



ALLIEVI Regionali '07-'08 gir. "A"

NOVEMBRE

Venerdi

16

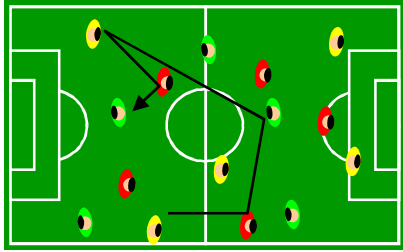
ore 16

6 °Allenamento

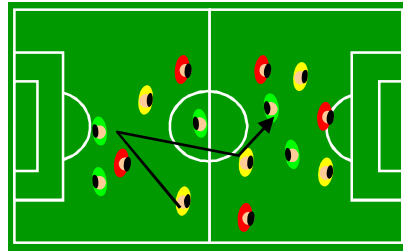
Messa in Azione x 10':

Psicocinetica tre squadre stesso spazio

5'x passaggi in sequenza giallo-rosso-verde



5'x partita due colori contro il terzo chi perde palla diventa difensore



Preparazione Fisica Prof ROSSINI

skip frontali

sprint 5mt

5x

5x

skip laterali

sprint 5mt

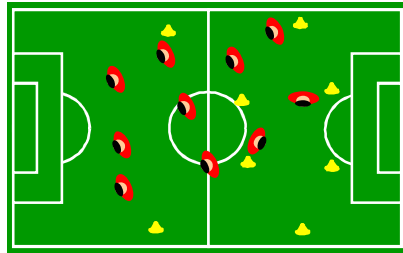
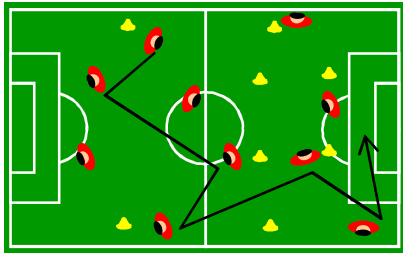
5x

5x 3mt sprint + corsa dentro barrett + 5mt sprint + skip su 5 palettia terra + 5mt sprint

5x

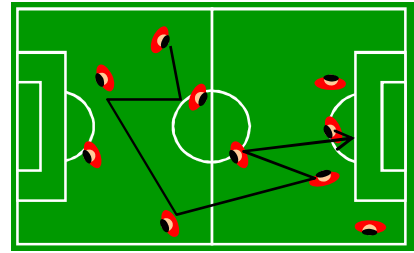
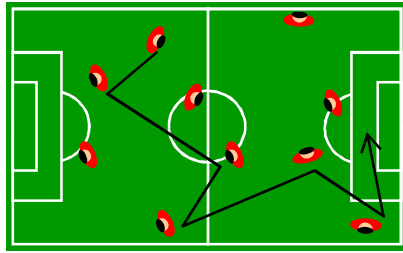
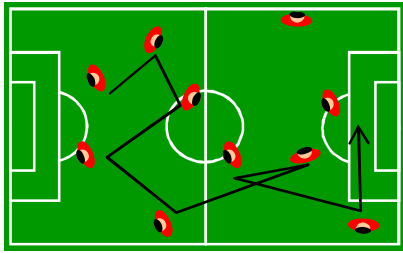
Esercitazione x15'

Squadra schierata con 4-4-2 transizione attacco - difesa, difesa - attacco



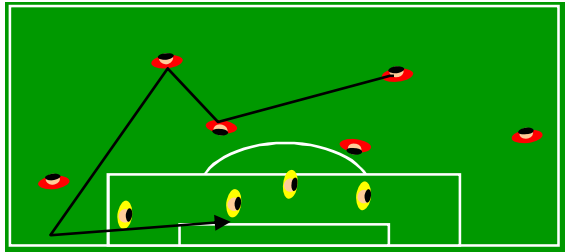
Esercitazione x15'

Circolazione palla con 4-4-2



Esercitazione x10'

Disposizione su cross dal fondo



Partita libera 20'

Esercitazione x10'

