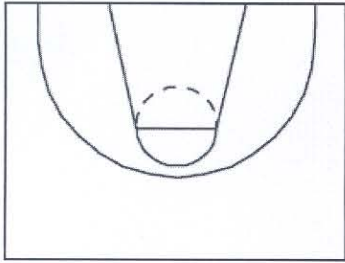


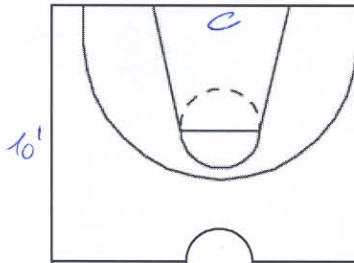
Obiettivi  AUTO + ROTAZIONI

10' TIRO-BATTICA



BALL HANDLING  
2 PALLONI

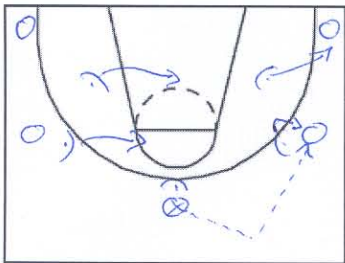
10'



4 vs 4 3 SQUARE  
ATTACCO SI PRESA LA  
PALLA E AL SEGNALE  
DI C/AC PENETRABILI  
POI AGONISTICO.

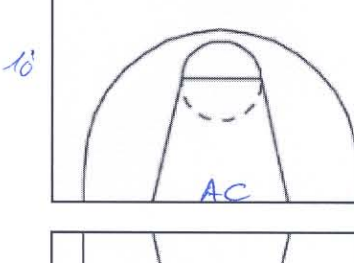
10'

5' STRETCHING



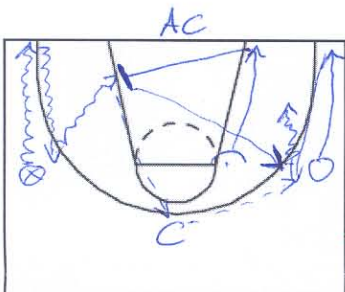
ATTACCO STATICO  
PASSAGGI SCHIACCIATI  
AL RISCHIO PENETRABILI  
+ AIUTO + ROTAZIONI  
  
- BATTICO -  
OB.: AUTO + ROTAZIONI  
LINDA PASS./PALLA

10'



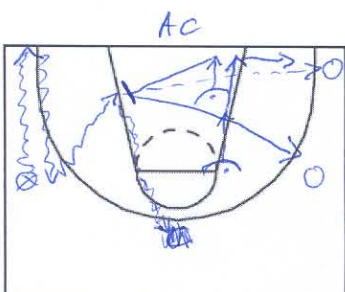
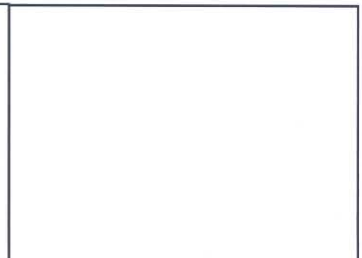
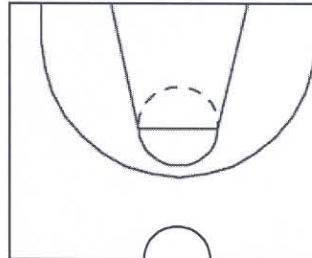
5 vs 5 AGONISTICO

10'



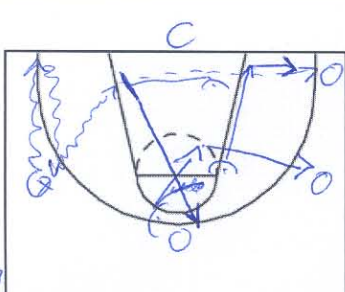
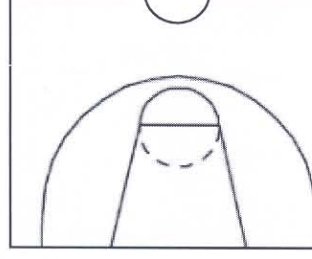
⊗ SI MUOVE IN PALL.  
○ SI MUOVE SUL LATO  
OPPOSTO.  
AL SEGNALE DI AC  
PENETR. + AIUTO + RECUPERO  
+ SCIVOL. SU 3 PALL.  
OB.: LINDA DI PASSAGGI  
VOLARE CON PALLA

10'



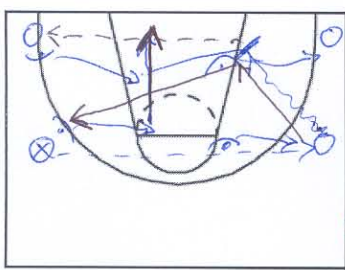
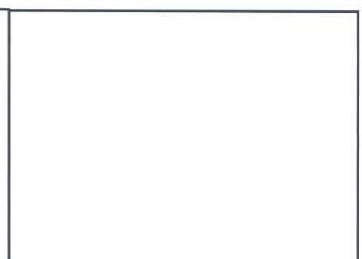
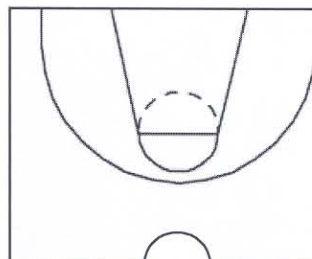
COMO PRIMA MA  
SCARLO IN ANGOLO  
CON ATTACCO STATICO  
OB.: LINDA PASS./L. PALLA  
VOLARE CON PALLA  
ROTAZIONI

10'

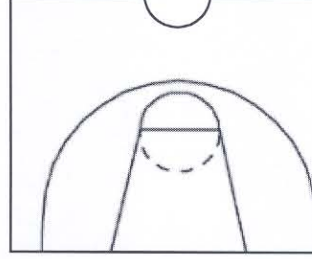


COMO PRIMA  
ATTACCO STATICO  
OB.: LINDA PASS./L. PALLA  
VOLARE CON PALLA  
ROTAZIONI

15'



PASSARE IL PALLONE  
POI PEN. + ROTAZ.  
DOPO PENETR. 2.  
ATTACCO DINAMICO  
OB.: LINDA PASS./PALLA  
VOLARE CON PALLA  
ROTAZIONI



Note \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_