



## 4 Linee Passaggi Continui in Profondità



PER LE CATEGORIE			
U 6	U 8	U 10	U 12
U 14	U 16	U 18	U 20

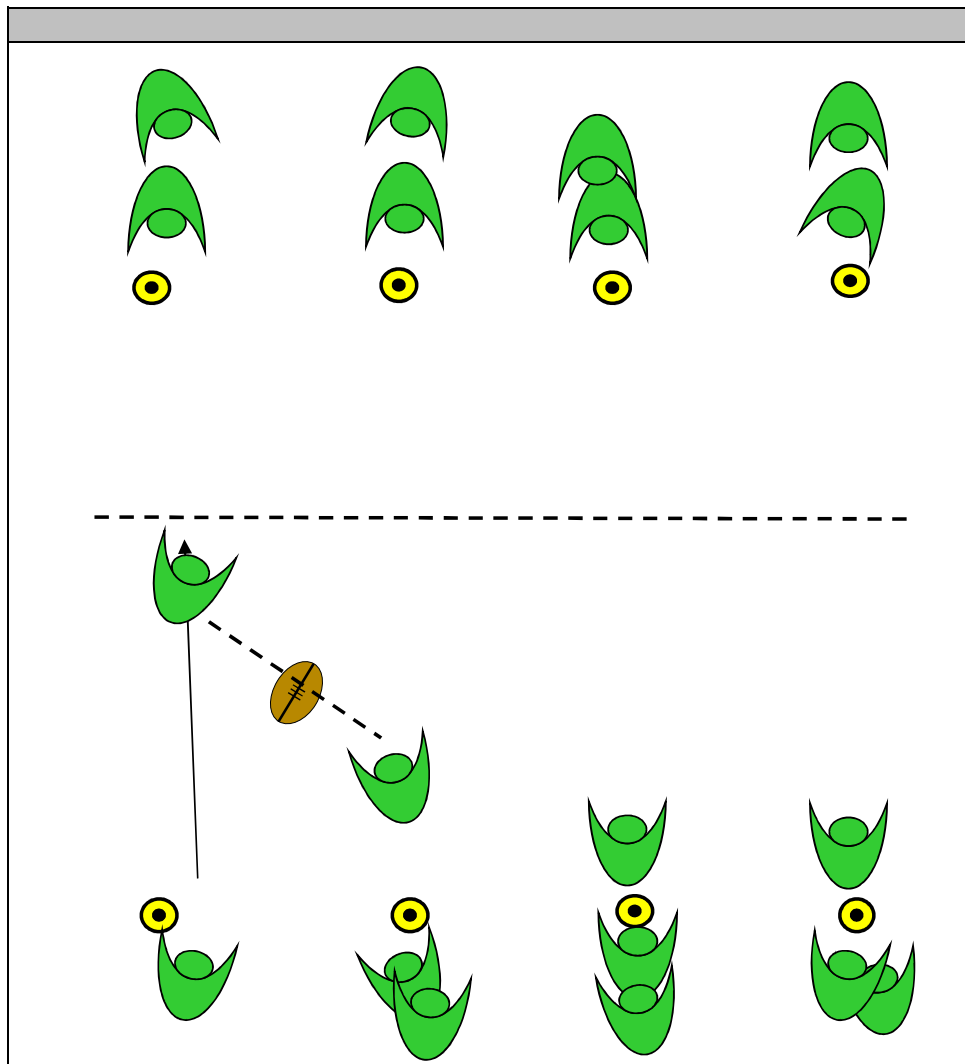
ABILITA'	Prendere e Passare	ALTRE ABILITA'	Comunicazione
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### PUNTI CHIAVE

- Mani a doppia W
- Mani e braccia distese
- Occhi sulla palla
- Provare a prendere la palla con le mani senza portarla al corpo
- **Questo è l'errore più grave per i ragazzi.**

### MATERIALI

-  Più
-  in abbondanza



### SPIEGAZIONE ESERCIZIO

- I giocatori stanno dietro i 4 coni che sono a 4- 5 metri .
- I giocatori devono provare a passare la palla dietro la linea il più velocemente possibile.
- L'ultimo giocatore passa la palla al primo giocatore del gruppo opposto.

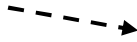
#### Estensioni:

- Cambia la distanza tra i coni (più larghi)
- **Mettere giocatori nel mezzo per creare pressione**

Passaggio  
Linee di corsa

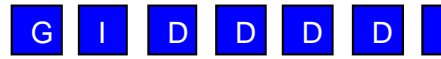
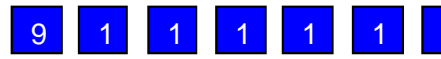


Opzioni linee di corsa

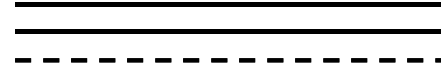
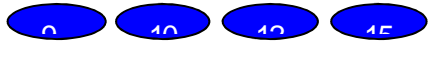


placcaggio

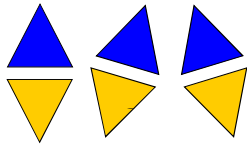
contatto



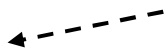
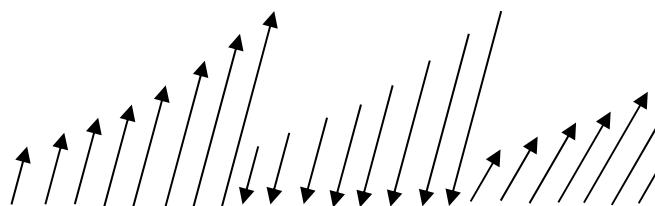
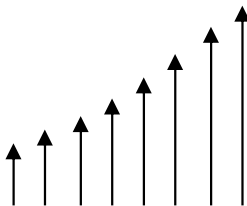
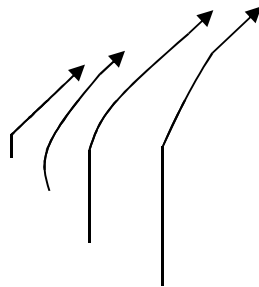
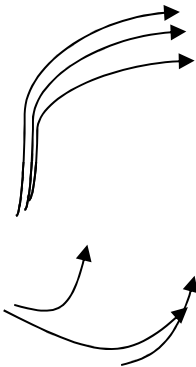
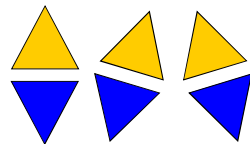
Guardia Seconda  
guardia



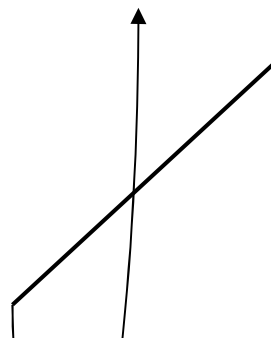
Mischia in attacco

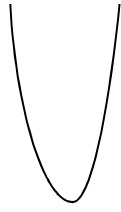


Mischia in difesa



CLICCA







Attaccante



Portatore di palla



Difensori



Coni



Palloni

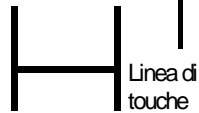
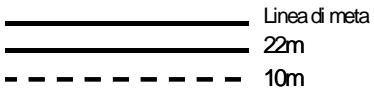
Ricevitore di palla



Difensori



Calciatori



5m

