

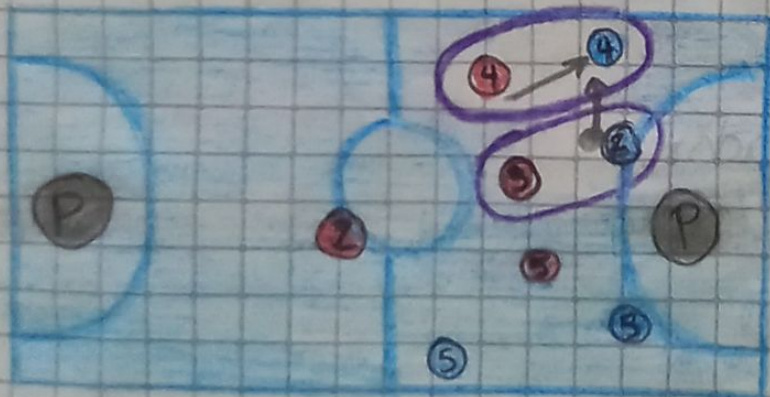
Fundamentos defensivos y ofensivos.

DEFENSIVOS

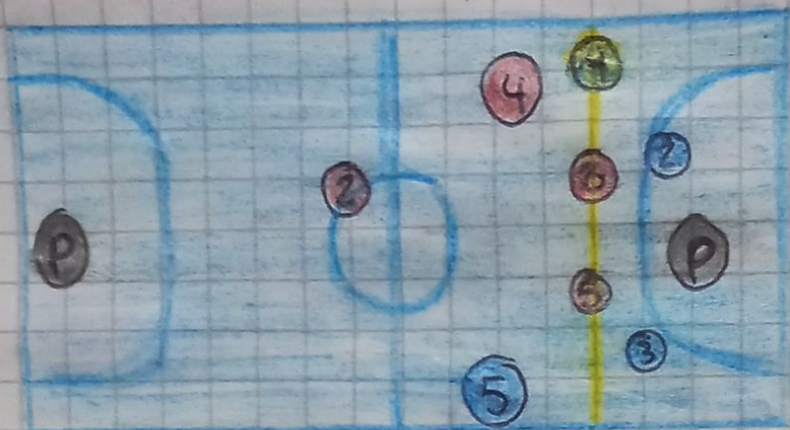
Trabajo de la 1a línea defensiva.



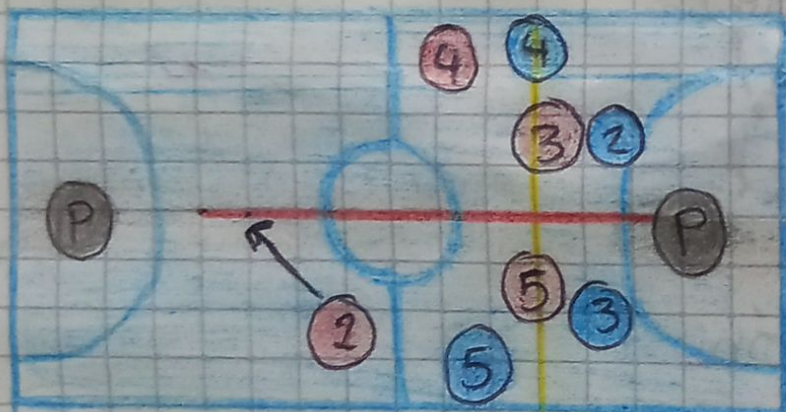
Presión sobre el balón.



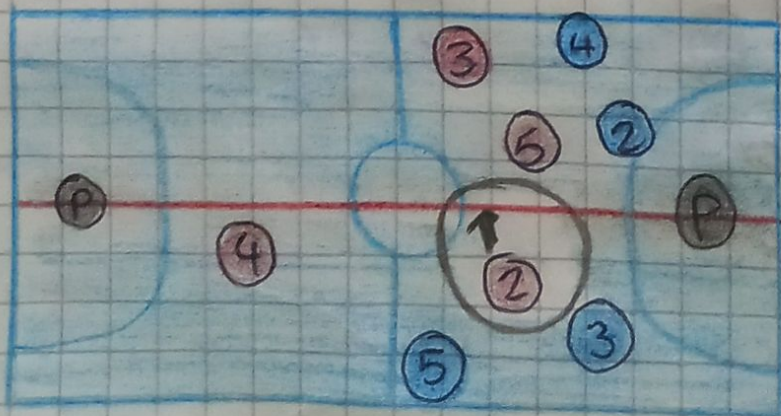
Domínio del eje / cierre del eje.



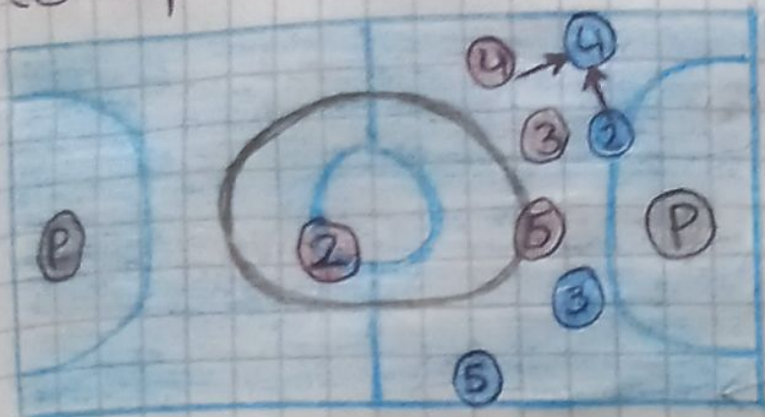
Lado fuerte / lado débil.



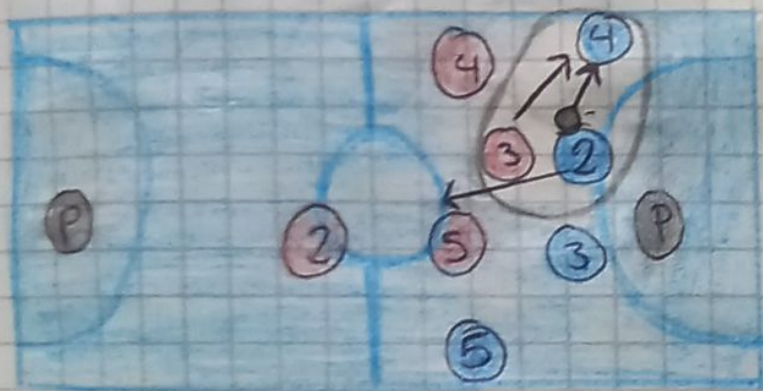
Concepto del 3er jugador.



Concepto del 4to jugador.

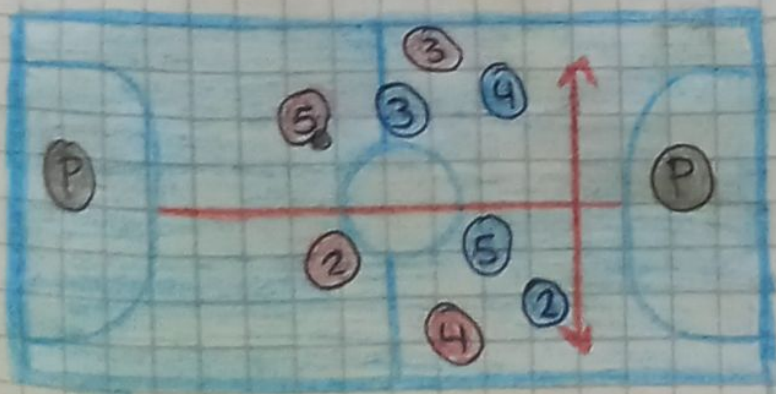


Salto defensivo.

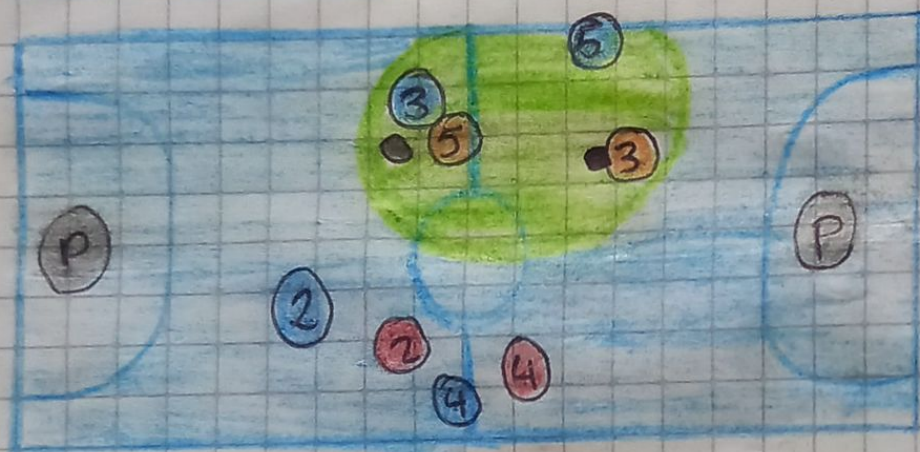
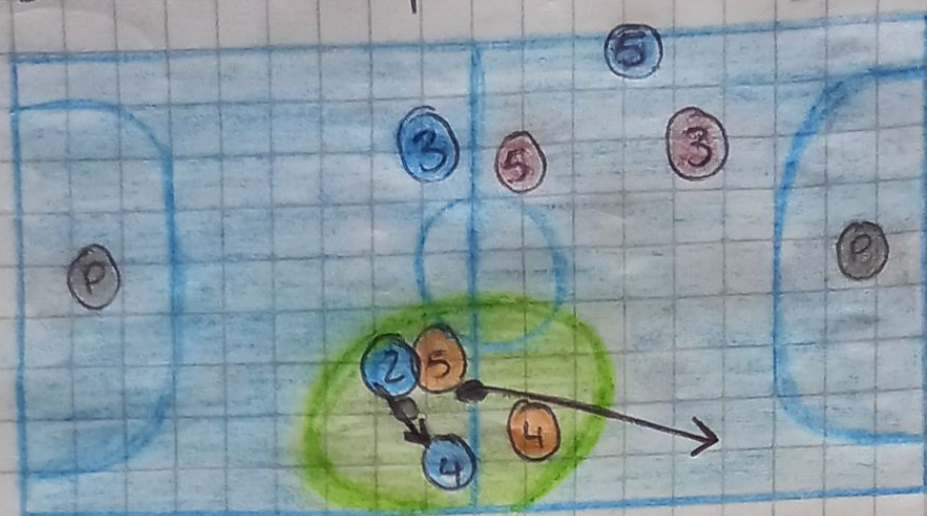


OFENSIVOS

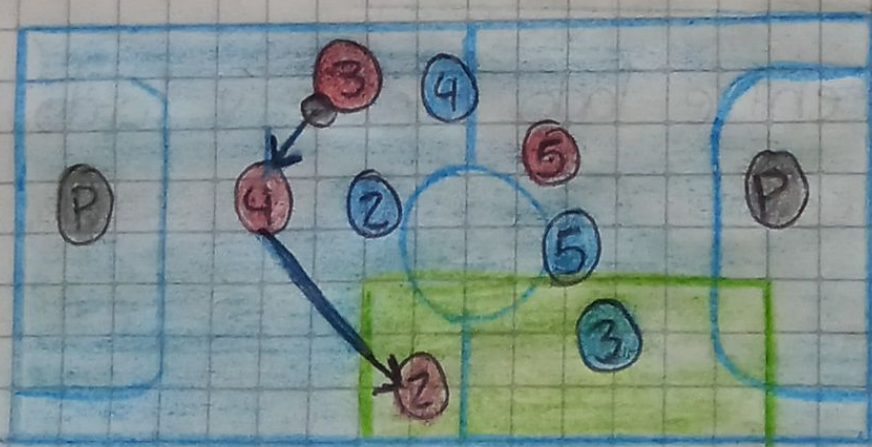
Equilibrio ofensivo entre lado fuerte y lado débil.



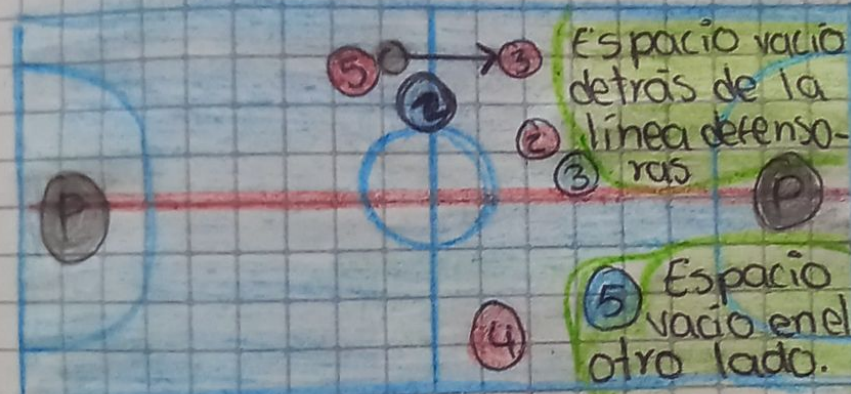
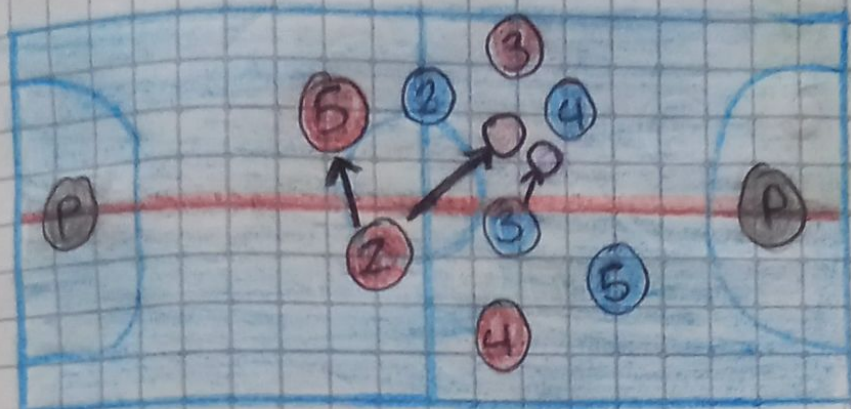
Diferentes tipos de cortes/saltos.



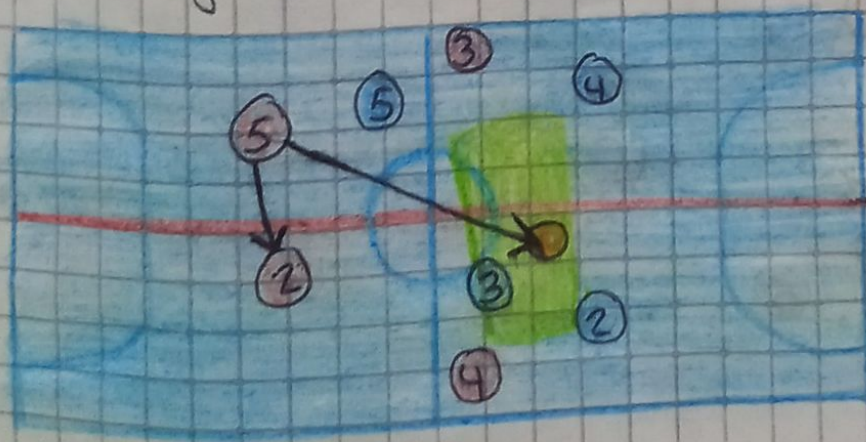
Concepto del giro del juego.

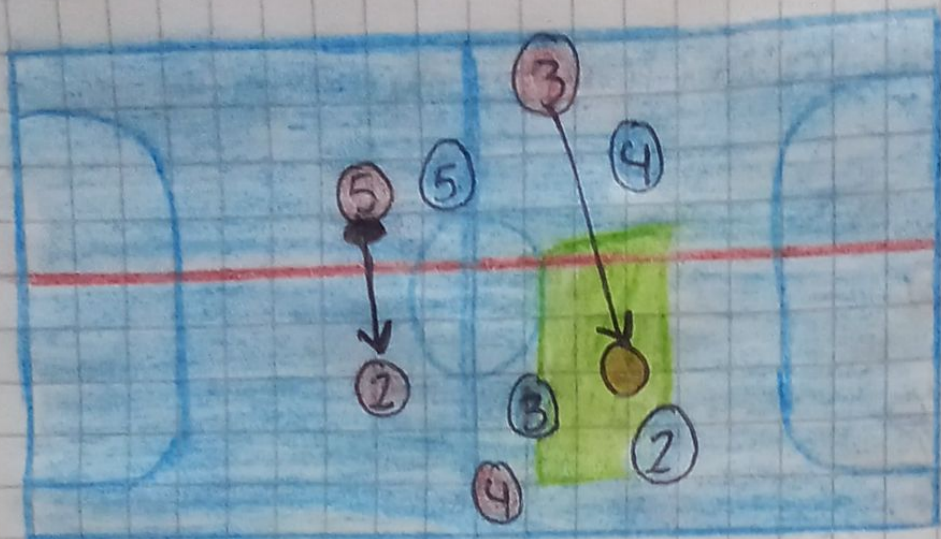


• Concepto de la distribución y aprovechamiento, del espacio.

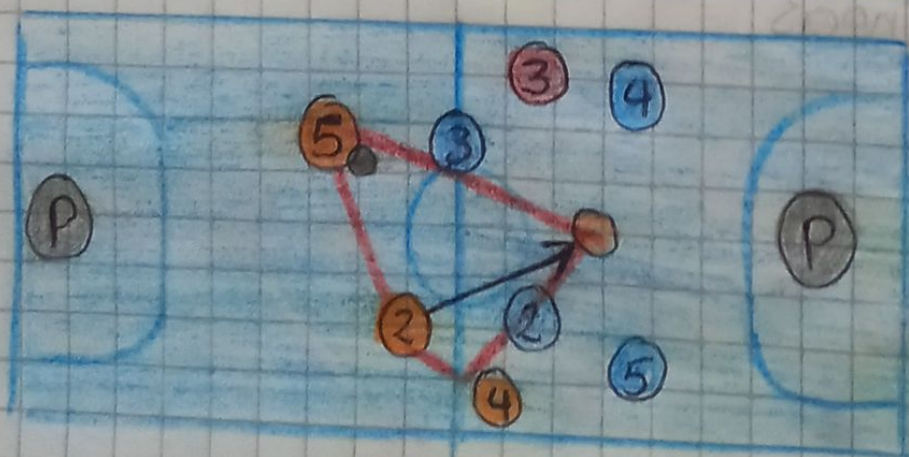
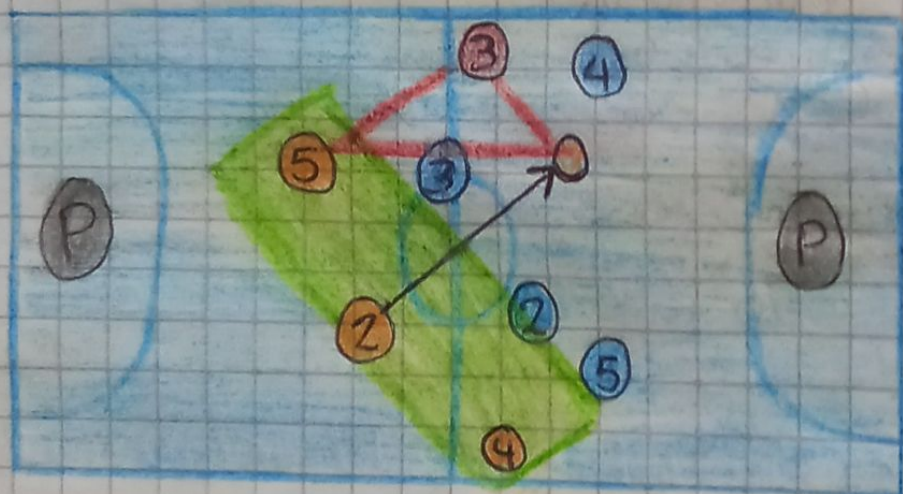


• Triangulos entre líneas.

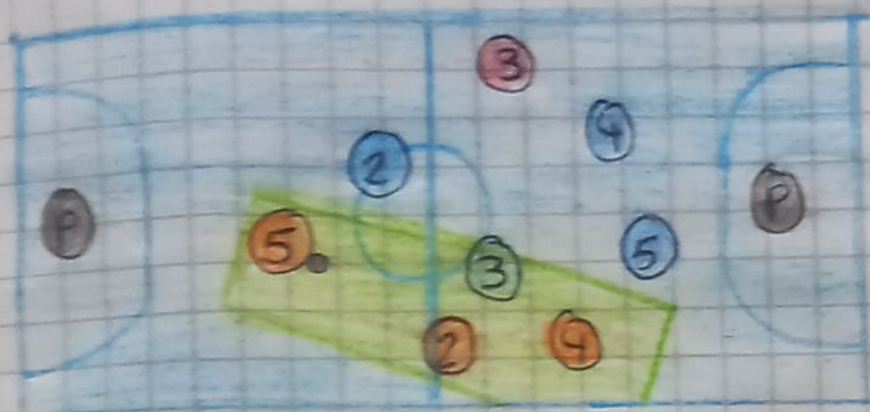




Triangulos con sobrecarga.



Sobrecarga en banda.



Acciones de pivoteaje en posiciones semicentradas o en banda.

