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|---------------|----------------|-----------------------|--------------------------------|
| DURATA 60 min | JUCATORI 12-16 | SPATIU jumatate teren | MATERIALE mingi, portar, veste |
|---------------|----------------|-----------------------|--------------------------------|

**DURATA 60 min**

## JUCATORI 12-16

## SPATIU jumatate teren

**MATERIALE** mingi, portar, veste

```

    graph LR
      A[INCALZIRE  
10 min] --> B[EXERCITIU PRINCIPAL  
32 min]
      B --> C[JOC APLICAT  
15 min]
  
```

**INCALZIRE**  
10 min

## EXERCITIU PRINCIPAL

**JOC APLICAT**  
15 min

lesirea jucata, depasind prima linie de presing.

The diagram shows a network with four nodes: 6, 7, 8, and 10. Node 10 is on the left, node 8 is on the right, node 7 is at the top center, and node 6 is at the bottom center. There are two red circular links labeled 'A' and 'B' between nodes 7 and 6. A thick yellow arrow points from node 7 to node 8, and another thick yellow arrow points from node 8 to node 6. On the left side of the diagram, there is a vertical stack of three orange triangles, a white double-headed arrow, and node 10. On the right side, there is a vertical stack of three orange triangles, a white double-headed arrow, and node 8. Node 6 has a white double-headed arrow pointing left and a white arrow pointing right.



Miscare de sprijin (deschide unghi)

- Portar + 2 fundasi + mijlocas; iesire scurta.
- 6v4: depasirea presingului.
- Golul valideaza dupa build-up.

- > **Deschide unghiuri:** larg + intre linii.
- > **Rabdare:** construieste.
- > **Atrage si elibereaza:** in spatele presingului.
- > **Prima atingere inainte:** cand e liber.

- + Mai greu: presing agresiv.
- Mai usor: superioritate.

In meci: iesire curata.

- Lanseaza -> scurt intai.
- Ingramaditi -> largire.