

DURATA 50 min **JUCATORI** 8-14 **SPATIU** 25 m **MATERIALE** mingi, jaloane

INCALZIRE
12 min

BLOC PRINCIPAL
25 min

JOC APLICAT
13 min

Sprinturi repetate cu mingea, pauze scurte.

A diagram showing a path on a green field. The path is a yellow line with arrows indicating direction, starting from a yellow circle labeled '1' and ending at a yellow circle labeled '2'. The path passes through a red circle labeled 'A'. There are several orange triangles representing obstacles scattered around the path. The path starts at a yellow circle labeled '1' on the left, moves up and right, then down and right, then up and right, then down and right, then up and right, then down and right, and finally up and right to a yellow circle labeled '2' on the right. A red circle labeled 'A' is located on the path between the two yellow circles. There are several orange triangles representing obstacles: one at the top left, one at the top right, one at the bottom left, one at the bottom right, and one in the middle right. The path is a yellow line with arrows indicating direction.

Miscare de sprijin (deschide unghi)

- 20-25 m, pauza 20-30 sec, 6-8 rep.
- Viteza maxima cu stop pe jalon.
- Tranzitii care cer sprinturi.

- > **Control:** atingeri dese.
- > **Recuperare:** respiratie.
- > **Maxim:** fiecare rep.
- > **Postura:** inclinat.

- + Mai greu: pauze scurte.
- Mai usor: distante mici.

In meci: eforturi repetate.

- Pierde mingea -> atingeri.
- Scazut -> maxim.