

**FASE di POSSESSO**

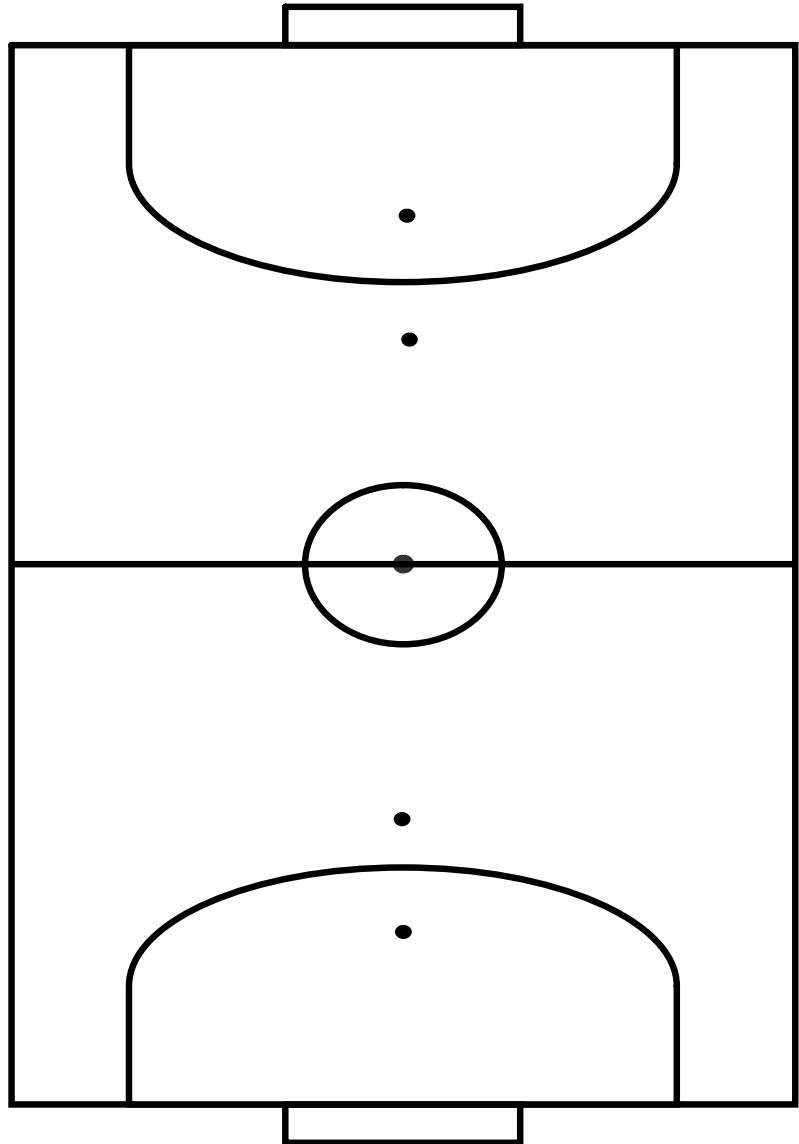
- SCAGLIONAMENTO OFFENSIVO
- PROFONDITA'
- AMPIEZZA
- MOBILITA'
- IMPREVEDIBILITA'

**FASE di NON POSSESSO**

- SCAGLIONAMENTO DIFENSIVO
- TEMPOREGGIAMENTO
- CONCENTRAZIONE
- EQUILIBRIO

**PRESSING**

- OFFENSIVO
- DIFENSIVO
- USCITA dal PRESSING



**ESECUZIONE e REGOLE**

**DURATA ESERCIZIO**

Area for writing the execution rules and duration of the exercise, consisting of a large dashed rectangular box.

**VARIANTI**

Area for writing variations of the exercise, consisting of a large dashed rectangular box.

**ATTREZZATURA**

Area for writing the equipment needed for the exercise, consisting of a large dashed rectangular box.