovi

**i** ako su plavi seniori doživeli još jedan krah, četvrti uzastopni neuspeh na velikim takmičenjima, ovog puta na Mundobasketu u Japanu, mlađe reprezentativne selekcije i ovog leta podsetile su nas da smo i dalje zemlja košarke. Na tri evropska prvenstva u konkurencijama kadeta, juniora i mladih naša zemlja osvojila je dva odličja.

Reprezentacija do 20 godina zablistala je zlatnim sjajem u Turskoj, dok su se kadeti iz Španije vratili sa bronzanom medaljom. Juniorska selekcija ostala je bez trofeja, ali je zauzela peto mesto, čime je obezbeđena viza za Svetsko prvenstvo koje je na programu sledeće godine u Americi.

Mladi reprezentativci su bez poraza osvojili titulu prvaka Starog kontinenta. Treneru Miroslavu Nikoliću poverena je jedna od najtalentovanijih generacija, pa iako je za šefa stručnog štaba imenovan neposredno pred okupljanje plave čete, opravdao je poverenje i iz Izmiria se vratio kao slavodobitnik.

– Zlato je bilo naš cilj i moj veliki san. Tip sam čoveka koji uvek teži da bude najbolji. Imali smo puno problema, ali smo junački sve izdržali. Ne volim da gubim, pogotovo ne finala pa da me kite titulom vicešampiona, jer ne razumem kakvo je to priznanje ako si drugi. Jedina smo ekipa koja je dobila sve utakmice, a za to u velikoj meri mogu da zahvalim iskustvu koje sam stekao radeći u reprezentaciji sa Željkom Obradovićem.

Nikolić je odlično koncipirao tim, nije gubio prisebnost niti je odstupao od svog sistema igre i u trenucima kada nije sve išlo na vodenicu plavih.

– Znao sam čime raspolazem, da u Tursku vodim 12 ratnika koji će biti spremni da poginu na terenu. U svakom trenutku trudio sam se da ih maksimalno motivišem. Neki dušebrižnici su mi zamerali da nismo imali igru. Svi mora da bude jasno da više nemamo igrače ekstra klase kao ranijih godina, ali da i dalje posedujemo tehničko-taktički potkovane košarkaše. Bili smo skladna celina i odbranom smo došli do trofeja. Iz sadašnje perspektive posmatrano mislim da ni peto mesto ne bi bilo neuspeh s obzirom na kvalitet ostalih ekipa. Međutim moji momci imali su karakter, igračku drskost i u najtežim trenucima bili su najjači.

Sadašnji šef struke Hemofarma je za kratko vreme uvideo mogućnosti svih igrača i jasno podelio uloge u re-

prezentaciji. Pre Šampionata u prvi plan je isticao značaj Tadije Dragičevića koji se na turniru u Dalasu povredio. Šef struke mlade selekcije ga je strpljivo čekao, Dragičević je pauzirao uvodne tri utakmice, a u finalu se odužio sa 18 poena:

– Tadiji je naprsila kost, ali smo svesno reskirali. Imali smo strpljenja i on je dao nemerljiv doprinos osvajanju titule. Ali, nije tu samo reč o Dragičeviću, uspeli smo da rehabilitujemo i Rakića posle smrti njegovog oca. Takođe, Bakiću sam dao do znanja da on više nije alternativa, već kao igrač Partizana treba da bude nosilac i to je uspeo da prihvati i iznese veliki teret u osvajanju ove medalje.

Sa druge strane, najbolji igrač juniorskog Prvenstva Evrope 2005. godine Dragan Labović, kod Nikolića je bio potpuno u drugom planu:

– Kod mene ne postoji minuli rad. On je dobio šansu, ali nije ispunio zadatke koji su se od njega tražili. Ne mogu da kažem da se nije trudio, zaslužno se našao među 12 reprezentativaca, čak je i smršao osam kilograma, ali su nam bili neophodni mobilniji centri poput Maraša.

Na pitanje da prokomentariše kako vidi budućnost zlatnih momaka iz Turske, Nikolić je odgovorio:

– Oni su bez svake sumnje potencijal za A selekciju. Međutim osnovni preduslov je da dobiju dovoljno prostora za igru u svojim klubovima i tako steknu uslove da se dalje razvijaju i napreduju.

Aleksandar Bučan, trenutno šef struke u B ligašu Tamišu iz Pančeva, vodio je brigu o plavim kadetima. Reprezentacija do 16 godina osvojila je bronzanu medalju, a plavi kadeti mogu da se podiče i zlatom sa Balkanijade u Skoplju.



*Pravo na osmeh/Right to smile:  
Miroslav-Muta Nikolić*

Coaches of Youth National Teams Summed the Impressions From EC with the Conclusion

# Dominant Centres – Problem with Guards

**a**lthough blue senior players have experienced one more defeat, forth in a row at important competitions, this time at Mundobasket in Japan youth national teams this summer as well reminded us that we are still a land of basketball. At three European Championships in the competition of cadets, junior and the youth our country won two medals. The national team U20 won a golden medal in Turkey, while cadets returned from Spain with a bronze medal. Junior national team remained without a trophy, but won the fifth place and consequently a visa for the World Championship that is at the programme the following year in the USA.

Young national team without a defeat won the title of a champion of the Old Continent. Coach Miroslav Nikolić was in charge of one of the most talented generations, and although appointed immediately before gathering of the blue team for the head of the headquarters he justified the trust and returned from Ismir as the title winner.

– Gold was our objective and my big dream. I am a type of man who always endeavours to be the best. We had lots of problems, but we endured this in a heroic way. I don't like to lose, especially not finals and to be decorated with the title of the vice champion because I don't understand what kind of acknowledgement it is if you are the second. We are the only team that won all the matches and this is a great deal due to the experience I obtained working in the national team with Željko Obradović.

Nikolić composed a team in the excellent way, did not lose sense nor forget his system of play in the moments when it was hard for the blue ones.

– I knew my strong sides, leading 12 warriors to the Turkey that were willing to die at the floor. In every moment I tried to motivate them to the maximum. Some „caring” people complained that we did not have a play. It must be clear to everyone that we do not have anymore extra class players as over the last few years, but that we still possess technical-tactical skilled basketball players. We were harmonious entity and with defense we won the trophy. From the current perspective I believe that fifth place would not be defeat either taking into

account the quality of the rest of the teams. However my guys had character, player's courage and in the toughest moments were the strongest.

The current head of Hemofarm team in short time analyzed the possibilities of all players and clearly distributed tasks in the national team. Before the Championship he used to stress the importance of Tadija Dragičević who was hurt at the tournament in Dublin. Head of youth national team waited for him patiently, Dragičević paused the introductory three matches, and in the finals compensated it with 18 points:

– Tadija had a bone cracked, but we conscientiously risked. We were patient and he contributed a lot to title winning. However, it is not only the story of Dragičević, we managed to rehabilitate Rakić too after the death of his father. Also, I made it clear to Bakić that he is not an alternative anymore, but as a player of Partizan should be a bearer and he managed to accept it and help a lot in winning the medal.

On the other hand, the best player of the junior European Championship 2005, Dragan Labović, was put by Nikolić into the second plan:

– I don't bear in mind the previous work. He got a chance but did not fulfill the required tasks. I cannot say that he did not make efforts, he deserved to be among 12 national team players and even lost eight kilos in weight but we needed more mobile centres like Maraš.

Asked to comment on the future of golden guys from Turkey Nikolić answered:

– They are without any doubt potential for the A national team. However the basic precondition is to obtain enough space for a play in their clubs and thus meet conditions for further development and progress.

Aleksandar Bućan, current head in the B league team of Tamiš from Pančevo, looked after blue cadets. The national team of 16 years won a bronze medal and the blue cadets could be proud of the golden medal from Balkanijada in Skoplje.

– Maybe we could make a better score if we didn't have the toughest rivals in the first six matches. Due to circumstances, ie. bad placement of the previous cadet national team we got very hard rivals in the first two phases, competition in groups and quarter finals. For this reasons we lacked freshness in the end of the

## Varajić: Košarka ima budućnost

Velika zasluga za sve uspehe plavih poletaraca pod obručima pripada i direktoru mlađih reprezentativnih selekcija Žarku Varajiću.

– Sve reprezentativne selekcije imale su kontinuitet u aktivnostima od januara do juna meseca kada su im počele završne pripreme, osim mlade reprezentacije, koja zbog obaveza igrača po klubovima nije mogla da se okupi do završetka ligaškog takmičenja. Treba istaći da smo puno pažnje posvetili mlađim kadetima i pionirima koji su bili u fazi selektiranja i priprema za obaveze koje ih u državnom timu očekuju dogodine – počeo je priču Varajić.

O velikom uspehu mlade reprezentacije Varajić je rekao;

– Iako su pripreme trajale samo 30 dana, uz odličan program rada, još bolju selekciju i sjajno vođstvo od strane Miroslava Nikolića i celokupnog stručnog štaba, ostvaren je uspeh koji garantuje budućnost i svetlu perspektivu srpske košarke.

– Možda bismo ostvarili i bolji rezultat da u prvih šest utakmica nismo imali najteže protivnike. Sticajem okolnosti, odnosno lošim plasmanom prethodne kadetske selekcije, dobili smo vrlo teške protivnike u prve dve faze, takmičenju po grupama i četvrtfinalu. Iz tog razloga nedostajalo nam je svežine u završnici Prvenstva, što je bilo presudno da pokleknemo u polufinalu – počeo je priču Bućan.

Kao specifičnosti generacije kadeta Bućan je istakao:

– Ispostavilo se da posedujemo očigledan kvalitet na centarskim pozicijama. Spoljna linija bila je slabija, o čemu svedoči i loš procenat šuta za tri poena, koji nam je posebno nedostajao za veća dostignuća – rekao je Bućan i potom dodao:

– Ova medalja posebno dobija na težini ako se zna da su u njenom osvajanju učestvovala i trojica igrača rođena 1991. godine, Dejan Musli, Branislav Đekić i Nikša Nikolić. Po prvi put smo na kadetskom šampionatu Evrope imali tako mladu ekipu. Bio sam svestan rizika, ali samim tim zadovoljstvo posle uspeha je veće. Moram da naglasim da je ova medalja svakako i delo trenera koji su sa ovim igračima odlično radili po klubovima.

Po pitanju perspektive igrača rođenih 1990. godine Bućan je prilično optimistički nastrojen:

– Na osnovu antropometrijskih i motoričkih sposobnosti ne zaostajemo za vodećim evropskim silama. O tome svedoči podatak da je Dejan Musli imenovan u najbolju petorku Šampionata, iako je godinu dana mlađi od konkurenata. Međutim, ono što je za nas u ovom trenutku poražavajuće je podatak da su igrači na spoljnim pozicijama vodećih evropskih reprezentacija u značajnoj prednosti u odnosu na naše bekove. Po tom pitanju moramo strogo da povedemo računa – zaključio je Bućan.

Juniorskoj reprezentaciji na čelu sa trenerom Jovicom Arsićem na Evropskom prvenstvu u Grčkoj nedo-

stajalo je i malo sreće. Plavi juniori nisu uspeali da se dokopaju polufinala, zauzeli su peto mesto. Povratnik na kormilo leskovačkog Zdravlja Jovica Arsić sumirao je učešće na Šampionatu Starog kontinenta:

– Posle dve godine slabih rezultata u konkurenciji kadeta, uspeali smo da se vratimo na staze uspeha. Možda i značajnija od ove bronzane medalje je činjenica da smo u Aleksandru Bućanu dobili novo mlado trenersko ime – rekao je Varajić i potom dodao:

– I ove godine naše mlade selekcije nisu mogle da računaju na nekoliko vanserijskih talenata kao što su Marko Kešelji i Nemanja Aleksandrov. Međutim, sa sigurnošću mogu da tvrdim da će oni biti budućnost naše košarke. Takođe sve ove rezultate ne bi bilo moguće ostvariti da naši mladi igrači nemaju dobar rad po klubovima. Poslednjih godina imamo pozitivan trend po kome igrači iz mlađih reprezentativnih kategorija dobijaju sve više prostora za igru u senirskoj konkurenciji. To je praksa sa kojom treba nastaviti jer će u velikoj meri pospešiti njihov razvoj.

– Nisam jedino zadovoljan utakmicom u četvrtfinalnoj grupi protiv Turske. Promašili smo isuviše penala i nismo realizovali veliki broj kontranapada što nam se osvetilo. Sa druge strane u meču sa Špancima bili smo pod velikim pritiskom. Nismo se privikli na kriterijum suđenja, Španci su šutnuli čak 40 slobodnih bacanja, što je za nas bilo pogubno.

Juniori su pre Evropskog prvenstva učestvovali na veoma jakom turniru u Manhajmu:

– Na taj turnir smo otišli sa samo devet dana treninga. Iz tog razloga uzdali smo se samo u odbranu čije je principe mnogo lakše postaviti za tako kratko vreme nego što je slučaj sa napadačkim akcijama. Iz tog razloga smo u napadu bili mnogo manje raznovrsni. Već tada je bilo očigledno da su ostale ekipe daleko brže od naše reprezentacije.

Arsić je takođe istakao činjenicu da smo dominantniji na centarskim pozicijama, ali da puno toga škripi na bekovskim linijama:

– Naši visoki igrači, tu pre svega mislim na Miroslava Raduljicu, su daleko kvalitetniji. Međutim za pozicije plejmejкера i bekova šutera nemamo adekvatna rešenja. Naši spoljni igrači slabo se snalaze pod pritiskom, kada se suočavaju sa presingom ili zonskim presingom. Mladen Jeremić i Petar Despotović poseduju potencijal ali moraju još mnogo fizički da ojačaju. Mnogo faktora će uticati na to da li će postati vrhunski igrači. Evidentno je da na spoljnim pozicijama nemamo fizički sposobne igrače koji bi mogli da naslede atlete poput Miloša Vujačića ili Marka Jarića – konstatovao je Arsić.

Championship what was decisive to be defeated in the semifinals – says Bućan.

Bućan mentioned the particularities of this generation of cadets:

– It turned out that we possess obvious quality at the post positions. Outer line was weaker and it is proven with the bad per cent of shots for three points that we lacked a lot for greater achievements.– says Bućan and then adds:

– This medal is especially important if it is known that three players born in 1991 contributed to its winning: Dejan Musli, Branislav Đekić and Nikša Nikolić. For the first time at the cadet championship we had such a young team. I was aware of the risk but we enjoyed our success even more because of that. I must stress that this medal is surely merit of coaches that were brilliant with their players in the clubs.

Regarding the perspective of players born in 1990 Bućan was rather optimistic:

– Based on anthropometric and motorical skills we do not lag behind leading European powers. The data that Dejan Musli is selected among the best five of the Championship although he is a year younger than the rivals proves this. However, at this moment our weak side is that players at outer positions of the leading European national teams are in a great advantage compared to our guard. We have to handle this issue with lots of care – concluded Bućan.

Junior national team headed by coach Jovica Arsić at the European Championship in Greece lacked little bit of luck. Blue juniors did not manage to reach semifinals, and won the fifth place. Jovica Arsić, who returned to the

head of Zdravlje-team from Leskovac, summed the participation at the Championship of the Old Continent:

– I am only dissatisfied with the match in the quarter final group against Turkey. We missed to a much free throws and did not realize a great number of fastbreaks what caused us lots of damage. On the other hand, in the match with the Spanish we were under great pressure. We were not used to the criteria of judging, the Spanish had even 40 free throws what was lethal for us.

Juniors before the European Championship participated at the significant tournament in Meiningen:

– We left for the tournament having trained only nine days. For this reason we relied only on defense whose principles it is easier to set in a short time than it is the case with the offensive actions. Thus there was less diversity in our offenses. Even then it was evident that other teams were much quicker than our national team.

Arsić pointed out as well the fact that we are more dominant at post positions but that there is much to be improved at the guard positions:

– Our tall players, above all I think of Miroslav Raduljić have far more quality. However for the positions of a play and guards we do not have adequate solutions. Our outer players are weak under pressure, when dealing with pressing or zone pressing. Mladen Jeremić and Petar Despotović have a potential but must be more physically stronger. Many factors will decide if they will become top players. It is evident that at outer positions we do not have physically capable players who could inherit athletes like Miloš Vujanić or Marko Jarić – stated Arsić.

Translated by Tatjana Milosavljević

## Varajić: Basketball has future

Blue young team owes its success under baskets a great deal to the head of young national team Žarko Varajić.

– All national teams had continuity in activities from January till June when the final preparations began except the youth national team that could not gather until the end of the league competition due to obligations of players in clubs. We should say that lots of attention was paid to young cadets and pioneers that were in the phase of selection and preparations for the obligations awaiting for them in the state team next year – said Varajić.

On the great success of the youth national team Varajić said:

– Although preparations lasted only 30 days with excellent programme of work, even better national team and brilliant leadership of Miroslav Nikolić and overall headquarters, success was achieved what guarantees future and bright perspective of Serbian basketball.

Varajić stated that he is sorry juniors did not achieve more, but the result of cadets was according to him equal to the exploit:

– After two year of bad results in the cadet competition we managed to return to the path of success. Maybe more important than the bronze medal is the fact that we got a new young coach–Aleksandar Bućan. – said Varajić and then added:

– This year as well our young national teams could not rely on some extraordinary talents like Marko Kešelj and Nemanja Aleksandrov. Nevertheless, I can assure you that they will be the future of our basketball. This results would not be possible if our young players did not work well in their clubs. We have lately had a positive trend that players from the youth national teams obtain more space in playing in senior competition. This is a practice that should be continued because it will accelerate their development a lot.

Berićetno leto mladih plavih dama

# Dve medalje sa tri fronta

**n**aše mlađe ženske reprezentativne selekcije nisu nas razočarale ni ovog leta. Nastavile su seriju osvajanja medalja na evropskim takmičenjima. Trofejne vitrine u Sazonovoj 83 bogatije su za po jedno srebro i zlato, evropsko i balkansko. Krenimo redom.

Posle višenedeljnih priprema na starim destinacijama u Novom Bečeju, Ivanjici i Sremskoj Mitrovici juniorska selekcija predvođena selektorom Zoranom Kovačićem Čivijom, trenerom Željkom Vukičevićem i njegovim pomoćnikom Igorom Skočovskim krenula je put Iberijskog poluostrva sa zadatkom: odbrana šampionskog trona Starog kontinenta. Najtalentovanija generacija devojaka koju imamo, još uvek aktuelne vicešampionke sveta, u Španiji su imale samo jedan cilj – osvajanje zlatne medalje. Padale su rivalke na kolena pred plavim gracijama u preliminarnoj fazi takmičenja, potom u okviru četvrtfinalne grupe. Stiglo se do velikog finala, borbe za najsajnije odličje i dalje se nije moglo. Reprezentacija domaćina bila je samo za nijansu bolja, i mnogo srećnija. Ni srebro nije mala stvar, daleko od toga. Našim juniorkama zaista svaka čast ali ako se podsetimo da je ova generacija devojaka predvođena sjajnim tandemom Jelena Dubljević – Maja Miljković, uz mlađu Sonju Petrović pionirskog i kadetskog šampiona Evrope, ne čudi što je drugo mesto izazvalo suze u očima mladih igračica. Ove devojke su jednostavno već godinama naučile samo na najviše stepenike pobedničkih postolja. Sve ispod toga ne zadovoljava njihove ambiciozne apetite.

– Što se tiče letos završenih takmičenja mogu samo još jednom ponoviti ono što sam rekao i odmah po povratku a to je da možemo biti zadovoljni, zadržali smo kontinuitet osvajanja medalja. Naše dve mlađe selekcije su letos učestvovala na tri međunarodna takmičenja sa kojih su se vratile sa dve medalje. Koliko je meni poznato to nije uspelo nijednoj ženskoj selekciji u bilo kom kolektivnom sportu. Još veći uspeh je i činjenica da je čak šest mladih igračica uvršteno na spisak seniorske reprezentacije – još jednom sumira utiske Zoran Kovačić Čivija, selektor našim mlađih plavih selekcija.

Na EP u Španiji uz srebrnu medalju naše devojke su osvojile još i četiri individualna, izuzetno vredna prizna-

nja. Sonja Petrović je proglašena za MVP turnira a uvrštena je i u idealnu petorku takmičenja. Uz Petrovićevu, svoje mesto u najboljih pet igračica Starog kontinenta našla je i Jelena Milovanović, dok je Nevena Jovanović proglašena za najboljeg trojkaša takmičenja.

Te četiri individualne nagrade, uz medalju koja je rezultat kolektiva, i podatak da je šest igračica već i na seniorskom spisku, sasvim su dovoljni razlozi za zadovoljstvo – kaže Kovačić.

Samo što se vratio iz Španije Kovačić je opet krenuo na put, nova destinacija – Slovačka, EP za kadetkinje. Sa klupe ih je predvodio trener Milkan Mrđa uz pomoć Vesne Arsenić. Do pobedničkog postolja falilo im je malo, samo jedan korak, jedan meč. Najjaču smotru Starog kontinenta naše kadetkinje su završile na četvrtom mestu. Ipak, medalju su osvojile još pre toga, na Balkanijadi. Posle dugogodišnjeg odsustva sa ovog takmičenja naše plave vratile su se na najlepši mogući način, osvajanjem zlata.

**Tatjana Mrđa**



*Skočovski – pom. tr., Vukčević – gl. tr./Head Coach, Ivković, Roglič, Savić – fizioterapeut, Kovačić – selektor/Head nt. team; Aleksić, Musović, Dabović*

Fruitful Summer Of The Junior Blue Ladies

# Two Medals from Three Fronts



Our youth women national teams have not disappointed us this summer either. They have continued the series of winning the medals at the European competitions. The trophy vitrines at Sazonova 83 are filled with a silver and golden trophy, European and Balkan ones. Let's start from the beginning...

After a few weeks of preparations at the old destinations in Novi Bečej, Ivanjica and Sremska Mitrovica junior national team headed by Zoran Kovačić Čivija, coach Željko Vukičević and his assistant Igor Skočovski left for the Iberian Peninsula with the task: defense of the champion throne of the Old Continent. The most talented generations of the girls we have, still current vice-champions of the world, had only one aim in Spain – winning the golden medal. The rivals were falling on knees in front of the blue graceful ladies in the preliminary phase of the competition, then within the quarter finals

group. They reached the great finals, fight for the most brilliant medal and they could not go further. The host national team was better for a small difference and had more luck. Silver is also significant, needless to say. Our junior players were great and it is no wonder that the second place made these junior players weep when we take into account the fact that this generation of girls is headed by

the excellent tandem Jelena Dubljević-Maja Miljković with the younger Sonja Petrović, a pioneer and cadet European champion. These girls have simply got used to over the years only to the top of the winner's staircase. Everything below this does not satisfy their ambitious appetites.

– Regarding the competitions finished this summer I can only repeat what I have already said immediately upon my return and it is that we can be satisfied and that we maintained the continuity of medal winning. Our two youth national teams have participated this summer at three international competitions they returned from with two medals. To my knowledge no women national team has managed this in any collective sports. It is even a greater success due to the fact that even six young players were included into the list of the senior national team – once again sums up the impressions Zoran Kovačić Čivija, head of the our youth national team.

At the European Championship in Spain besides the silver medal our girls have won as well four individual, very precious acknowledgements. Sonja Petrović was appointed the MVP of the tournament and included into the ideal five player set of the competition. Besides Petrović, their place among the best five players of the Old Continent obtained also Jelena Milovanović while Nevena Jovnović was selected the best three-point player of the competition.

These four individual prizes, besides the medal that is a team result, and the data that six players have already been at the senior list are enough reasons for satisfaction – says Kovačić.

Immediately upon his return from Spain Kovačić again went abroad, new destination – Slovakia, European Championship for women cadets. They were headed from the bench by the coach Milkan Mrđa with the assistance of Vesna Arsenić. They lacked little to reach the winner's throne, just one step, one match. The toughest competition of the Old Continent our female cadets have finished at the fourth place. Nevertheless, they won the medal before this, at the Balkanijada. After a long-term absence from this competition our blue players have returned in the most beautiful way – winning a gold medal.

Translated by **Tatjana Milosavljević**



*Gobeljić, Milovanović, Čerina, Petrović,  
donji red/down row: Ivanović, Bogičević,*

that this generation of girls is headed by

U susret startu prve lige košarkašica

# Nova – stara priča

**d**omaće elitno takmičenje dama pod obručima, već po običaju počinje sredinom narednog meseca. Tačnije, prvo, od ukupno 22 prvenstvena kola koliko će biti odigrano u regularnom delu sezone, zakazano je za subotu, 14. oktobar. Na crtu će izaći 12 timova, iz različitih zemalja – prvih šest će u Superligu, dva poslednja u niži rang, a zlatna sredina na prevremeni, poduži godišnji odmor već od aprila. Već sada je sigurno da će predstojeće prvenstvo biti prvo po redu u novoj državi, osamostaljenoj Srbiji. U odnosu na prošlu sezonu na parketima od Subotice do Niša nećemo gledati gostovanja Jedinstva iz Bijelog Polja. Sve drugo biće po starom. Po svemu sudeći i kvalitet takmičara i takmičenja. A kvalitet nam je već odavno vrlo sumnjiv, najblaže rečeno. Teško da će po tom pitanju nova sezona doneti neko prijatnije iznenađenje.

Sasvim sigurno će, kao i proteklih godina, glavnu reč voditi vršački Hemofarm predvođen selektorom Jovicom Antonićem. Odbrana duple krune je prioritet. Rame uz rame pilulicama najverovatnije će i ove sezone biti Novosađanke. Već nekoliko godina su na pragu osvajanja titule ali nikako da prekorače taj prag. Najjače pojačanje Vojvodina je dobila na klupi, predvođiće je iskusni stručnjak Zoran Višić. Bivši selektor i osvajač Evrolige sa ruskim Jekaterinburgom 2004. godine vratio se proletoz iz inostranstva na domaće parkete. Predvođene trenerom Višićevog kvaliteta i renomea Novosađanke nemaju drugog cilja do osvajanja šampionskog trona. A ostatak prvoligaške družine? Uglavnom sa istim ili samo zanemarljivo promenjenim sastavima i objektivno gledano istim mogućnostima.

Crvena zvezda u skladu sa tradicijom uvek ima velike ambicije ali i stare probleme sa finansijama koji ne ostavljaju mnogo prostora za ružičaste misli. Ali, to je već hronična boljka ne samo na Kalemegdanu, već uopšte. Na klupu se vratio iskusni Vladislav Lale Lučić. Kako sam kaže, silom prilika.

– Vratio sam se trenerskom pozivu sticajem okolnosti. Imali smo planove sa drugim trenerom ali je on otišao u inostranstvo (Dragomir Bukvić, prim. aut) – objašnjava Lučić svoj povratak iz trenerske penzije u koju je otišao pre dve sezone.



Trener/Coach: **Jovica Antonić**

– Povratak na klupu za mene je korak više od onog što mogu u ovom trenutku, ali šta da se radi. Svoju karijeru sam počeo na Malom Kalemegdanu i ovo je samo jedan delić koji mogu da vratim Zvezdi. Problem su i treneri, nema ih mnogo odgovarajućeg kvaliteta a i niko neće da prihvati ženski tim, egzistencija je nesigurna, primanja mala.

Kakav kvalitet prvenstva očekujete?

– Već prošle godine liga je pala na najniže moguće grane. Kvalitet je daleko od onoga kakav bi trebalo da bude za prvi rang takmičenja. Mislim da će prvenstvo biti katastrofalno. Davno su prošla srećna vremena naše ženske košarke.

Evo, Crvena zvezda je najbolji primer. Mi svake godine promenimo skoro kompletan sastav. Devojke odlaze u inostranstvo za boljom zaradom. Mislim da je to greška. Treba prvo da se afirmišu ovde kroz reprezentaciju, pa onda da idu dalje. Ali šta da se radi, za sad je tako – kaže novi – stari trener zvezdašica.

I Zvezdin večiti rival je promenio kormilara. Slađana Ivića je posle odlaska u sarajevski Željezničar zamenio njegov prošlogodišnji pomoćnik Dragan Gavrilović.

– Nažalost, prvenstva ni ove godine neće biti na nivou seniorskog takmičenja. Pozdravljam činjenicu da se većina kolega odlučila za mlade sastave ali problem je što juniorke i kadetkinje nemaju iskustvo igranja u seniorskoj konkurenciji. Znaće već kako se kaže: koliko para – toliko i muzike. Problem je i što treneri beže od ženske košarke – jasan je Gavrilović.

– Uz Milu Stamenković koja više od decenije predvodi sa klupe ekipu Novog Beograda, čast dama u trenerskoj struci brani i Marina Maljković. Ambiciozni trener Ušća je i najmlađi kormilar na našoj prvoligaškoj sceni.

– Očekujem da će nam ova sezona biti teža nego prošla. Naš cilj je da u odnosu na prošlu godinu odemo korak dalje i da nastavimo da negujemo naš prepoznatljiv stil igre sa puno trčanja i kontranapada. Što se tiče nove sezone, mogu još reći da mi je drago što su oživel i novi košarkaški centri u Srbiji poput Kraljeva – kaže Maljkovićeva.

A na klupi novog prvoligaša Kraljeva sedeće Momir Tasić koji je i uveo mlade Kraljevčanke u elitu.

– Kao novajlijama nama je primarni cilj opstanak. Sve preko toga bio bi odličan rezultat za naš mladi tim. Do početka takmičenja kvalitet naših rivala se može drastično promeniti. Ima još vremena za konačno kompletiranje ekipa. Neki klubovi sa dovođenjem samo jednog ili dva pojačanja, recimo sa nekom povratnicom iz inostranstva, mogu se osetno pojačati. Videćemo kakve su nam snage kad počnemo sa igranjem – kaže Tasić.

Dakle, ako se po jutru dan poznaje, zaključak je jasan: u novoj sezoni ništa novo.

**Tatjana Mrđa**



Awaiting the Start of the First League Of the Women Basketball Players

# New – old Story

**I**ocal elite competition of the ladies under baskets, as usual starts from the middle of the following month. More precisely, the first round, out of 22 competition rounds that will be played in the regular season, is scheduled for Saturday, October 14. Twelve teams will compete with different wishes and possibilities— first six will be in the Super league, two last ones in the lower rank and golden middle on a timely, long annual leave starting with April. What has already been sure is that the forthcoming competition is the first one in a row in the new state, independent Serbia. Unlike the previous season at the floor from Subotica till Niš we won't watch the plays of Jedinstvo from Bijelo Polje. Everything else will be as usual. According to what we have seen, the quality of the competitors and competition will be ordinary too. We have doubted for a long time of the quality, not to be too harsh with the estimate. A new season will hardly make a more pleasant surprise in this issue.

It is completely certain that as in the previous years, Hemofarm from Vršac headed by Jovica Antonić will be at the top. Defense of the double crown is a priority. Shoulder next to the shoulder with „the pills” women players from Novi Sad will be this season. They have been for a few years at the doorstep of winning a title but they haven't reached it yet. The strongest enhancement of Vojvodina is at the bench – it will be headed by experienced expert Zoran Višić. The ex-head of the national team and Euroleague winner with Russian Ekaterinburg in 2004 came back in summer from abroad to the local floor. Headed by coach of Višić's quality and reputation female Novi Sad players have no other objective but winning a Championship throne. And the rest of the first league company? Mostly with the same or insignificantly changed teams and objectively with the same possibilities.

Crvena Zvezda in accordance with its tradition has always had great ambitions and old problems with finances too that do not leave much space for optimistic thoughts. However, this is a chronic illness not only in Kalemegdan, but in general too. Experienced Vladislav Lale Lučić returned to the bench. According to him, this happened due to circumstances.

– I've returned to coaching due to circumstances. We had plans with other coach but he went abroad (Dragomir Bukvić, remark of the author) – explains Lučić his come back from the coach pension he has been in for two years.

– Return to the bench for me is a step beyond my current abilities but what else can be done. I started my career in Mali Kalemegdan and this is just a small part that I can compensate to Zvezda. There is a problem with coaches,

there are not many of the adequate quality and no one wants to work with a female team, living is insecure, incomes are small.

What quality of the championship do you expect?

– Even last year the league decreased in quality. The quality is far below it should be like for the first rank of competition. I think that the championship will be a catastrophe. Good times of our women basketball passed long time ago. Crvena Zvezda is the best example. Every year we change almost whole team. Girls go abroad for better salary. I believe this is a mistake. They should first be acknowledged here by playing in the national team and then go further. But, nothing can be done, so far it is like this – says new-old coach of the women Zvezda team.

Zvezda's eternal rival has changed its head too. Slađan Ivić has been replaced before going to Željezničar from Sarajevo by his long-term assistant Dragan Gavrilović.

Unfortunately, the championships won't this year as well be at the level of the senior competition. I greet the fact that the majority of colleagues selected young teams but the problem is that the junior and cadets do not have experience in playing in the senior competition. However, you know the saying: as much money, as much music. The problem is that coaches run away from the female basketball – explains Gavrilović.

Besides Mila Stamenković that has been heading a team from Novi Beograd for more than a decade, the honour of the ladies in the coach profession is also defended by Marina Maljkovic. An ambitious coach of Ušće is also the youngest head in our first league scene.

– I expect that this season will be tougher than the previous one. Our aim is to make a step beyond compared to the previous year and continue cherishing our recognizable style of playing with lots of running and fastbreaks. Concerning the new season, I may say that I am glad that new basketball centres like Kraljevo revived in Serbia – says Maljković.

And at the bench of the new first league team from Kraljevo will be Momir Tasić who introduced young female Kraljevo players into the elite.

– We the novices have the primary objective to survive. Everything above this would be an excellent result for our junior team. Until the beginning of the competition the quality of our rivals may be drastically changed. There is still time for the final addition to our team. Some clubs can be extremely enhanced with only one or two players, for example someone who returned from abroad. We will realize our strength when we start playing – says Tasić.

So, if we could make conclusions based on the beginning of the story then it is clear: there is nothing new in the new season.

Translated by **Tatjana Milosavljević**

Knjiga za pamćenje

# Istorija svetskih prvenstava na našoj strani

**P**red Svetsko prvenstvo, 11. avgusta naša košarkaška literatura značajno je obogaćena novom knjigom: Svetska prvenstva od Argentine (1950) do Japana (2006). Vrsni novinari, kompetentni svedoci istorije naše košarke Milan Tomašević i Predrag Mrmak napravili su prvi podvig. Sačuvali su od zaborava, čemu smo mi vrlo skloni, sve ono što smo, ne samo rezultatski, postigli na svetskim prvenstvu. Svakako, kompletno obrađena sva prvenstva do sada, sa timovima, rezultatima i svim oficijelnim podacima čine pravi dokumentacioni kapital i dokaz da naša košarka ima duboke korene i značajno mesto u svetskoj košarci. Međutim, tu je i bezbroj zanimljivih podataka van terena koji su na direktan i indirektan način uticali na krajnji plasman, i to ne samo naše reprezentacije.

Tomaševiću i Mrmku posebno treba odati priznanje u ovom časopisu je što su svoju knjigu završili poglavljem: Zlatni treneri.. Profesor Aleksandar Nikolić – Od njega je sve počelo, Ranko Žeravica – Kombinovao dve škole, Dušan Ivković – Otkriće za Evropu, Željko Obradović – Jedinstven u svetu i Svetislav Pešić – Povratak na mesto uspeha, poglavlja su kojima su se autori odužili našim trofejnim stručnjacima.

Pročitajte ovu knjigu i saznaćete mnogo više od samih rezultata na svetskim prvenstvima koji su osnovna tema knjige.

Stoga, još jedno veliko ime našeg sportskog novinarstva Miodrag Simeunović, u uvodniku ove knjige, a u ulozi recenzenta, pored ostalog, kaže:

– Vođeni istančanim nervom profesionalne istrajnosti, upornosti doslednosti, ljudskom neiscrpnom potrebom da ostave dubok trag sopstvenog trajanja kao neumornih hroničara, blistavi novinarsko-urednički dvojac. Predrag Peđa Mrmak i Milan Era Tomašević stvorili su jedno delo nezaborava. Sebi za dušu, potomstvu za ponos, savremenima za poštovanje, budućim generacijama za putokaz, sačinili su novo dragoceno svedočanstvo za večno pamćenje u ZEMLJI KOŠARKE.

– Ta opčinjavajuća storija o pet zlata, tri srebra i dve svetske bronzne, predstavlja sportsko i ljudsko blago, kojim

bi želele da se podiče i neuporedivo mnogoljudnije i po još čemu moćnije državne i nacionalne tvorevine.

U čast autora uvodničar zaključuje: – Poštujem za vjeki vjekova sva košarkaška činjenja velemajestora igre ispod ovog dela kape nebeske. Odajmo dužno priznanje i divljenje naporu Predraga Peđe Mrmka i Milana Era Tomaševića, da takve podvige za svagda otrgnu od tame zaborava.

Knjigu je izdao Centar Milenijum iz Vršca, kao svoj prvenac u izdavaštvu, u tiražu od 2000 primeraka.

Kao satisfakcija nama koji pravimo Trener idu u prilog činjenice, da su autori ove knjige, koju i mi preporučujemo, saradnici našeg časopisa i da je naša rubrika „Stari album” koju priprema neumorni Milan Tasić, čija je pomoć i u pripremi ove knjige bila dragocena, upravo na tragu očuvanja istorije naše košarke, što je jedan od zadataka i samog časopisa Trener.


Zbog svega toga bilo je prijatno prisustvovati 11. avgusta, promociji ove knjige u Međunarodnom pres centru u Beogradu.

M. P. P.



The book for memory

# The history of World Championships on our side



**a** waiting for the World Championship, on August 11<sup>th</sup>, our basketball literature has been significantly enriched with a new book: World Championships from Argentina (1950) to Japan (2006). Milan Tomasevic and Predrag Mrmak, expert journalists and competent witnesses of our basketball history, made a real exploit. They preserved from oblivion, what we are very liable to do all the things we, not only regarding results, had achieved in the World Championships. Certainly, each World Championship so far, completely elaborated, with teams, results and all official data, undoubtedly make a real documentary capital and a proof that our basketball is deeply rooted and has a significant place in the world basketball. In addition, there is an infinite number of interesting data from out of field, which directly or indirectly influenced final ranking not only of our National Team.

The thing Tomasevic and Mrmak should be praised for in this magazine, is the fact they finished their book with the chapter named „Golden Coaches“, Professor Aleksandar Nikolić – Everything started with Him, Ranko Žeravica – Combined two Schools, Dušan Ivković – Discovery for Europe, Željko Obradović – The World's Unique and Svetislav Pešić – A Return to the Place of Success, are chapters with which authors made a tribute to our successful experts.

Read this book and you'll find out much more than pure results in World

Championships, which are the basic theme of the book.

For this reason, another famous name of our sports journalism, Milan Simeunović, in the introductory part of the book, having a role of a critic, says:

– Led by discerning nerve of professional perseverance, persistence and consistency, by human inexhaustible need for leaving a trace of their own existence as restless chroniclers, a splendid journalistically– editorial couple, Predrag Peđa Mrmak and Milan Era Tomašević, have made a memorable deed. For their sake, for the pride of descendants, respect of contemporaries, and pointer for incoming generations, they made a new honourable testimony for eternal remembrance in THE LAND OF BASKETBALL.

The amazing saga about five gold, three silver and two bronze medals in World Championships, represents a sport and human treasure, of which even much more numerous and in many things more powerful nations would like to be proud of.

In the honour of authors, the writer of the introductory lines concludes: I forever respect all basketball doings of masters of the play beneath this part of the sky. Let's pay tribute and admiration for the effort of Predrag Peđa Mrmak and Milan Era Tomašević in striving to preserve such deeds from the darkness of oblivion.

The book was published by Center Millennium from Vršac, as the first one in their editorial work, in a circulation of 2000 samples.

To our satisfaction we, the creators of „Trener“ Magazine, would like to mention the contribution of the associates of our magazine who are also the authors of the book that we recommend and that our column „Old Album“ which is being prepared by a restless man, Milan Tasić, whose help in preparing this book was priceless, are on the way to preserve the history of our basketball, which is one of the task of Magazine „Trener“.

All these facts made participation in the promotion of the book in International Press Center in Belgrade rather pleasant.

Translated by **Nina Vidosavljević**

# Deset pionira

## (22. 9. 1946 – 22. 9. 2006)

**k**

ošarkaška reprezentacija 22. septembra 1946. godine odigrala je svoju prvu zvaničnu košarkašku utakmicu. Desilo se to na Balkanskom šampionatu odbojke i košarke koji se od 22-25. septembra 1946. godine održavao u Bukureštu.

Posle odigranog državnog prvenstva na Kalemegdanu, selektor Bora Jovanović odredio je spisak od 12 igrača koje je poveo na desetodnevne pripreme. Ozbiljan pristup pripremama uočava se u činjenici da su treninzi bili organizovani i pre i popodne (jutarnji – gimnastika, popodnevni – uigravanje ekipe). Kako je na utakmicama u to vreme moglo da nastupi samo deset košarkaša, dva igrača nisu otputovala sa ekipom, verovatno zbog troškova, a piscu ovih redova poznato je da su prekobrojni bili jedan igrač iz Crvene zvezde i jedan iz Zadra. Imena prekobrojnih za sada ostaju tajna.

Na samom prvenstvu ekipu je pojačao košarkaški veteran, pionir zagrebačke košarke Milan Kobali, koji je na šampionat otputovao kao sudija, ali su tadašnja pravila dozvoljavala da pored suđenja može i nastupati za svoju reprezentaciju, pa su se na ukupno tri susreta na šampionatu po jednom odmarali Pitoni, Tertan i Kobali. Kuriozitet je veći, kada znamo da je Kobali na državnim prvenstvu, koje smo već pomenuli, bio samo sudija jer se njegova ekipa nije plasirala na završni turnir, ali je svojim iskustvom sigurno bio od velike pomoći našoj mladoj ekipi (prosek 23 godine).

Na prvoj utakmici, protiv domaćina – reprezentacije Rumunije nastupili su Demšar Ladislav (8), Dimić Ivan (7), Gec Aleksandar, Kobali Milan (2), Nikolić Aleksandar (4), Popović Nebojša (4), Srebrenik Ćezare, Stojković Vasilije (2) Dušan Tajner i Mario Tertan. Odmarao se Zadrinan Gvido Pitoni.

Interesantna je činjenica da tri igrača Srebrenik, Tertan i Pitoni nisu znali ni jedan jezik osim maternjeg – italijanskog, pa su verovatno prevodioci bili Tajner i Popović. Za ovu neobičnost saznali smo od Srđe Kalembere, drugog strelca državnog prvenstva, koji zbog obaveza u školi a i mladosti nije putovao na ovo takmičenje. (prim. M.T.)

Zahvaljujući novinskom izveštaju pod naslovom „Kratka osvrt na Balkanski šampionat u odbojki i košarci” koji je selektor Jovanović objavio u listu „Naš sport” od 8.10.1946. godine saznajemo da ...”smo u Bukurešt pošli ne poznavajući jačinu protivnika” i da smo šansu za osvajanje prvog mesta propustili porazom od Rumunije (27:30) u čemu je učestvovala domaća publika, slabe sudije kao i neopreznost naših igrača...” ali i jako bitne stvari za dalji rad i napredak u igri, koje, gle čuda, i danas, posle 60 godina možda mogu biti primenljive...” Ako obratimo više pažnje pripremama i ako našim igračima obezbedimo više međunarodnih susreta, možemo verovati da ćemo na idućim takmičenjima zauzeti bolje mesto....



*Košarkaški virtuoz/Basketball master:*  
**Demšar Ladislav**

Na ovom prvenstvu osvojili smo treće mesto. Poraz od Bugarske (22:27) i ubedljiva pobeda protiv Albanije (71:11), nisu za organizaciju bili zadovoljavajući rezultat. Pre odlaska na EP u Prag 1947, formirana je jaka selekcija u kojoj se našlo mesto za trojicu debitanta iz Bukurešta (Popović, Demšar, Gec), dok je šestorici BŠ predstavljao ujedno i jedini nastup u reprezentaciji (Kobali, Dimić, Pitoni, Srebrenik, Tajner i Tertan). Aleksandar Nikolić (10) i Vasilije Stojković (13) odigrali su još nekoliko reprezentativnih mečeva ali su svojim delima ostavili dubok trag u našoj košarci.

**Milan Tasić**

# Ten Pioneers

(September 22, 1946 – September 22, 2006)



On September 22, 1946, our basketball national team played their first official game. It happened at the Volleyball and Basketball Balkan Championship that took place in Bucharest, September 22-25 1946.

Upon completion of the national championship on Kalemegdan, head-coach Bora Jovanovic selected 12 players for a ten-day preparation cycle. A serious approach to the preparation is reflected in the fact that the practicing sessions were organized two times a day (morning sessions – gymnastics, afternoon sessions – teamwork and game tactics). As only ten players were eligible for the game in those days, two players were left behind most probably to reduce the costs. The writer of these lines knows that the two players in excess were one Red Star player and one player of Zadar. For the time being, we shall not disclose their names.

It was at the very championship that the team was reinforced by a pioneer of the Zagreb basketball, Milan Kobali, who was attending the championship as a referee. However, according to the rules of that time, a referee was permitted to simultaneously play for his national team. Thus, it happened that three players, Pitoni, Tertan and Kobali, each missed one of the three games played. It's even more interesting, because to our knowledge, the already mentioned Kobali was just a referee in the national championship, as his team failed to qualify to the final tournament. Still, he helped a lot to our young team (23 years of age avg.) with his experience.

The first game was played against the home team of Romania. Our team's roster was the following: Demsar Ladislav (8), Dimic Ivan (7), Gec Aleksandar, Kobali Milan (2), Nikolic Aleksandar (4), Popovic Nebojsa (4), Srebrenik Cezare, Stojkovic Vasilije (2),

Dusan Tajner and Mario Tertan. Gvido Pitoni of Zadar was having a rest...

It is also interesting to mention that three players, Srebrenik, Tertan and Pitoni, knew no language but their native one – the Italian, so that most likely the players Tajner and Popovic served as interpreters too. This peculiarity was revealed to us by Srdja Kalember, the second best scorer of the national championship, who missed the competition due to his obligations at school.



*Skok legende/Legend's jump:*

**Aleksandar Gec**

From the head-coach Jovanovic article „Brief review of the Balkan Championship in Volleyball and Basketball” published in the newspaper „Naš sport”/“Our Sport” of October 8 1946, we got the information that ...” we went to Bucharest without knowing the strength of our opponents” and that we missed the chance to win the championship by losing the game to Romania (27:30) due to the spectators and incompetent referees on the one hand and our lack of concentration on the other hand...” but at the same time we understood very important details for our future work and improvement of our game, which even today, 60 years after, though strange it may seem, may well be applicable... „If we pay more attention to the preparation and if we make sure our players have more international matches, we can be confident that we shall achieve better placement in future competitions...”

Our team finished this championship in third place. A defeat against Bulgaria (22:27) and a win against Albania (71:11) were the results that could not satisfy the organization. Before leaving to Prague for the 1947 European Championship, we created a strong team in which three rookies from Bucharest found their place (Popovic, Demsar and Gec), while for the six players the Balkan Championship remained the only competition in which they played for the national team (Kobali, Dimic, Pitoni, Srebrenik, Tajner and Tertan). Aleksandar Nikolic (10) and Vasilije Stojkovic (13) played a few more national team games, but they greatly contributed the development of our basketball as they stayed active in the organization for the rest of their lives.

Translated by **Gordana Janjić**

Kem Lumsdena

## Vežbe za poboljšanje napada

## Drills for improving offense

### Vežba I „BACK DOOR”

**Cilj:** oslobađanje od jake odbrane na krilu

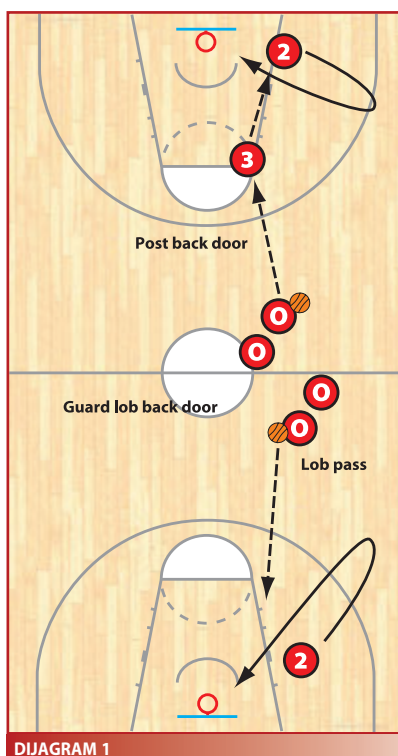
**Potrebna oprema:** dve lopte

**Trenerov savet igračima:** menjaj brzo pravac kretanja

**Objašnjenje vežbe:**

- igrači prave dve grupe
- svaka grupa vežba dve tehnike na svojim polovinama
- prva tehnika je back door preko posta
  - O1 dodaje do O3
  - O2 čeka da O3 primi loptu demarkira se i utrčava na back door, prima loptu i polaže
  - Posle koša O2 dodaje loptu do O3 koji je vraća O1
- druga tehnika je lob pas
  - O1 daje lob pas do O2
  - O2 se demarkira i utrčava na back door, prima loptu i ide na polaganje

**Napomena:** jedna od opcija je da se doda odbrana koja bi u početku igrala dirigovano



DIJAGRAM 1

### BACK DOOR

**Objective:** To free up the wing from a pressure defender.

**Equipment Needed:** Two basketballs.

**Coaching Tips to Players:** Change direction quickly.

**Procedure:**

- Players forms two groups.
- Each group practices the two techniques at the opposite of the court.
- The first technique is the post back door.
  - O1 passes to O3.
  - O2 waits for O3 to receive the pass from O1, fakes up, goes back door, and receives the pass from O3 for a lay-in.
  - O3 receives the pass from O2 and then passes to O1.
- The second technique is the guard lob back door.
  - O1 lobs the ball to O2.
  - O2 fakes out and up, breaks back door, and receives the pass from O1.

**Note:** A defensive person can be added but should play loose, especially when players are first learning these skills.

### Vežba II „LAY INS”

**Cilj:** razviti sposobnost davanja koša iz polaganja pod pritiskom

**Potrebna oprema:** jedna lopta i četiri čunja

**Trenerov savet igračima:** fokusiraj se na tablu i koš i pokušaj da ne razmišlja o odbrani koja dolazi ka tebi

**Objašnjenje vežbe:**

- igrači se raspoređuju u četiri grupe na sredini terena
- odbrana je na suprotnom kraju od napadača

### LAY INS

**Objective:** To develop the ability to make lay ins under pressure.

**Equipment Needed:** One basketball and four cones.

**Coaching Tips to Players:** Focus on the backboard when attempting the shot. Do not think about the defender coming toward you.

**Procedure:**

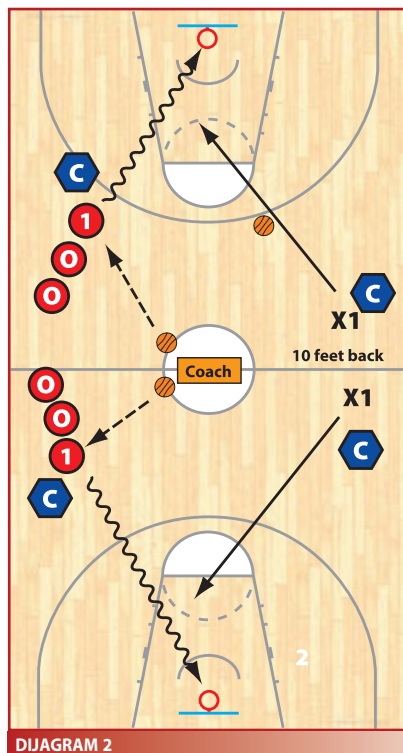
- Players form four lines at middle court.

- igrači odbrane moraju da ostanu iza čunjeva i kreću tek kada je lopta primljena
- trener dodaju napadačima
- O1 po prijemu lopte brzo ide na polaganje
- odbrana pokušava da spreči davanje koša ali bez faula
- uloge se menjaju naizmenično

**Napomena:** Odbrana ne bi trebalo da utrčava ispred napadača iz bezbednosnih razloga

**Napomena:** buka je dozvoljena i poželjna

**Opciono:** vremenom može da se smanjuje razdaljina između napadača i odbrane



DIJAGRAM 2

- The defensive line is ten feet farther back than the offensive line.
- Players must stay behind their cones until the ball is touched.
- The coach alternates throwing the ball to two offensive lines.
- When O1 receives the ball, O1 speed dribbles and attempts to make lay-in.
- X1 can move only when O1 catches the ball.
- The defender tries to stop the shot from being made without touching the shooter.
- Players will switch lines and sides each time back.

**Note:** Do not cut in front of the shooter for safety reasons.

**Note:** The defensive line starts five feet farther back than the offensive lines.

**Optional:** Allow the defense to use foam pipe insulation as in the Hatchet Drill.

### Vežba III „CONTROLLED ONE ON ONE“

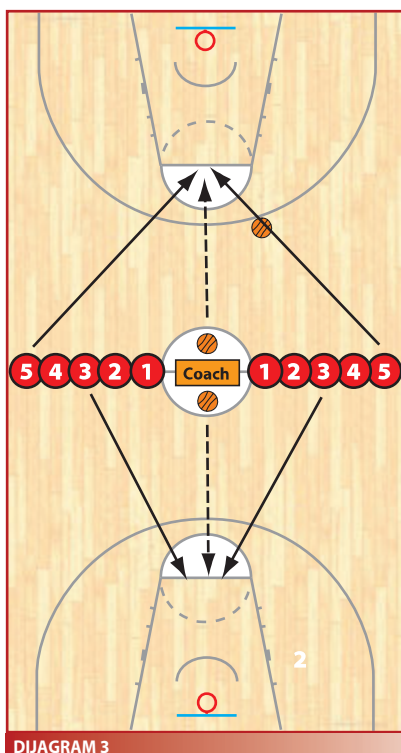
**Cilj:** razvijanje agresivnih napadačkih sposobnosti

**Potrebna oprema:** dve lopte

**Trenerov savet igračima:** idi snažno na koš

**Objašnjenje vežbe:**

- napraviti parove
- trener određuje broj paru
- na sredini terena se formiraju dve grupe od parova
- trener kotrlja dve lopte u suprotnim smerovima i proziva dva broja
- prozvani parovi trče ka loptama i prvi koji uhvati loptu ima 10 sekundi da potentira, drugi igra odbranu
- igra se nastavlja ako napadač ima ofanzivni skok
- uloge se menjaju u povratku
- odbrana trči jedan krug ako primi koš



DIJAGRAM 3

### CONTROLLED ONE-ON-ONE

**Objective:** To develop aggressive offensive skills.

**Equipment Needed:** Two basketballs.

**Coaching Tips to Players:** Go to the basket hard when attempting to score.

**Procedure:**

- Players forms pairs of equally talented players.
- The coach assigns each pair an identical number.
- Use one player from each of the numbered groups to form the lines at middle court.
- The coach rolls two balls in opposite directions, calling out a first number and then a second number.
- The two players, called initially, sprint to the first ball.
- The two players, called last, hustle toward the second ball.
- Each player with a ball has 15 seconds to score.
- The other players assume the defensive roll and attempt to prevent a score.
- Play continues when the offensive players gets the rebound.
- Players switch sides when returning to the line

**Optional:** At the conclusion, one lap is performed for each time a player was scored upon.

## Vežba IV „FLASH MOVE“

**Cilj:** dovesti loptu na poziciju niskog posta ili do igrača koji se nalazi nisko

**Potrebna oprema:** jedna lopta

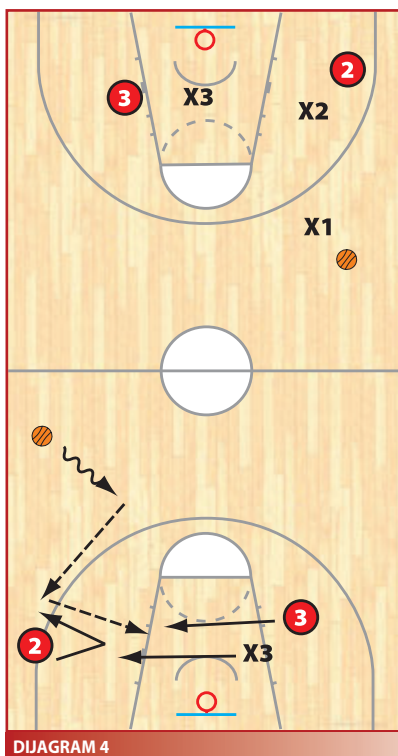
**Trenerov savet igračima:** igrač koji prima loptu mora da pokaže gde želi da mu se ona doda

### Objašnjenje vežbe:

- igrači se dele u dve podjednake grupe
- jedna grupa je na jednom kraju terena, a druga na drugom kraju
- šut nije dozvoljen
- O1 pokušava da doda do O3, ako ne uspe onda dodaje do O2
- O2 pokušava da doda do O3, ako ne uspe vraća loptu do O1
- O3 se kreće sa jednog kraja na drugi i pokušava da primi loptu, po prijemu završava na koš
- uloge se menjaju što češće

### Opcije:

- kasnije može da se dodaje po jedan odbrambeni igrač
- O3 može da završi po svakom primljenom dodavanju
- O3 može da se ograniči tako što mu se dozvoli da završi tek kada uhvati određeni broj pasova



DIJAGRAM 4

## FLASH MOVE

**Objective:** To get the ball in to a post or low positioned player.

**Equipment Needed:** One ball

**Coaching Tips to Players:** Give the passer a target by holding the hand up.

**Diagram Notes:** Upper court illustrates full-defense option.

### Procedure:

- Players form two equal teams
- Each team locates at opposite of the court.
- Shooting is not allowed
- O1 tries to pass to O3. If not, then passes to O2.
- O2 tries to pass to O3. If not, then passes back to O1.
- O3 flashes from side to side, attempting to receive the pass then score.

- Switch form offense to defense often.

**OPTIONAL:** Add a defender against O2

**OPTIONAL:** Add a full defense against the offense

**OPTIONAL:** Allow O3 to score after a predetermined number of successful passes have been caught.

**OPTIONAL:** Allow O3 to score at any time.

## Vežba V „GIVE AND GO-WIDE“

**Cilj:** demarkiranje i primanje dodavanja posle demarkiranja

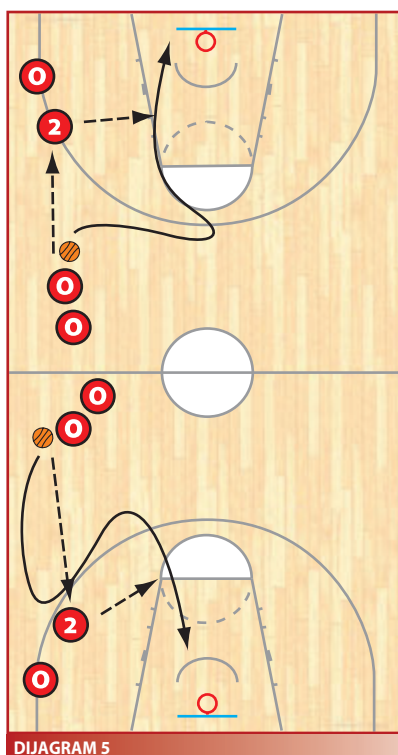
**Potrebna oprema:** dve lopte

**Trenerov savet igračima:** posle dodavanja brzo promeni pravac kretanja i kreni ka košu

### Objašnjenje vežbe:

- igrači se dele u dve grupe
- O1 dodaje loptu do O2, zatim fintira kretanju levo ili desno i utrčava ka košu da bi opet primio loptu od O2
- O1 treba svaki put da pokuša da završi na različite načine, kao:
  - polaganje od table
  - polaganje na prednji obruč
  - skok šut sa korišćenjem table ili bez korišćenja table
  - polaganje na drugi obruč
  - horog šut

● uloge se menjaju naizmenično  
**Opcije:** odbrana se dodaje kada igrač savladaju osnovnu tehniku



DIJAGRAM 5

## GIVE AND GO-WIDE

**Objective:** To develop the ability to get open to receive a pass.

**Equipment Needed:** Two basketballs.

**Coaching Tips to Players:** After the pass or hand-off, break quickly to the basket.

**Diagram notes:** Upper court illustrates the drill from the left side.

### Procedure:

- Send five or six players to each end of the court
  - O1 passes the ball to O2, fakes right or left, then sprints to the basket for a return pass from O2.
  - O1 should try to make a different shot with each new attempt. These could be any of the following:
    - Lay-in against the backboard
    - Lay-in over the front of the rim.
    - Jump shot against or without the backboard.
    - Reverse lay-up
    - Hook shot
  - Switch lines after shooting or passing.
- OPTIONAL:** Defensive players may be added after the basic skills are acquired.



## Vežba VI „PICK AND ROLL”

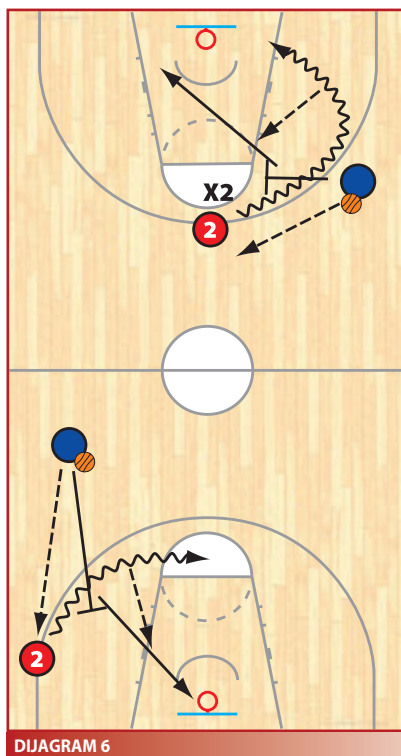
**Cilj:** demarkacija

**Potrebna oprema:** lopte

**Trenerov savet igračima:** nikad ne okreći loptu leđima u otvaranju iz picka

### Objašnjenje vežbe:

- napraviti parove
- svaki par ima loptu
- O1 dodaje loptu do O2, zatim odlazi do njega i pravi blok na zamišljenom odbrambenom igraču, čim O2 'iskoristi' blok O1 se otvara ka košu
- svako radi po pet puta zatim se menjaju uloge
- sledeća faza bi bila dodavanje odbrambenog igrača na O2
- zatim bi dodali i odbrambenog igrača na O1
- odbrana bi u početku bila dirigovana



DIJAGRAM 6

## PICK AND ROLL

**Objective:** To develop the skill needed to get open.

**Equipment Needed:** Two basketballs.

**Coaching Tips to Players:** When rolling to the basket, do not turn your back to the ball.

**Diagram Notes:** Upper court illustrates the drill with a defender for more challenge.

### Procedure:

- Each player pairs up with a teammate.
  - Each pair has a ball.
  - O1 passes the ball to O2, goes to O2's imaginary defender, and sets a screen. As soon as O2 has passed by, O1 rolls to the basket.
  - O2 receives the ball from O1, waits for O1 to set the screen, dribbles around O1, and passes the ball back when O1 rolls to the basket.
  - Repeat the drill five times.
  - Switch roles and continue as before.
  - The next phase is to add a third person to play defense against O2.
  - The final task will be to add a fourth player to guard O1.
  - Rotate positions often
- NOTE:** The defense should play very loose while students are learning the technique.

## Vežba VII „SKREEN PICK- BALL”

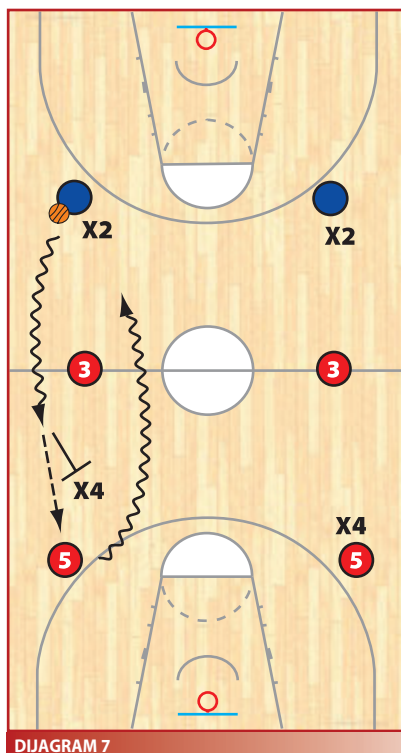
**Cilj:** razvijanje sposobnosti da igrač postavi dobar blok

**Potrebna oprema:** lopte

**Trenerov savet igračima:** postavi blok pre nego što igrač krene u dribling

### Objašnjenje vežbe:

- igrači se dele u grupe od po pet
- O1 ima loptu, čeka da O3 postavi blok, dribla do O4 pored O2 dodaje do O5 i postavlja blok na O4
- Igrači se rotiraju tako što napad po postavljenom bloku postaje odbrana, a odbrana napad
- vežba je kontinuirana i traži veliku koncentraciju igrača kod rotacije



DIJAGRAM 7

## SCREEN PICK – BALL

**Objective:** To develop skills that allow an offensive player to set a proper screen.

**Equipment Needed:** One basketball.

**Coaching Tips to Players:** Make sure the screen is set before dribbling around it.

### Procedure:

- Players divide into groups of five
- O1 has a ball, waits for O3 to set the screen, dribbles by X2 toward X4, passes to O5, then sets a screen against X4.
- X2 plays against O1. After the screen has been set and O1 dribbles past, X2 transforms into O2 by assuming the outside spot.
- O3 sets the screen against X2. After O1 goes past, O3 will become X3 for the next go-around
- X4 plays against O5. After the screen has been set and O5 dribbles past, X4 becomes O4 and moves to the outside spot.
- O5 waits for O1 to set the screen, dribbles by X4 toward X3, passes to O2, then sets a screen against X3.
- This weave is run continuously for a predetermined amount of time.

## Vežba VIII „SCREEN THE SCREENER“

**Cilj:** korišćenje blokade za demarkiranje i otvaranje za šut

**Potrebna oprema:** lopte

**Trenerov savet igračima:** sačekaj da se blok postavi pre nego što kreneš u demarkaciju

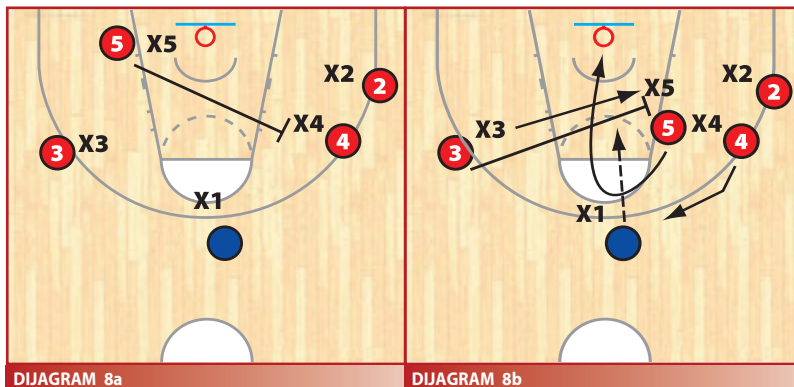
**Objašnjenje vežbe:**

- igrači se dele na odbranu i napad
- O1 čeka i dodaje loptu do O5
- O2 oslobađa prostor
- O3 pravi blok na X5, O3 stiže delić sekunde po postavljanju bloka O5 na X4
- O4 čeka da se dogodi drugi blok i oslobađa prostor
- O5 pravi blok na X4, čeka blok O3 i utvara se ka košu i čeka na dodavanje od O1

**OPCIJE:**

- u početku može da se radi bez odbrane
- odbrana može da igra sa rukama na leđima
- dva ili više igrača mogu da prave blok igraču koji je prvi napravio blok

Priredio i preveo:  
Milan Mitrović



## SCREEN THE SCREENER

**Objective:** To develop skills that allow an offensive player to get open for a shot.

**Equipment Needed:** One basketball.

**Coaching Tips to Players:** Wait for the screen to be set before moving.

**Procedure:**

- Players divide into offensive and a defensive unit.
- Only one basketball is needed
- O1 waits and passes the ball to an open O5.
- O2 clears out of the screening area.

- O3 sets a screen on X5. O3 will arrive a split second after O5 sets the first screen against O4.
- O4 waits to the second screen to occur, then moves out of the area.
- O5 sets a screen on X4, waits for the O3 screen, then breaks to the basket looking for a pass from O1.

**OPTIONAL:** Do not use any defenders when first learning the skill.

**OPTIONAL:** Make the defenders put their hands behind their backs.

**OPTIONAL:** Two or more players may set the screen on the original screener.

## Trunić – Doktor košarke

Titulom doktora nauka, od kraja juna ove godine, može se podičiti još jedan naš bivši košarkaš – Nenad Trunić.

Prognostika i strategija stvaranja vrhunskih košarkaša, odnosno koji su načini za odabir dece za košarku, bila je tema kojom je Trunić stekao ovo zvanje.

Ne događa se često da nekada uspešan igrač postane priznat i u stručnom delu ovog sporta, što najbolje pokazuje koliki značaj ima titula Doktora nauka iz menadžmenta trenazne tehnologije u košarci, pošto je činjenica da je gospodin Trunić jedan od samo petorice nosilaca ovog zvanja u našoj zemlji.

M. P.



## Trunić – PhD of Basketball

One more our basketball expert – Nenad Trunić – can be proud of being a PhD since the end of June this year.

Prognostics and the strategy of creating top basketball players, ie. what are the ways to select children for basketball was the issue with which the used-to-be player and now professor of basketball, Mr Trunić, became a PhD.

It does not happen often that a former successful player becomes famous in the expert area of the sports, what best demonstrates the importance of the title of PhD in Management of Training Technology in Basketball, due to the fact that Mr Trunić is one of only five this title bearers in our country. Prevod: T.M.

## Doktori košarke

Nenad Trunić je postao peti doktor košarke u našoj zemlji. Pre njega tu laskavu naučnu titulu stekli su: dr Milivoje Karalajić, dr Saša Jakovljević, dr Laslo Hajnal i dr Pavle Rubin,

## All PhDs of Basketball in our state:

Prof PhD Milivoje Karalajić, Prof PhD Saša Jakovljević, PhD Laslo Hajnal, PhD Pavle Rubin, Prof PhD Nenad Trunić.

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