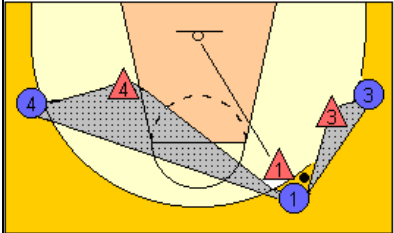
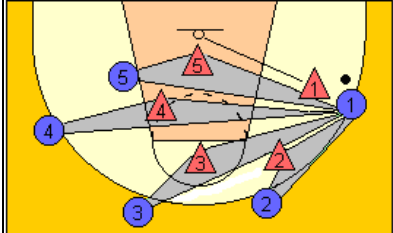
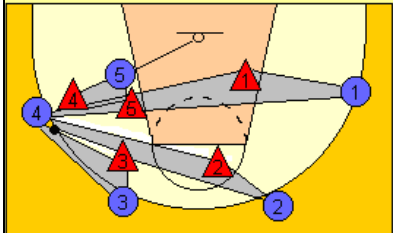
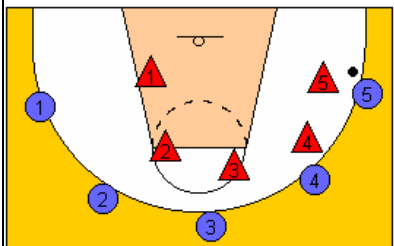
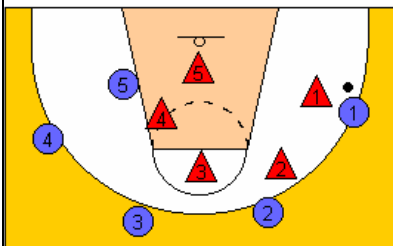
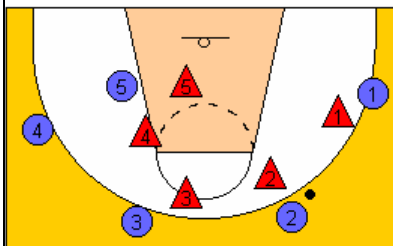
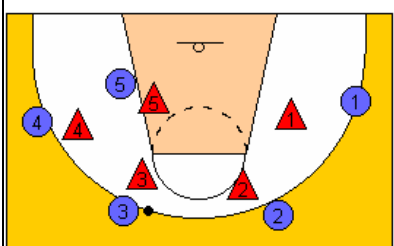
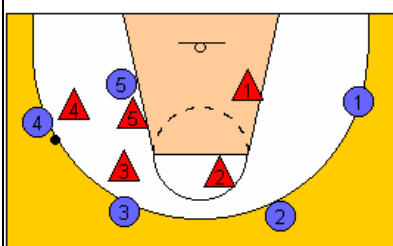
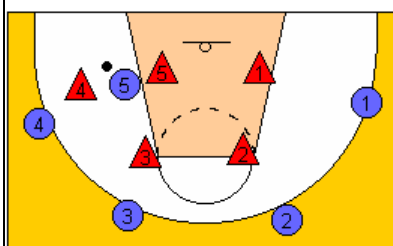
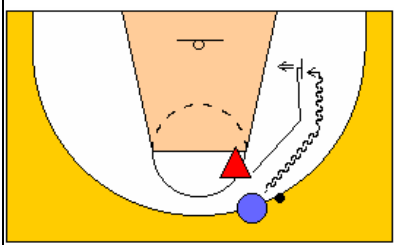
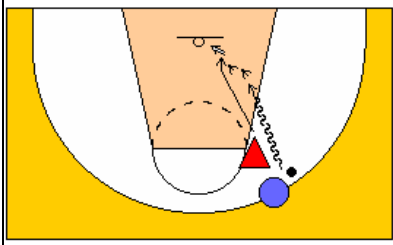
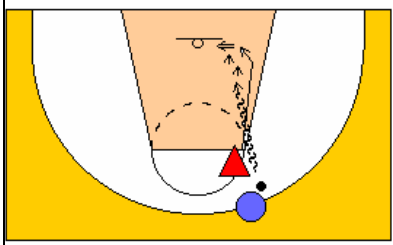
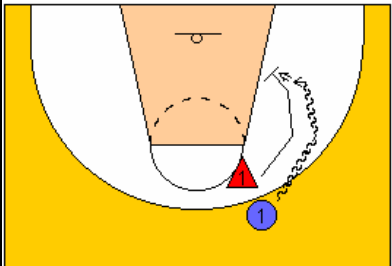
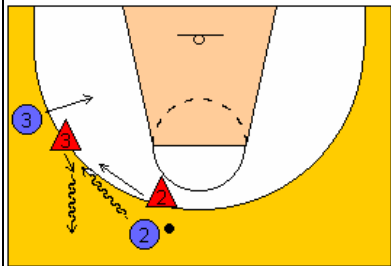
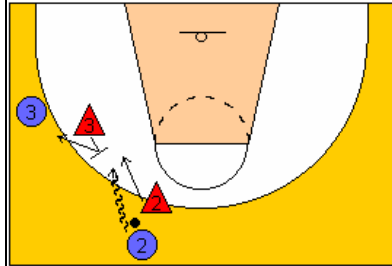
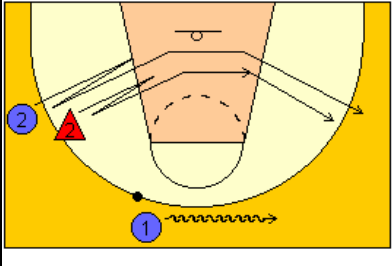
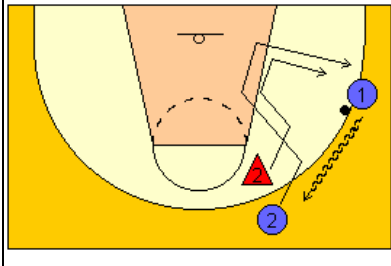
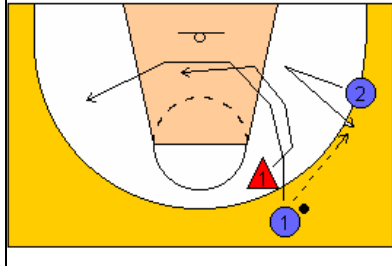
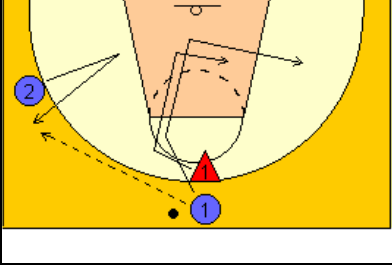
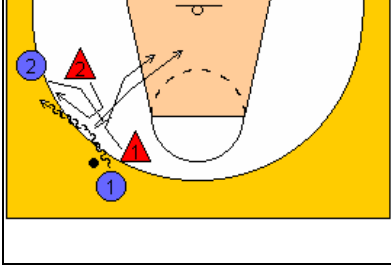
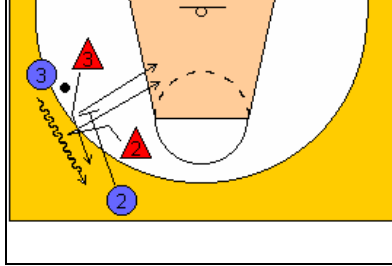
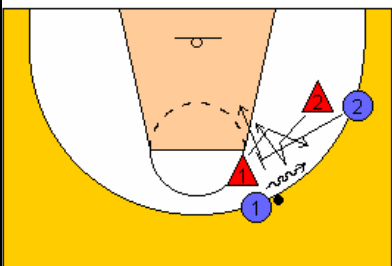
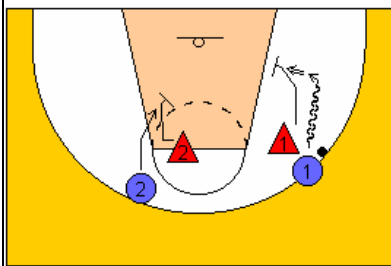
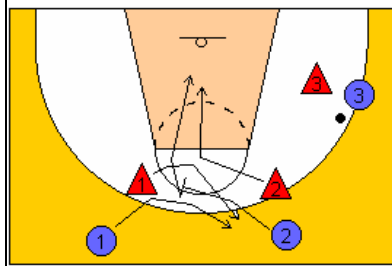
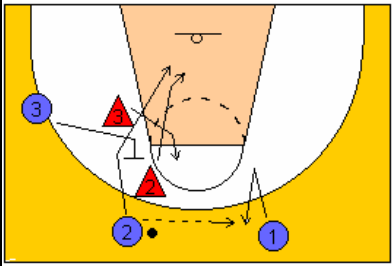
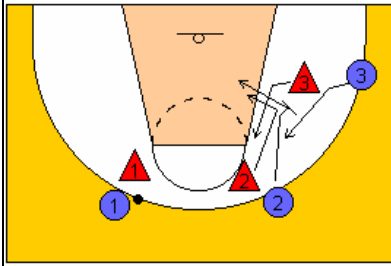
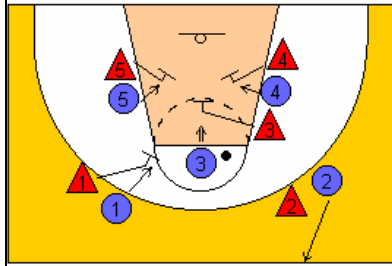
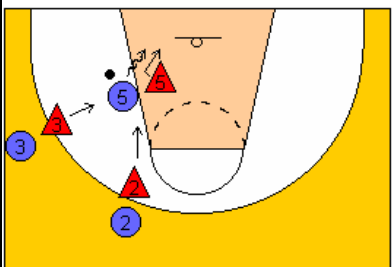
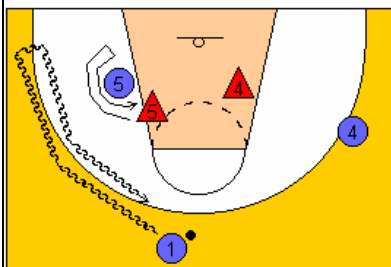
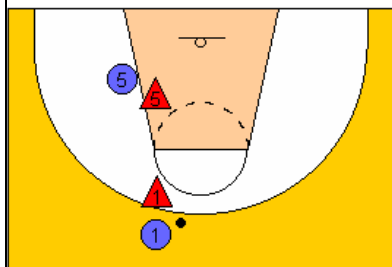
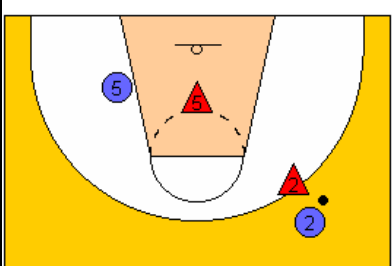
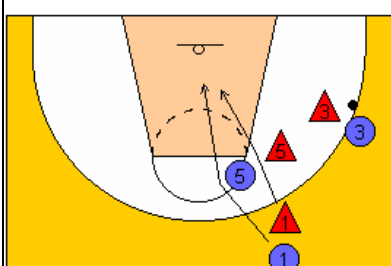
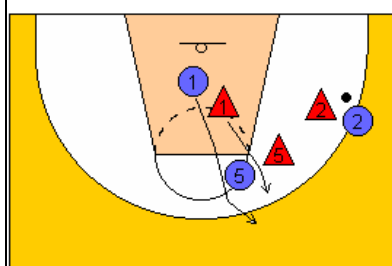
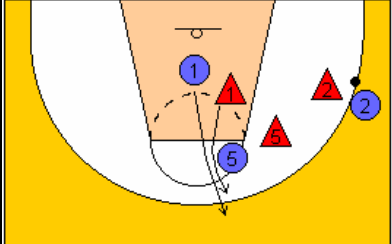
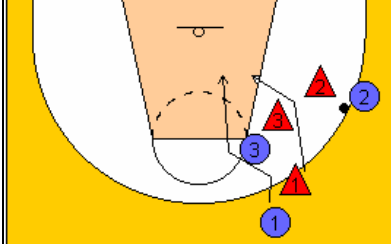
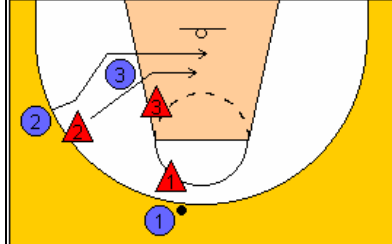


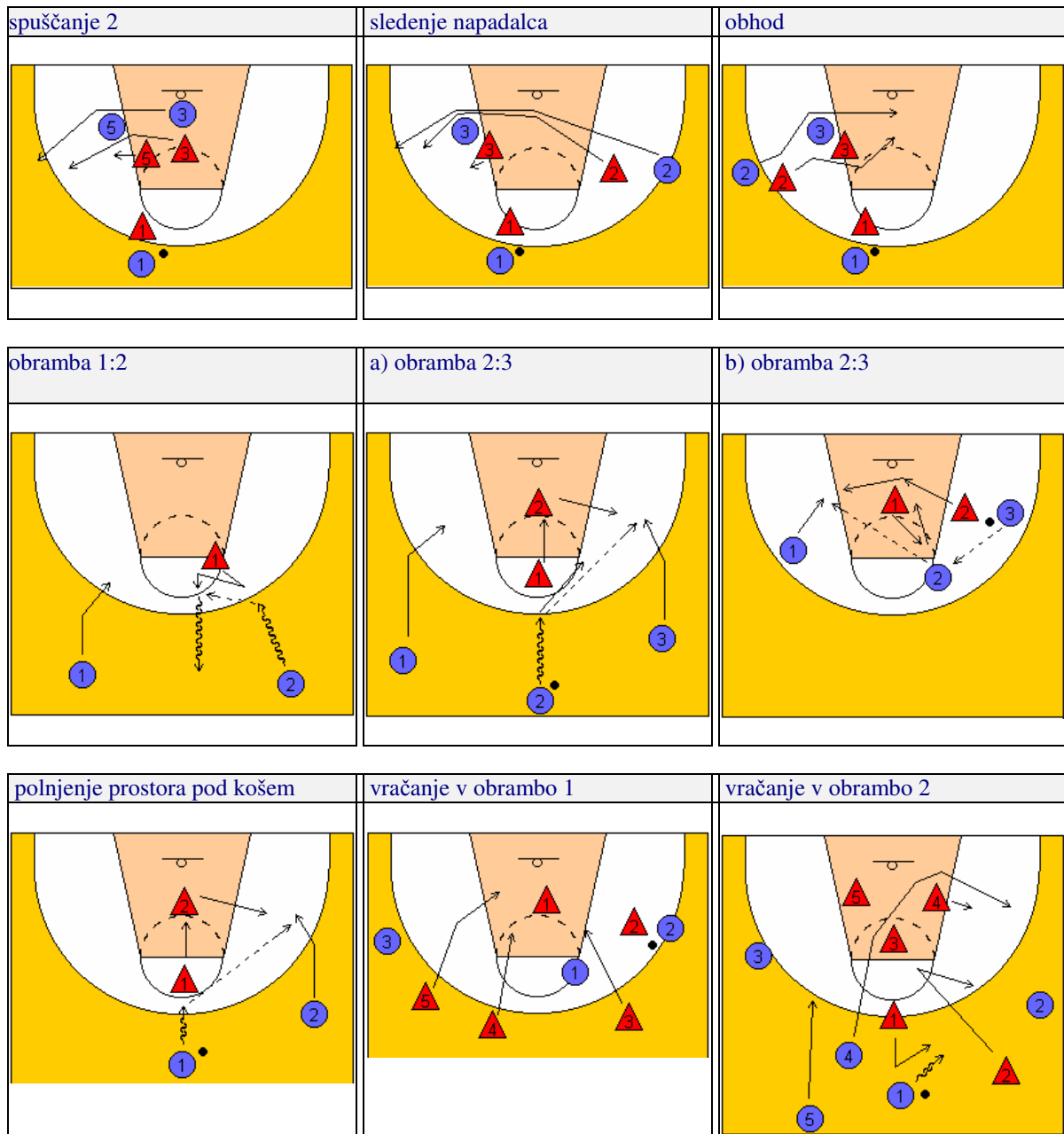
Brane Dežman: Osnove osebne obrambe

Osebna obramba je postavljena obramba pri kateri pokriva vsak obrambni igralec svojega napadalca v nevarnem prostoru okoli koša.

pokrivanje napadalcev 0	pokrivanje napadalcev 1	pokrivanje napadalcev 2
		
stran pomoči stran žoge	stran pomoči stran žoge	stran žoge stran pomoči
pokrivanje napadalcev 0	pokrivanje napadalcev 1	pokrivanje napadalcev 2
		
stran pomoči stran žoge	stran pomoči stran žoge	stran pomoči stran žoge
pokrivanje napadalcev 3	pokrivanje napadalcev 4	pokrivanje napadalcev 5
		
stran žoge stran pomoči	stran žoge stran pomoči	stran žoge stran pomoči
obramba proti vodenju in metu (pristopanje, blokiranje)	izbijanje žoge pred metom s polaganjem	blokiranje meta prek glave
		

zagrajevanje (zapiranje poti do koša)	napad in izbijanje žoge	napad in umik
		
proti odkrivanju in vtekanju	proti vtekanju za obrambnim igralcem	proti vtekanju pred obrambnim igralcem
		
proti vtekanju spredaj	prevzemanje	vrivanje
		
obhod	zagrajevanje igralca z žogo in brez nje	spuščanje (prepuščanje) 1
		

spuščanje 2	obhod	zagrajevanje napadalcev po zadnjem prostem metu
		
pokrivanje centra z žogo	pokrivanje centra spredaj in s strani	pokrivanje centra na strani žoge
		
pokrivanje centra na strani pomoči	spuščanje 1	spuščanje 2
		
sledenje napadalca	obhod	spuščanje 1
		



Vir:
 Dežman, B. (2004). Košarka za mlade igralce in igralke. Ljubljana: Fakulteta za šport.