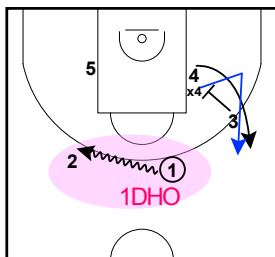


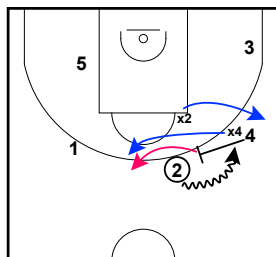
TG.MURES U18

SISTEM 1-HAND OFF
Half-Court Sets



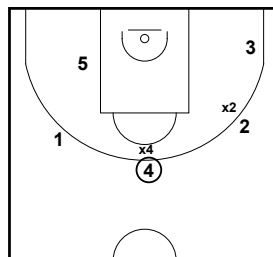
1 DRIBLING HAND OFF-APARAM
UNDER(SWITCH)
3 DOWN SCREEN -APARAM V STEP

SISTEM 1-HAND OFF
Half-Court Sets

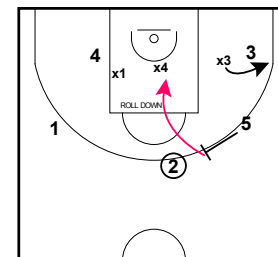


2+4 PICK&POP
FOLOSIM IN APARARE METODA
"SQUEEZING"(IN OPINIA MEA
PROBABIL CEL MAI BUN MOD DE A
APARA PP)
X4 IL PRESEAZA PE GLIGA(NR.12)
X2 JOACA AL PATRULEA OM
(UNDER)

SISTEM 1-HAND OFF
Half-Court Sets



SISTEM 1-HAND OFF
Half-Court Sets



DACA SE JOACA PENTRU POZITIA
5(POTCOAVA),LA PICK&ROLL
ALTERNAM IN APARARE SOFT
HEDGE CU UNDER SAU OVER IN
FUNCTIE DE CINE ESTE FUNDAS.

Pos	Description
1	SISTEMUL 1 ESTE CEL MAI DES UTILIZAT (DIN 10 ACTIUNI OFENSIVE IN OM LA OM ,7 SUNT 1)
2	IN MOD NORMAL NU TREBUIE SA INTAMPINAM DIFICULTATI IN APARAREA ACESTUI SISTEM.
3	LA DHO(DRIBLING HAND-OFFF) PUTM JUCA UNDER SAU PUTEM SCHIMBA.
4	DOUA VARIANTE: CU POZITIA 4 (GLIGA) SAU CU 5(POTCOAVA).GLIGA JOACA PICK&POP SI APARAM AL PATRULEA OM,IAR CU POTCOAVA LA ROLL PUTEM ALTERNA HEDGE CU UNDER SAU OVER.ACEASTA ALTERNARE A APARARII CONTRA PICK&ROLL ESTE INCOMODA PENTRU ADVERSAR.POTI INCEPE ,DE EXEMPLU CATEVA FAZE OVER,IAR APOI CA SURPRIZA HEDGE.SIGUR LA HEDGE VEI CASTIGA MINGEA .
5	ATENTIE LA ROTATII SI LA COMUNICARE IN DEFENSIVA-NO SECOND CHANCE