

Squadra UNASR 16

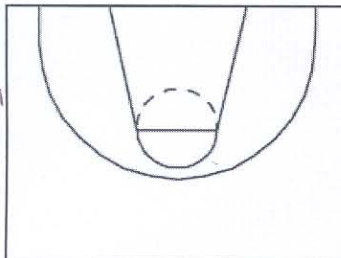
n° gioc. 14

Data 21/3

Durata 90'

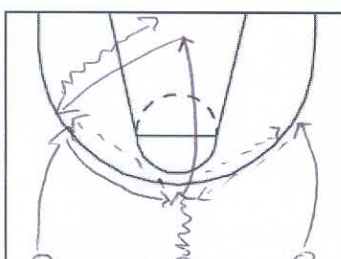
Obiettivi 1 vs 1 ~~2~~ / SMANOVAMENTO

15'



BALL HANDLING
2 PALLONI

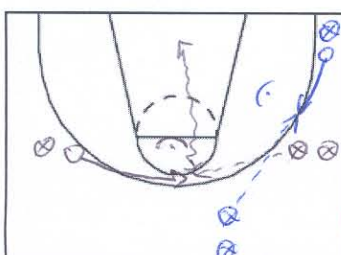
10'



TIC-TAC FINO A M.C.
PARTENZA INCROCIATA
" STOSSE MANO/PASSE
" REVERSE

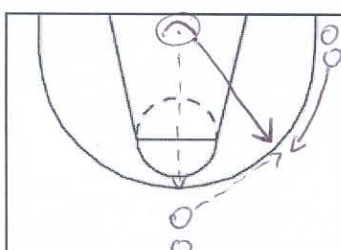
5' STRETCHING

10'



COACH
SPAZI CONTI: TIRI/PONDER.
SPAZI INCENTI: FINTE
OB.: SPAZIO/TEMPO

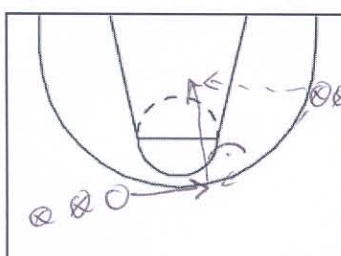
10'



PASSAGGIO
- SCHIACCIATA
- DIRITTO
MAX. 3 PALL.
OB.: SPAZIO/TEMPO

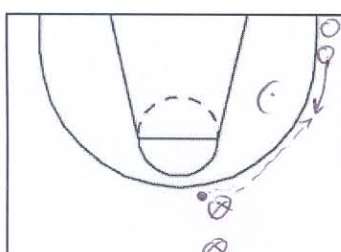
10' 3vs3 N.B.: ALMENO 2 PASSAGGI

10'



COACH
- B.A.
- AVANTI
- VERSO LA PALLA
- IN AVANTAMEN.
**OB.: SMANOVAMENTO
LOTT. SPAZIO-TEMPO**

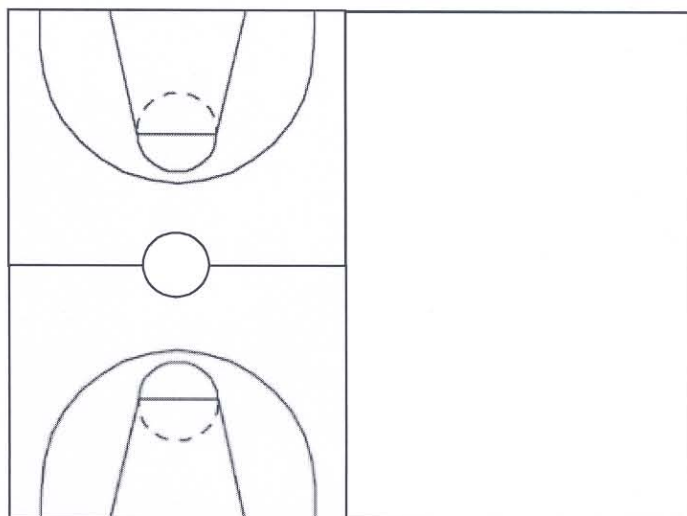
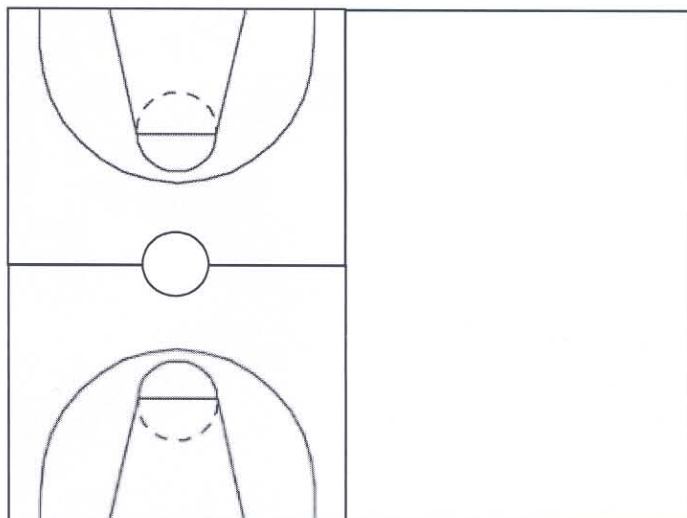
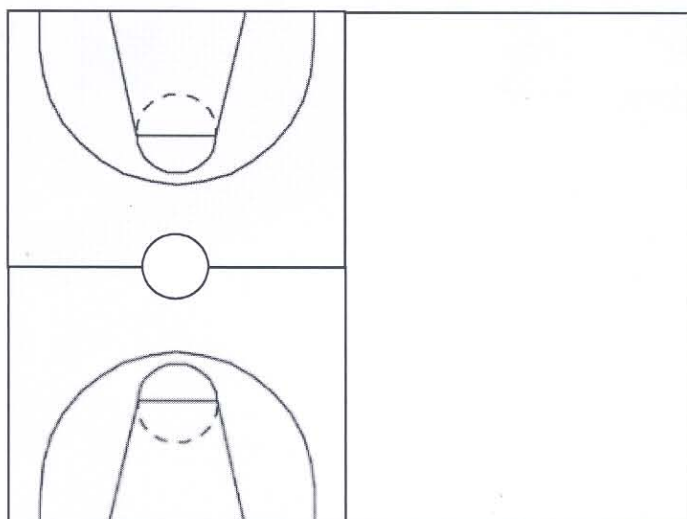
5'



PA AZIONE PASS. CON
PALLA A S.
MINIMO 2A SPESA A
DESTRA, O SI SPARCO
OB.: "MENTRE"

10' 3vs3 ALMENO 3 PASSAGGI

5' TIRI - GAM-



Note