

Legenda



Atacante



Defesa



Deslocamento



Deslocamento com bola



Passo



Remate



Simulação



Salto



Guarda-Redes



Marcações



Barra



Pino / Meco



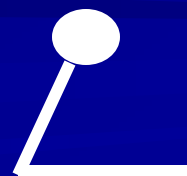
Barreira



Bola

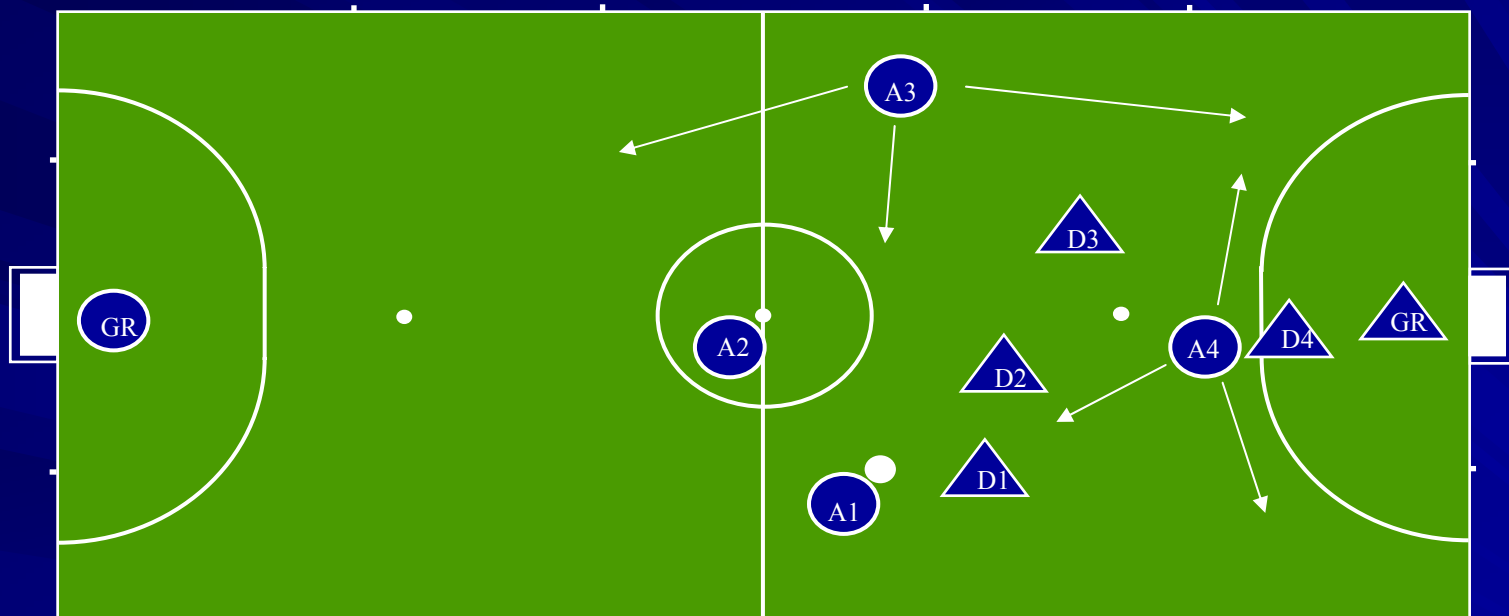


Deitar



Sentar

Princípios da Joga



Ofensivos

A1 – Executa penetração

A2 – Executa cobertura ofensiva

A3 – Executa mobilidade

A4 – Executa mobilidade

Defensivos

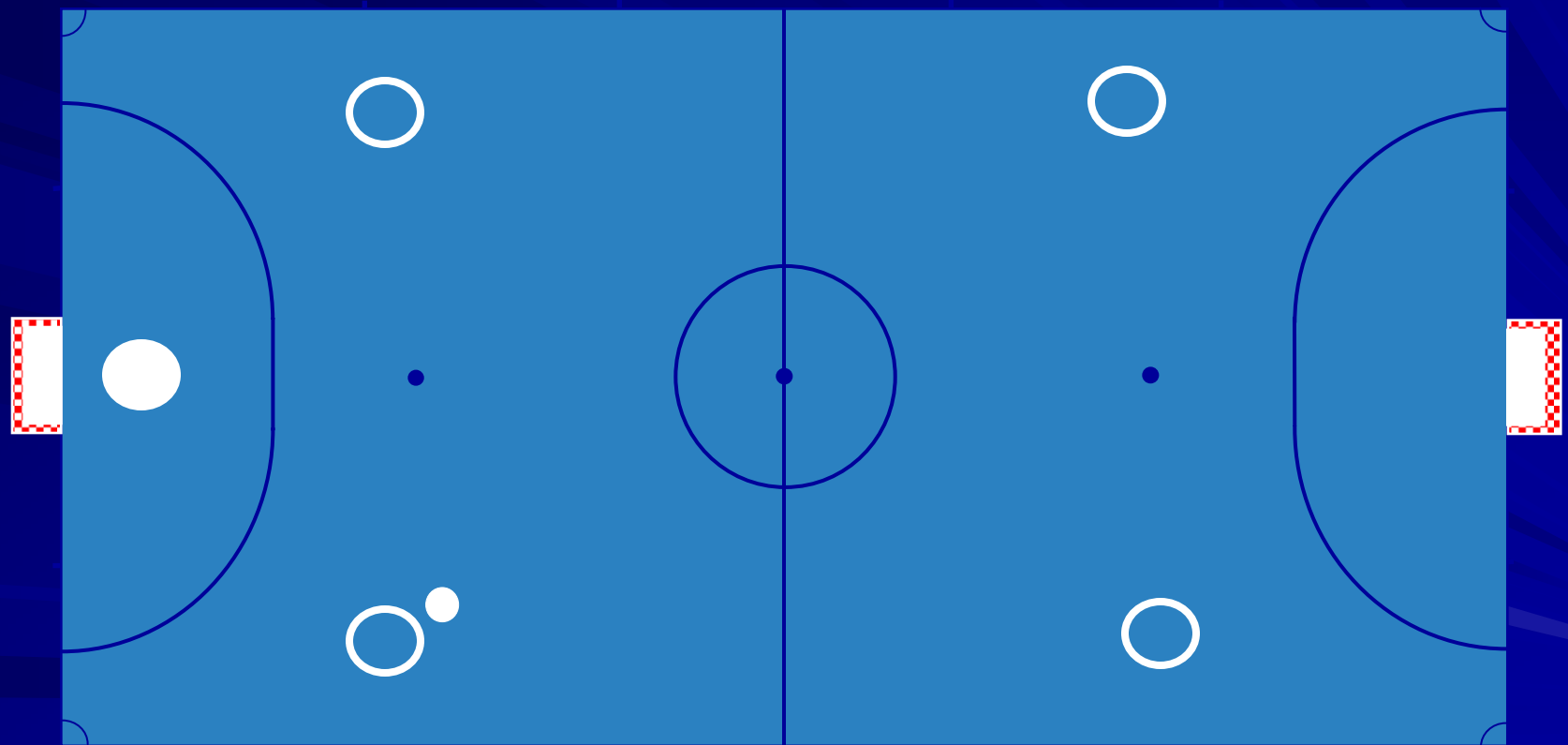
D1 – Executa contenção

D2 – Executa cobertura defensiva

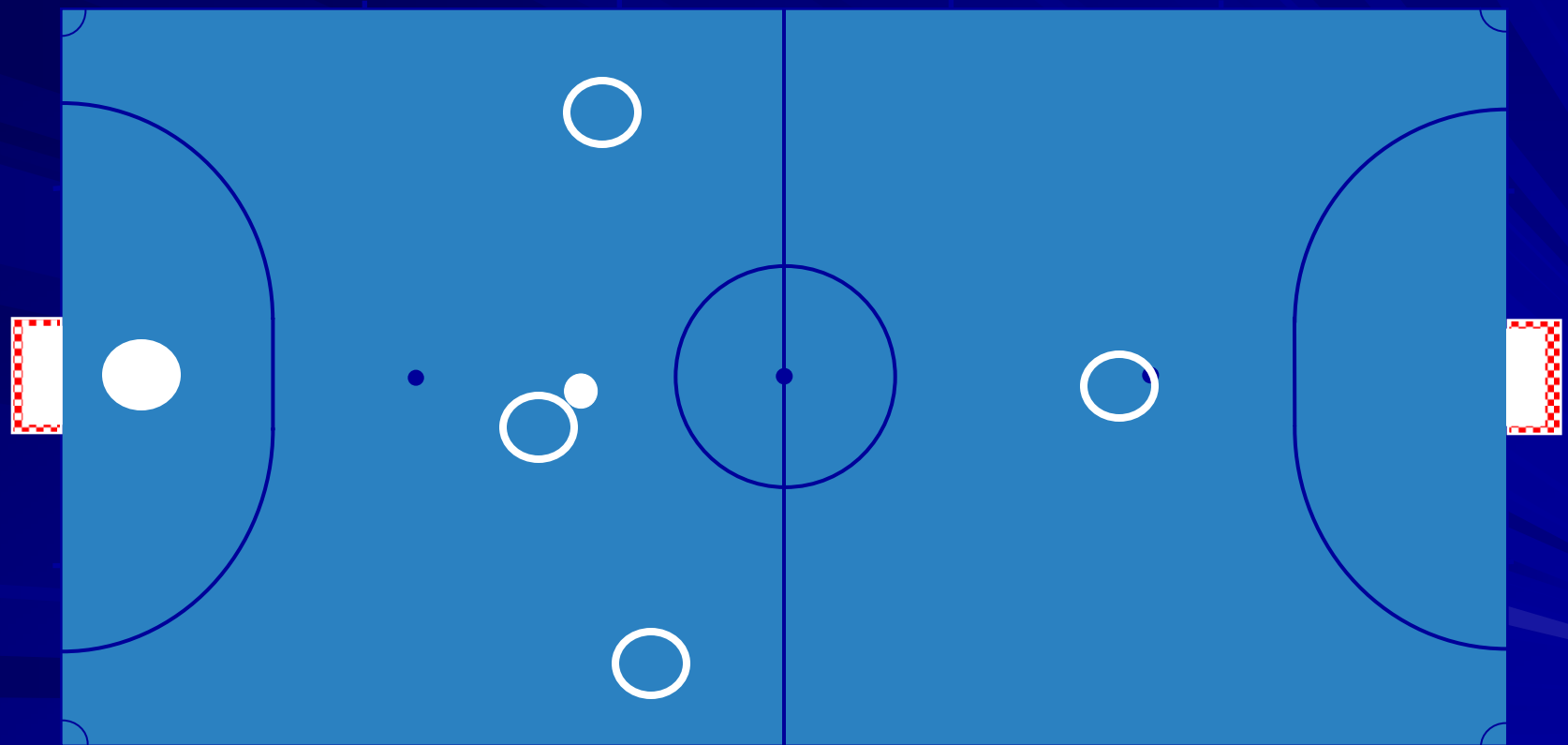
D3 – Executa equilíbrio

D4 – Executa equilíbrio

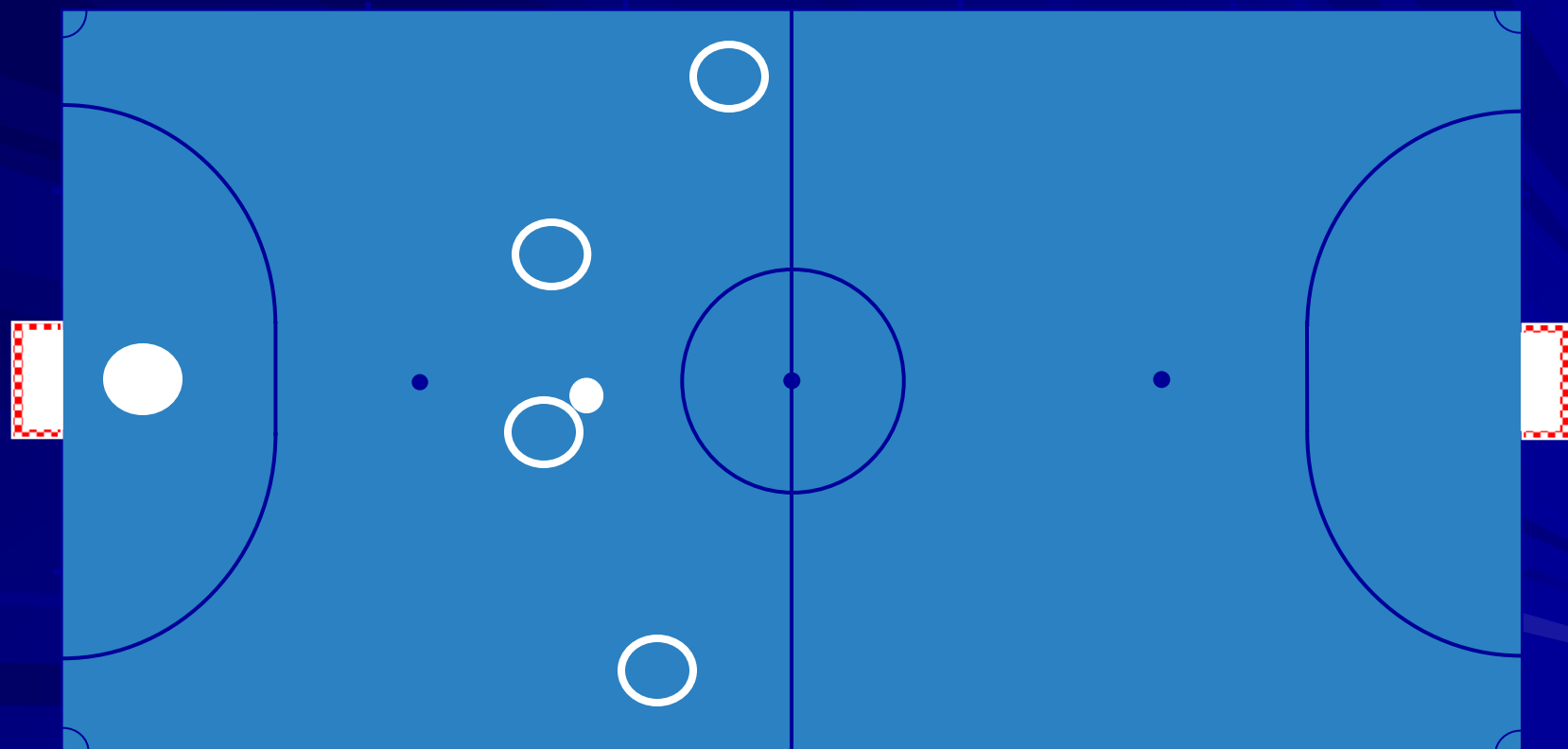
Sistema de jogo 2:2



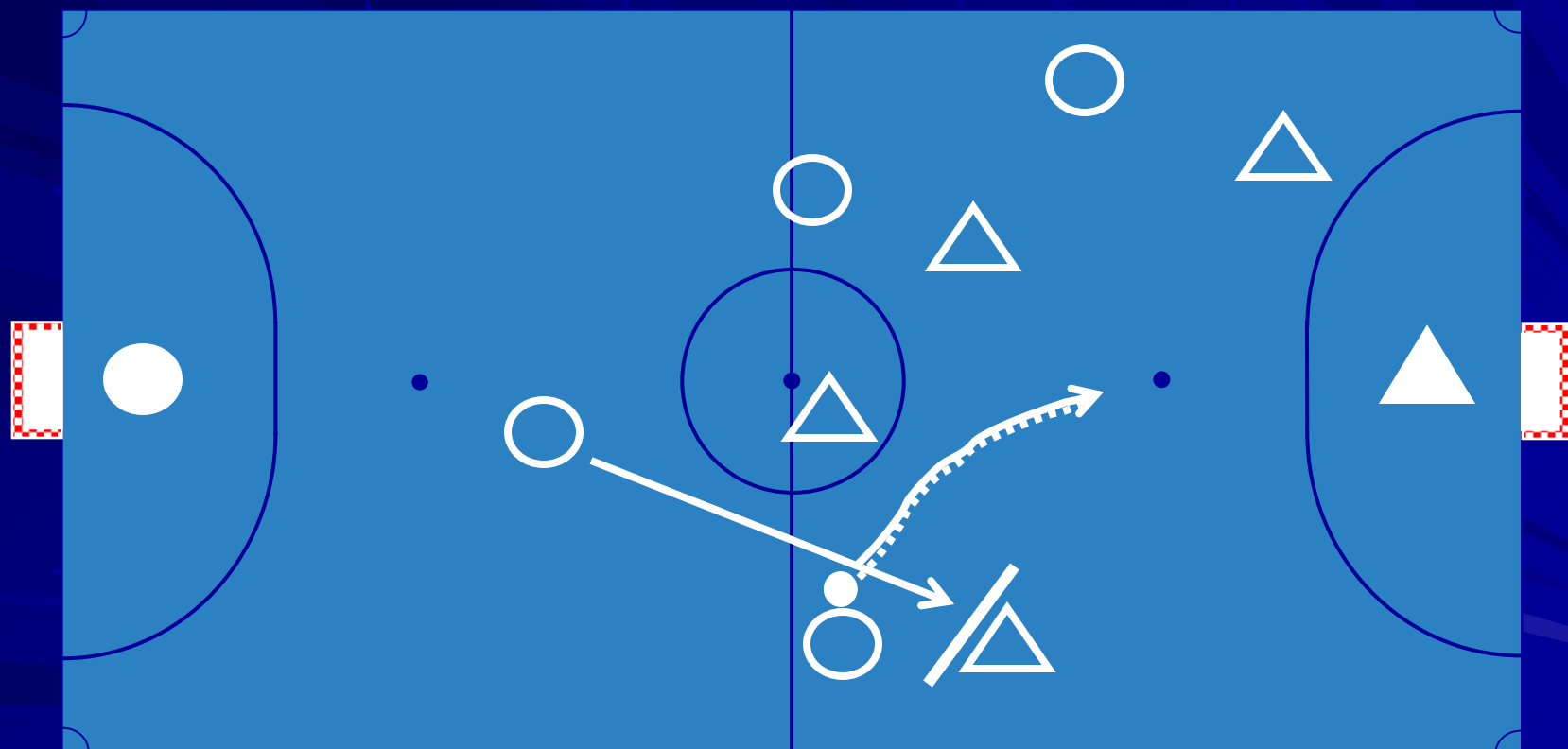
Sistema de jogo 3:1



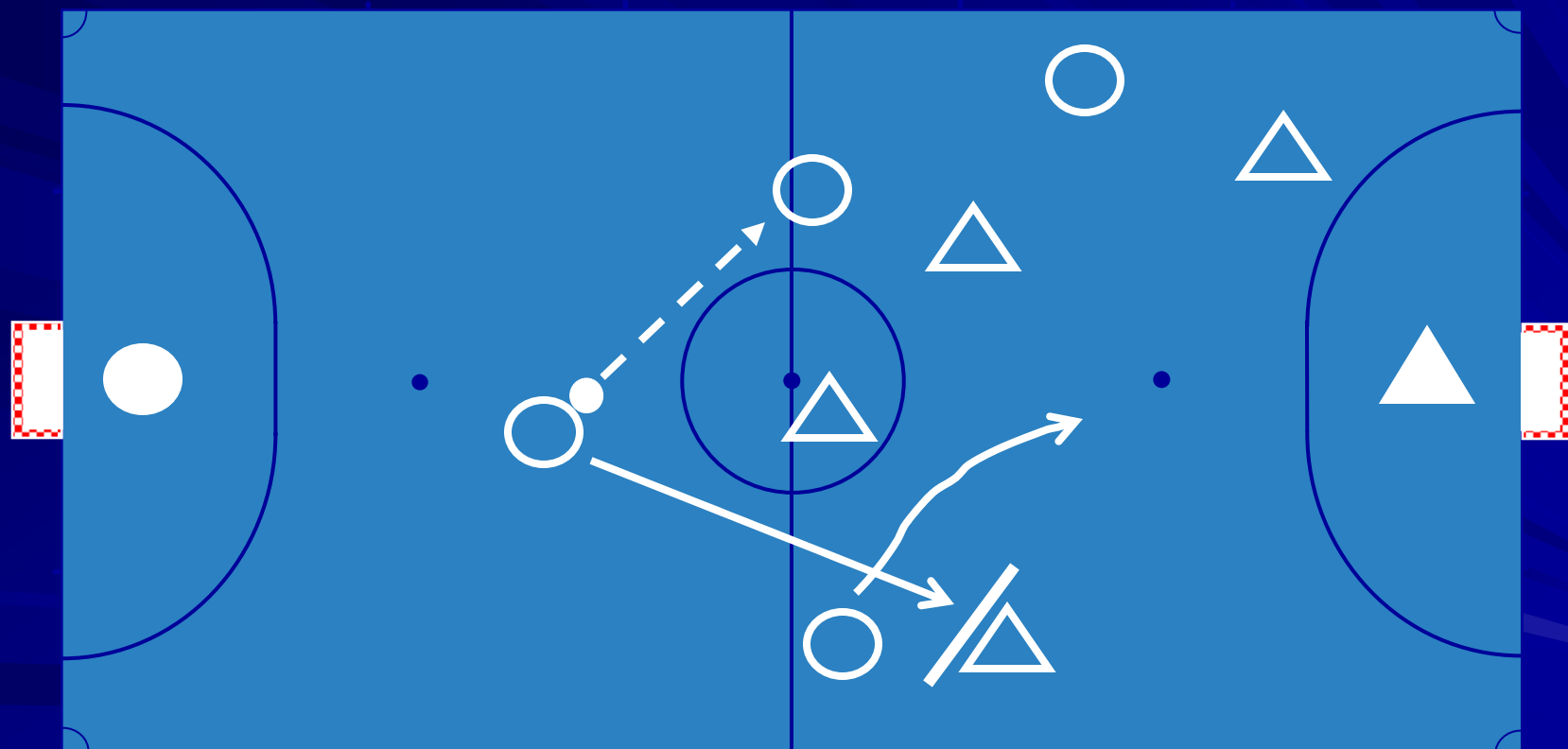
Sistema de jogo 4:0



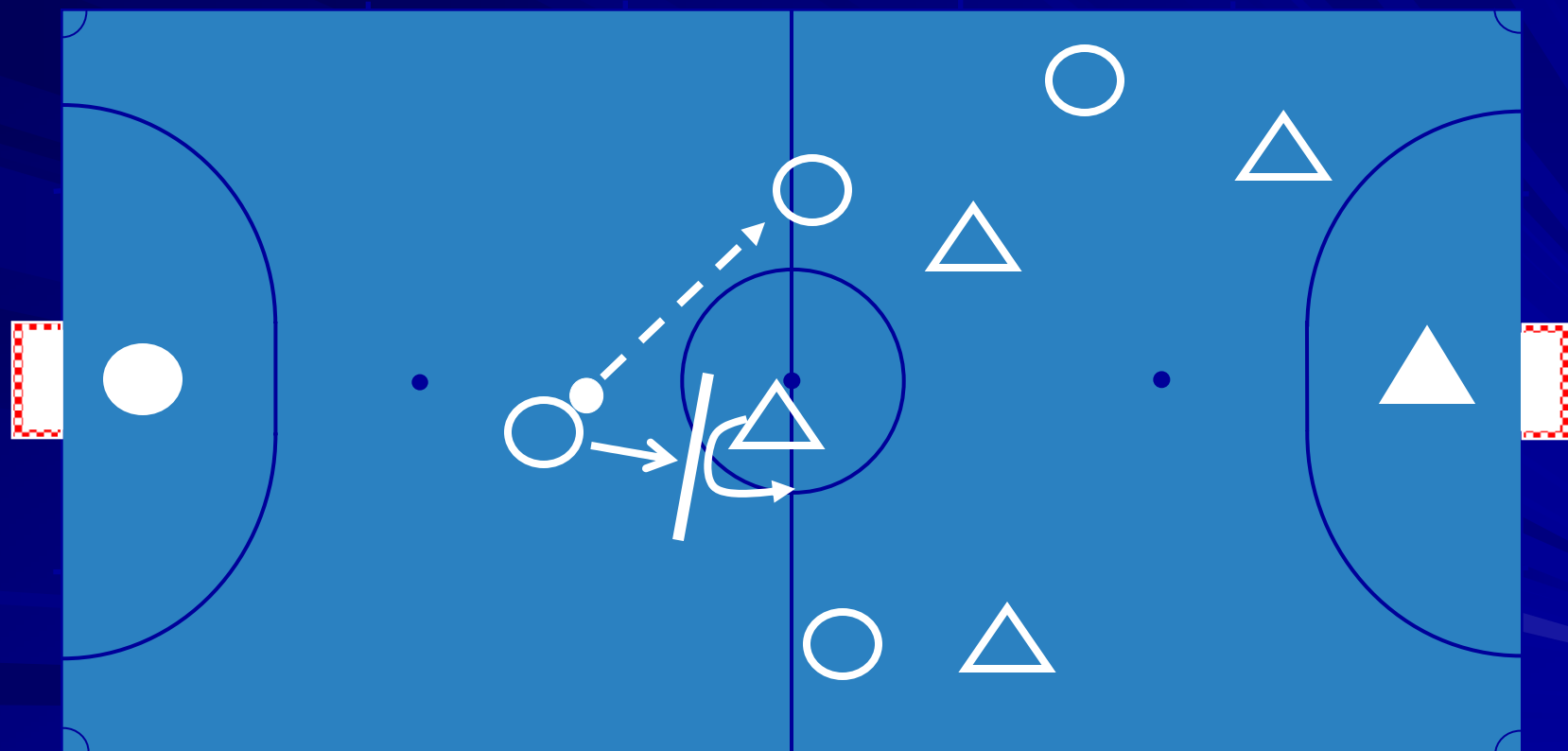
Bloqueo directo



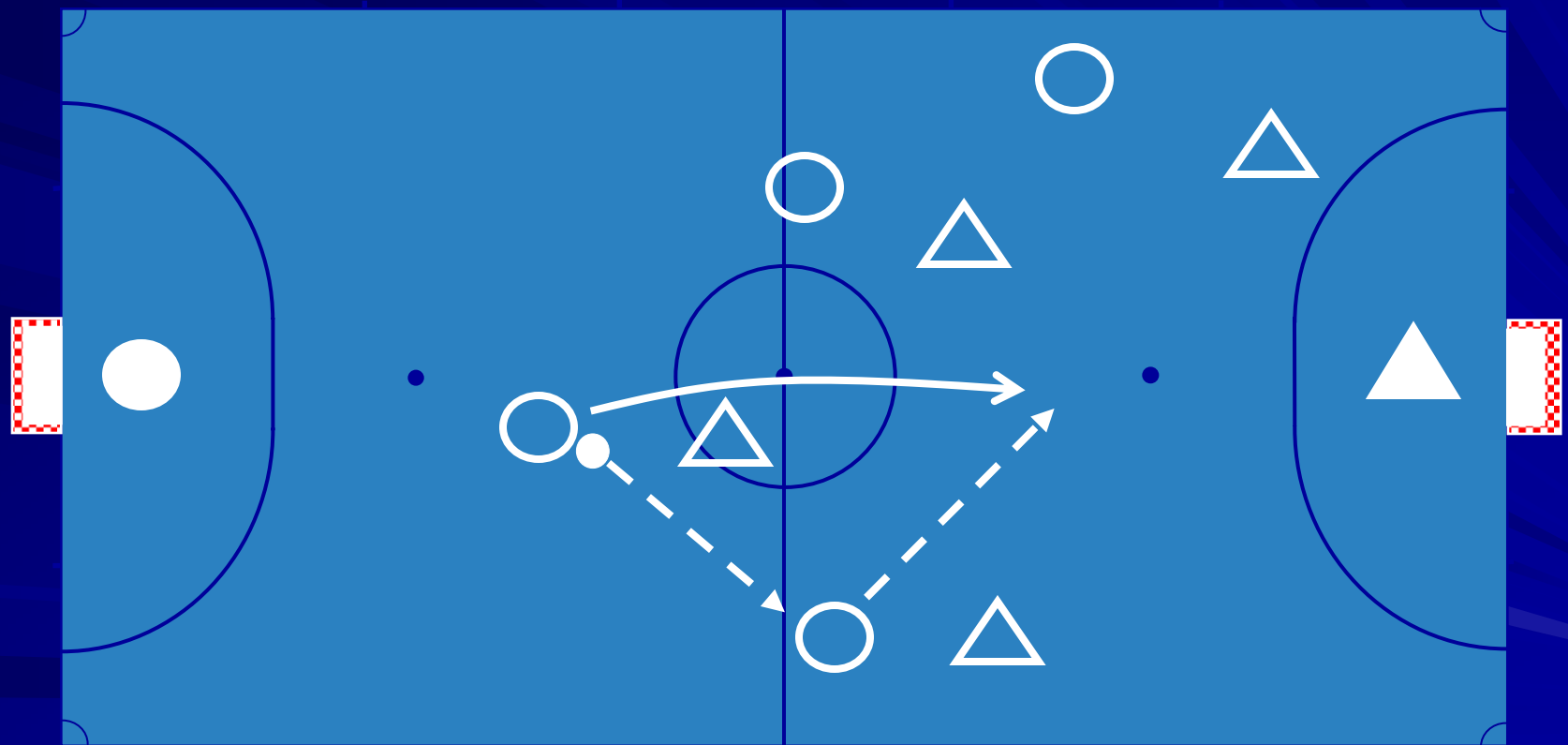
Bloqueio indirecto



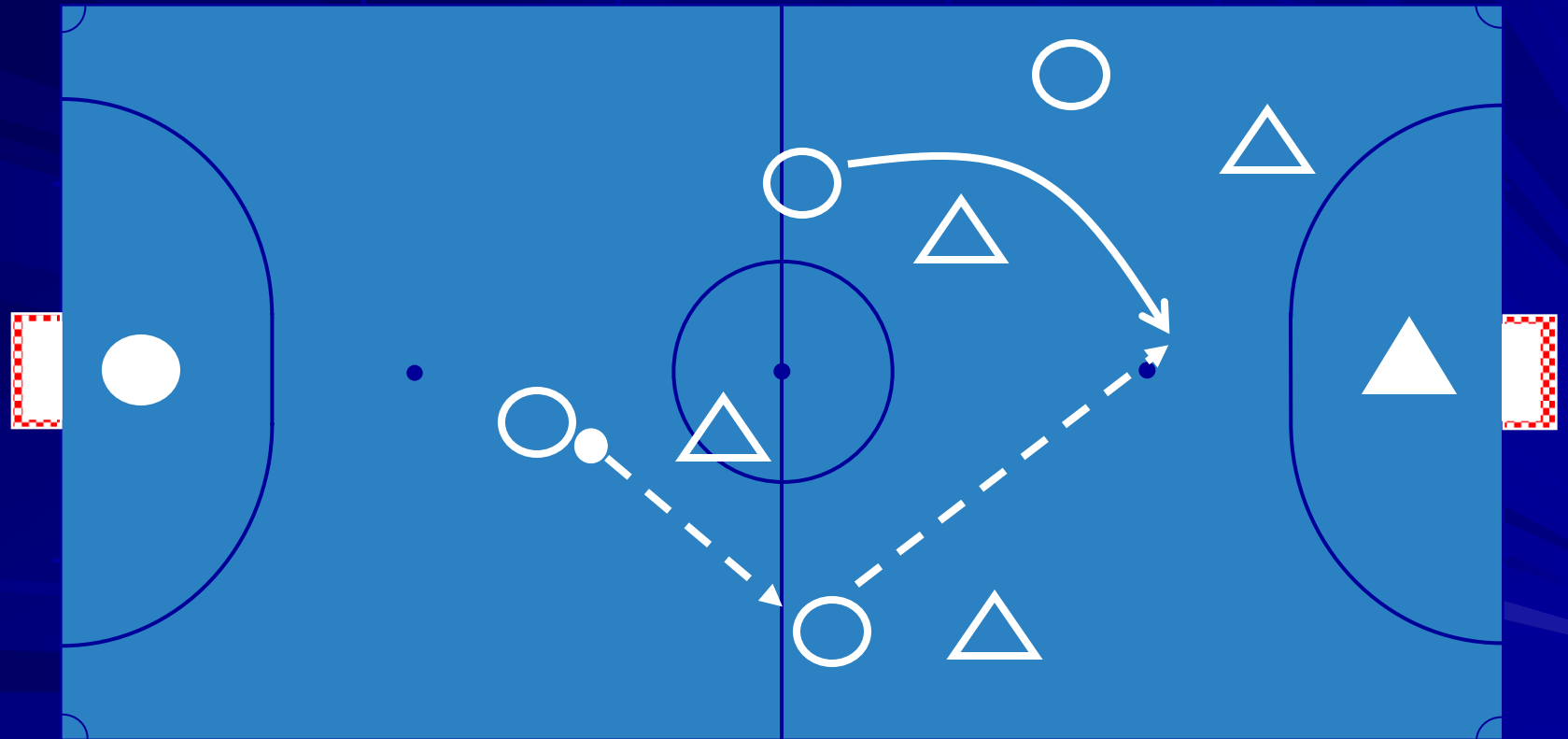
Bloqueio defensivo



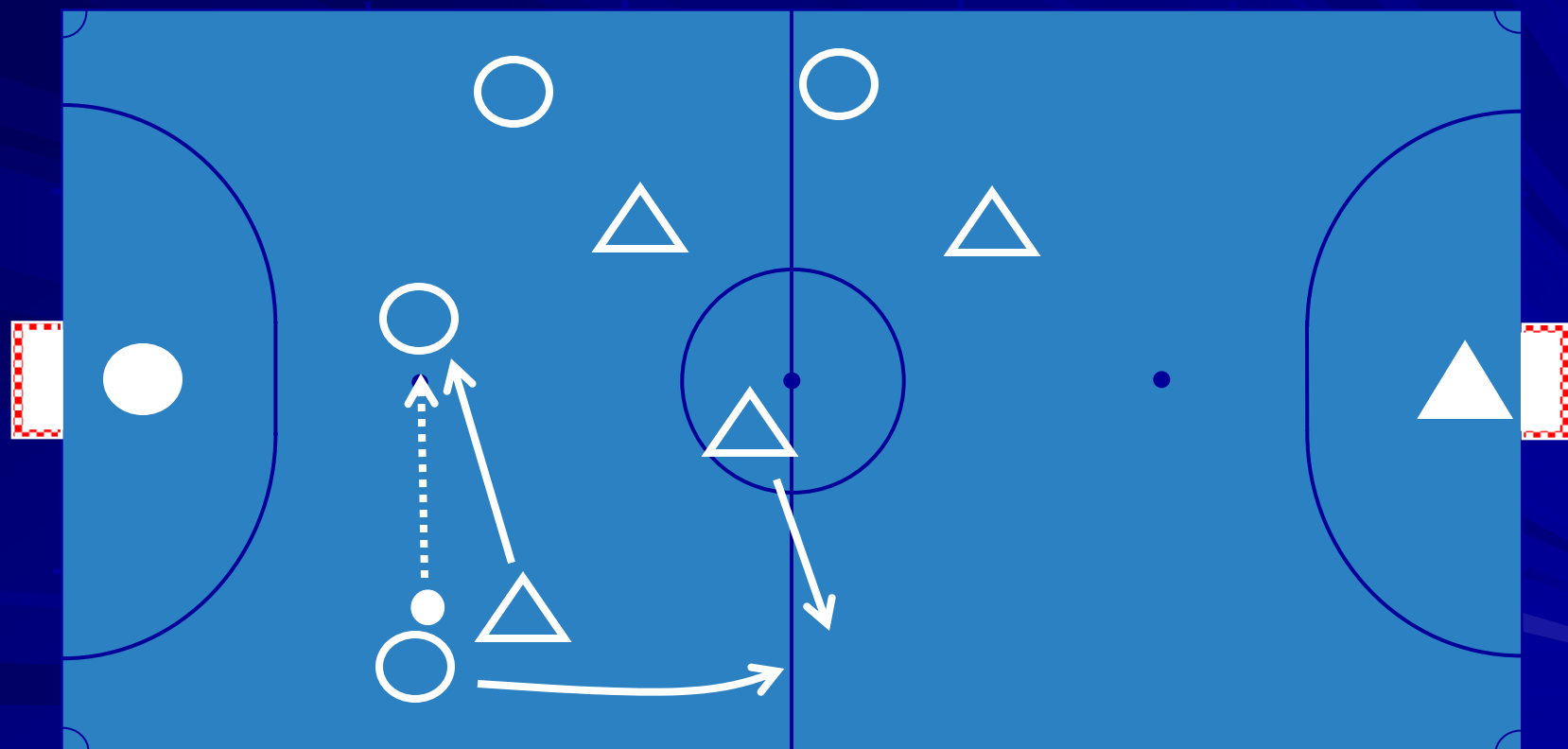
Combinação directa 1-2



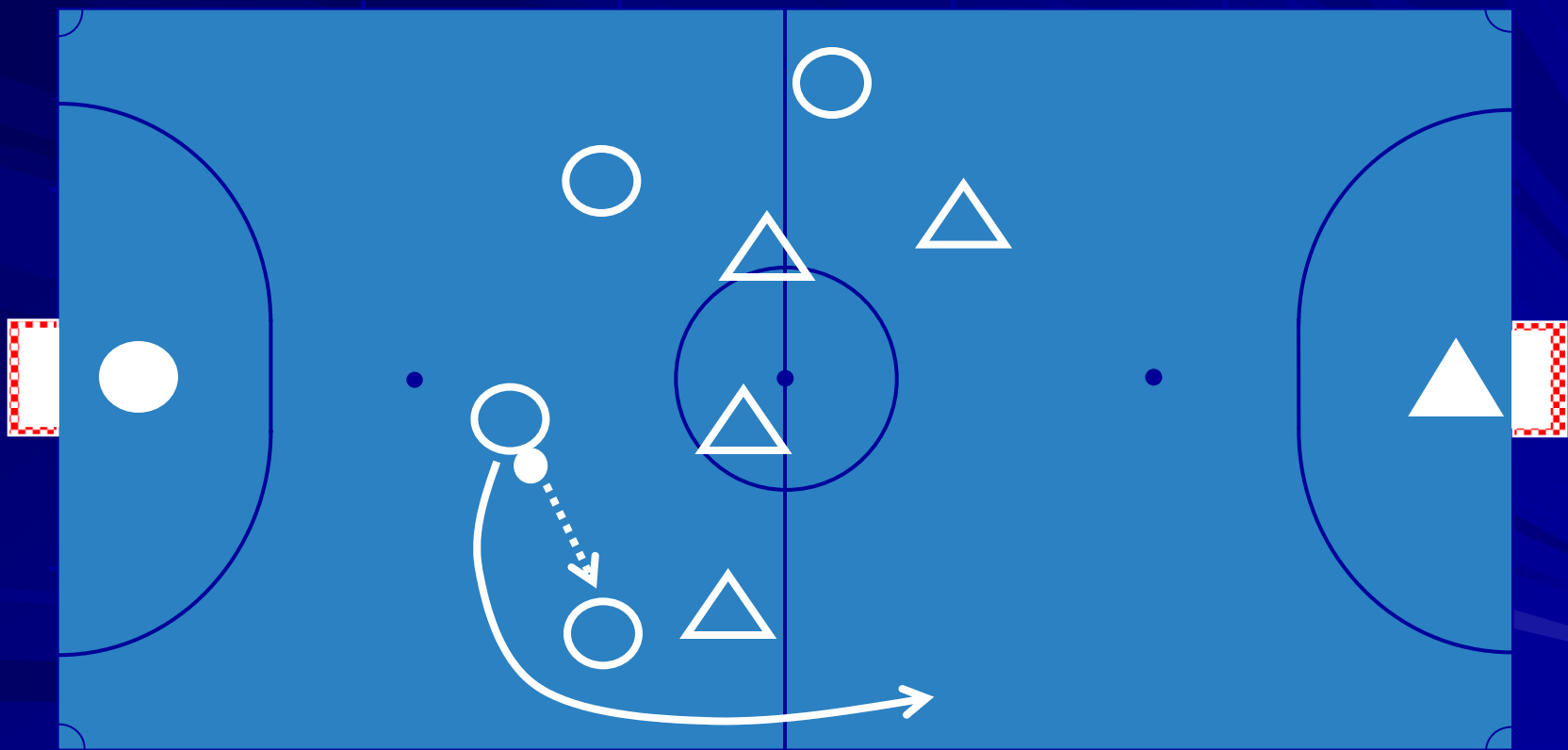
Combinação indirecta



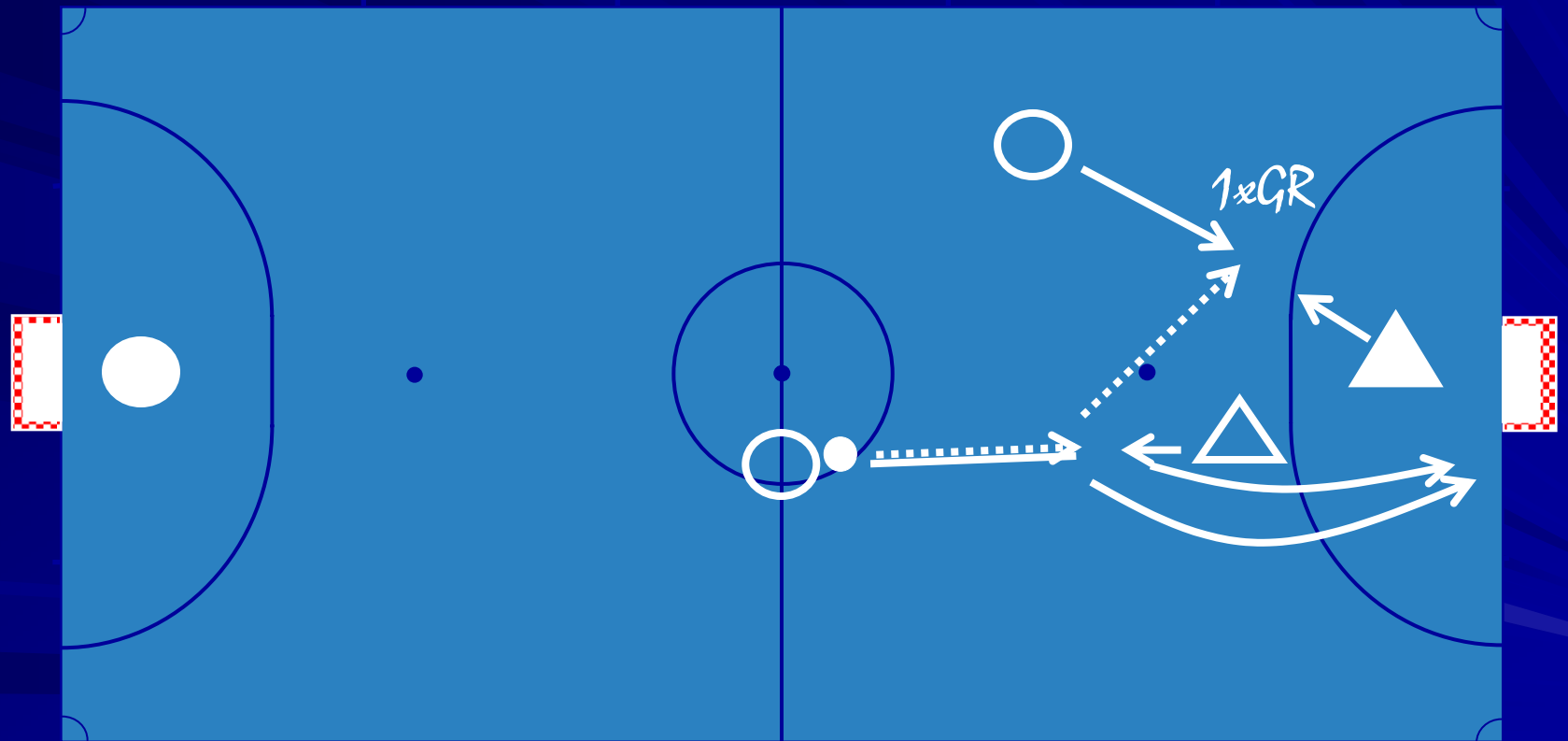
Permuta defensiva



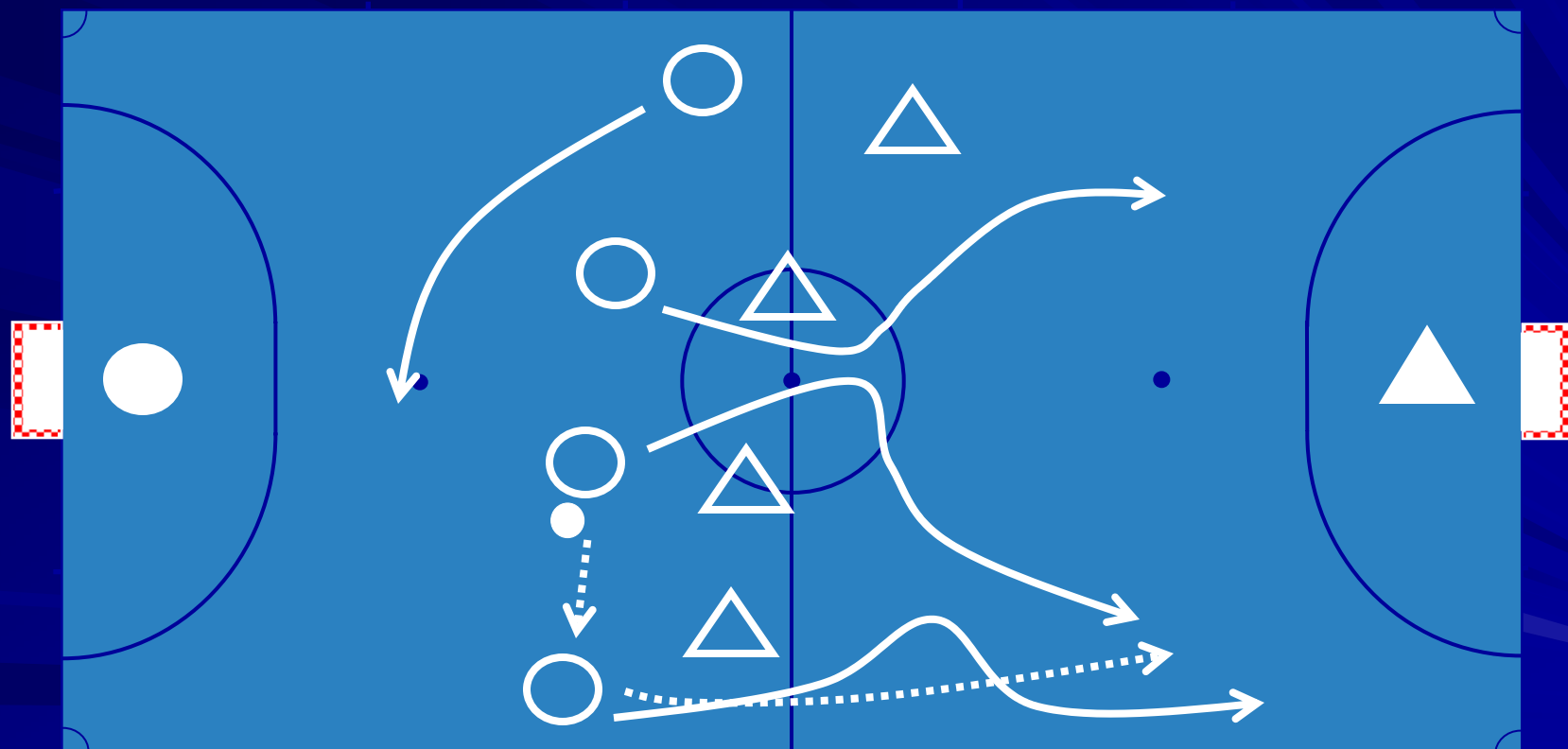
Sobreposição



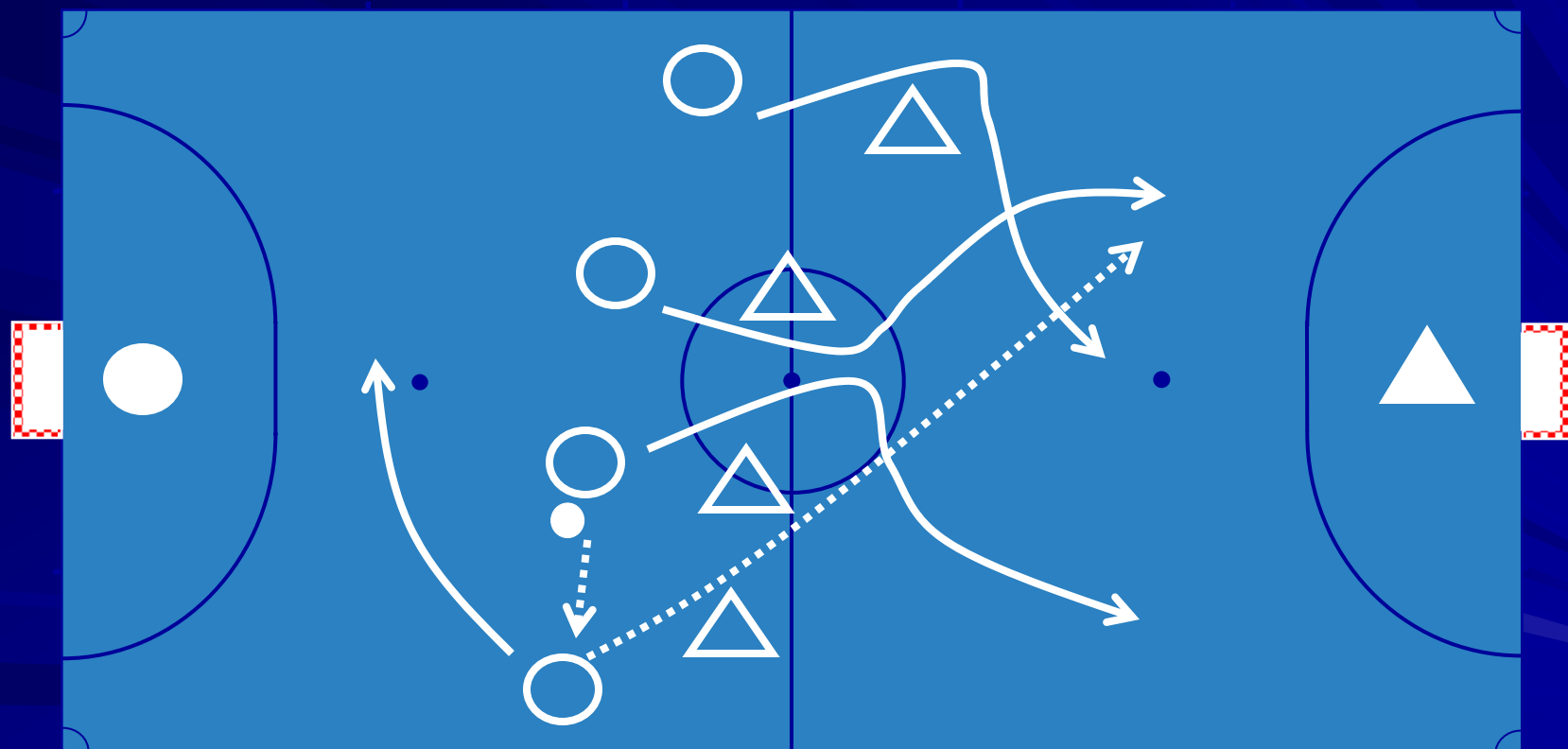
2x1+GR



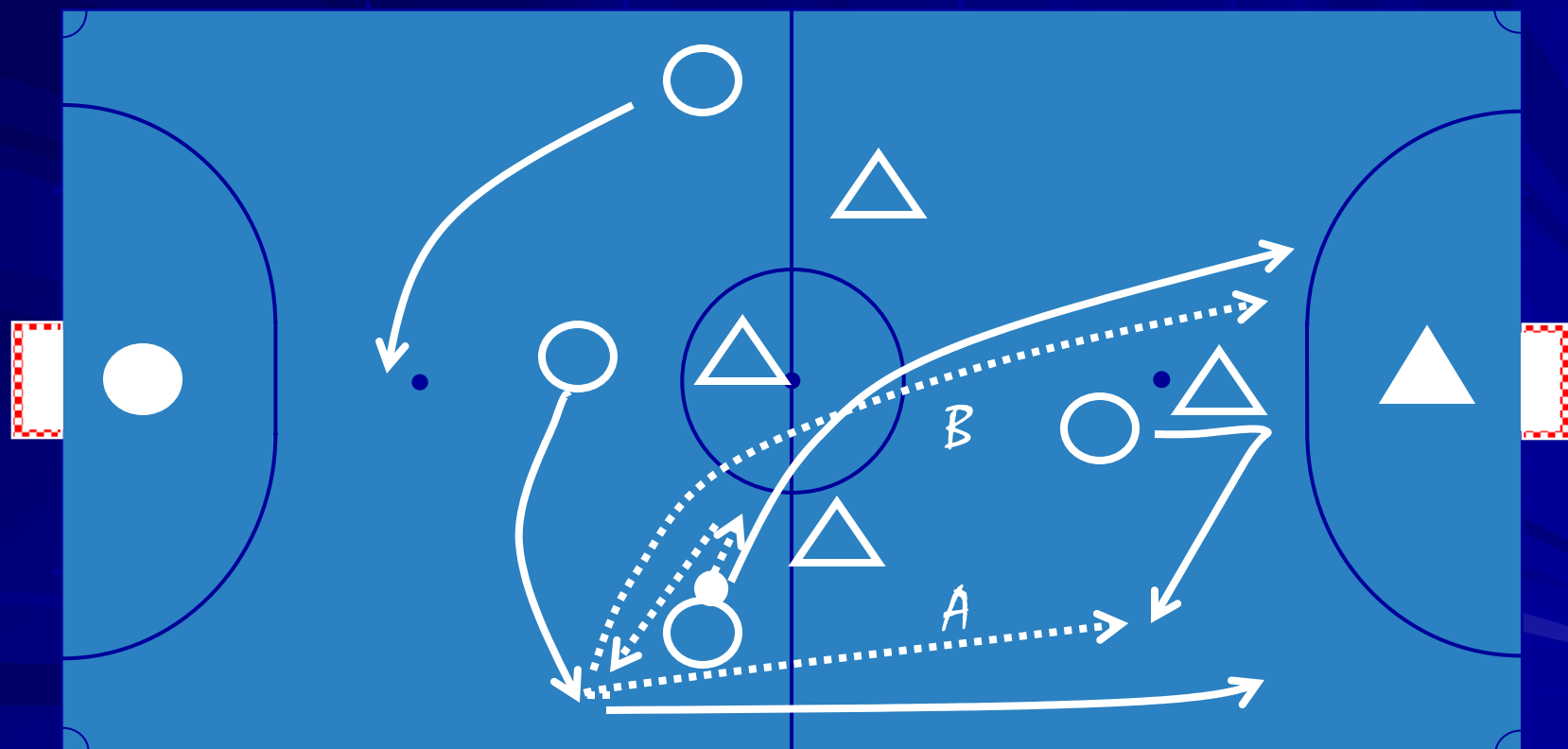
Jogada 4 (Dupla-paralela)



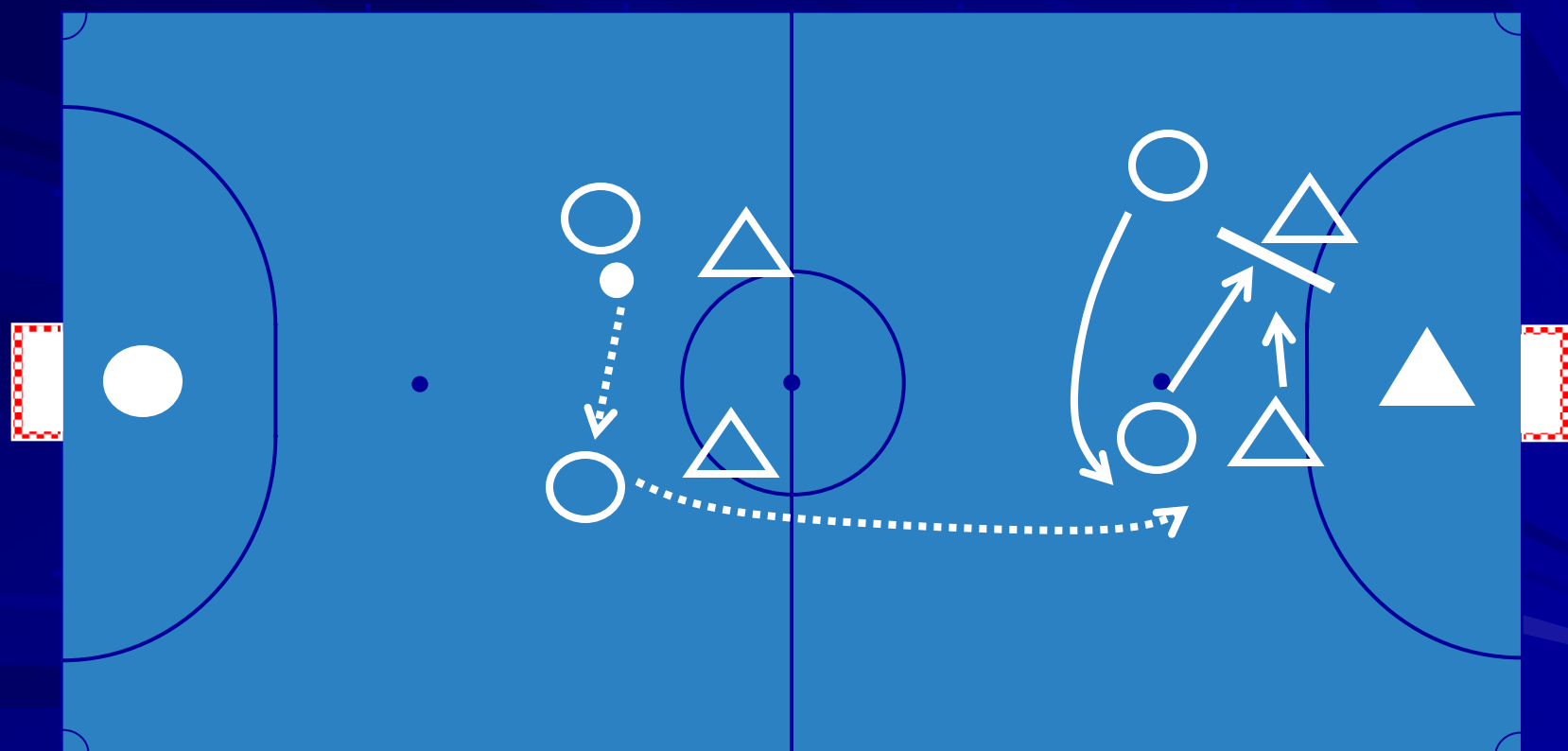
Jogada 4 (Dupla-diagonal)



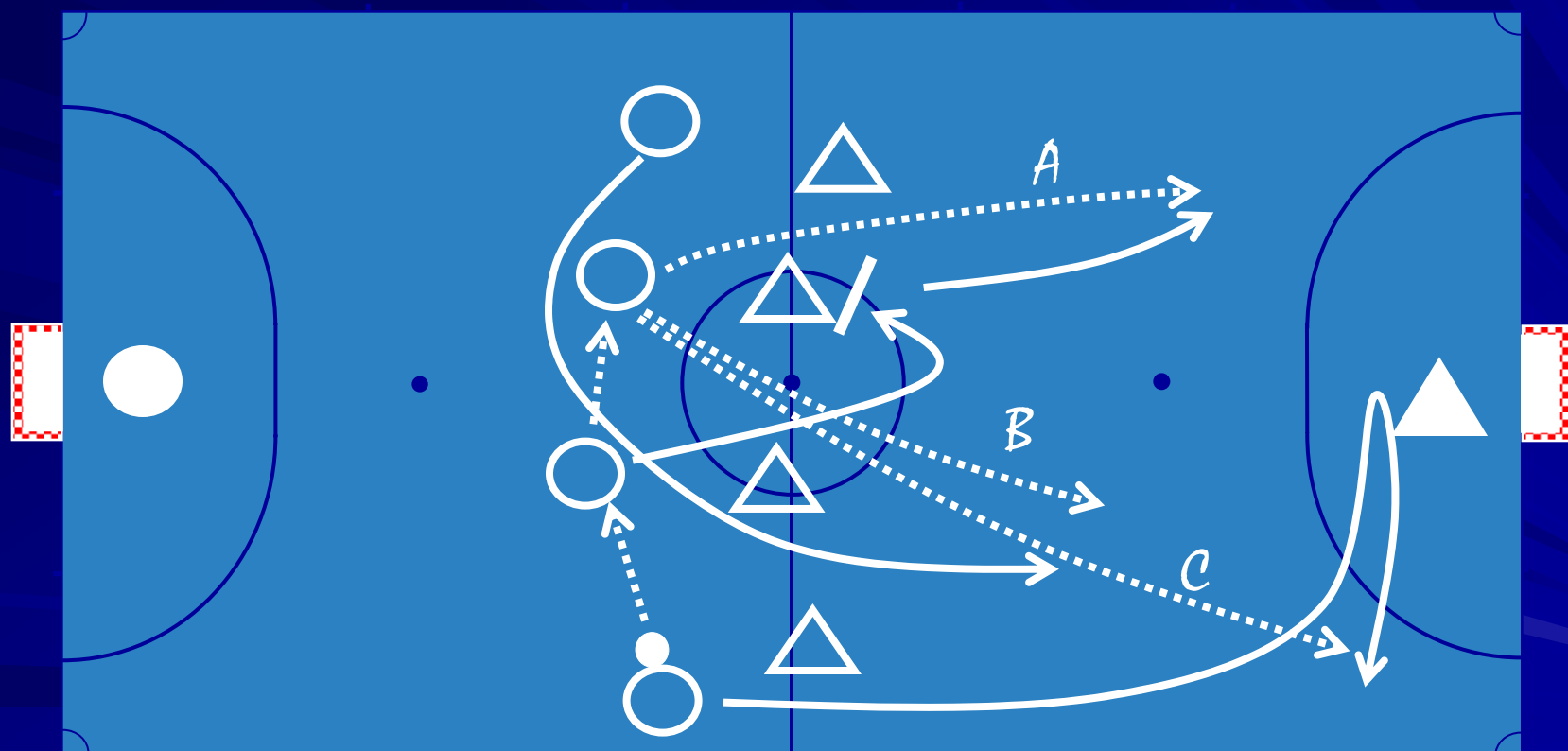
Jogada 6 (Sobreposição ala)



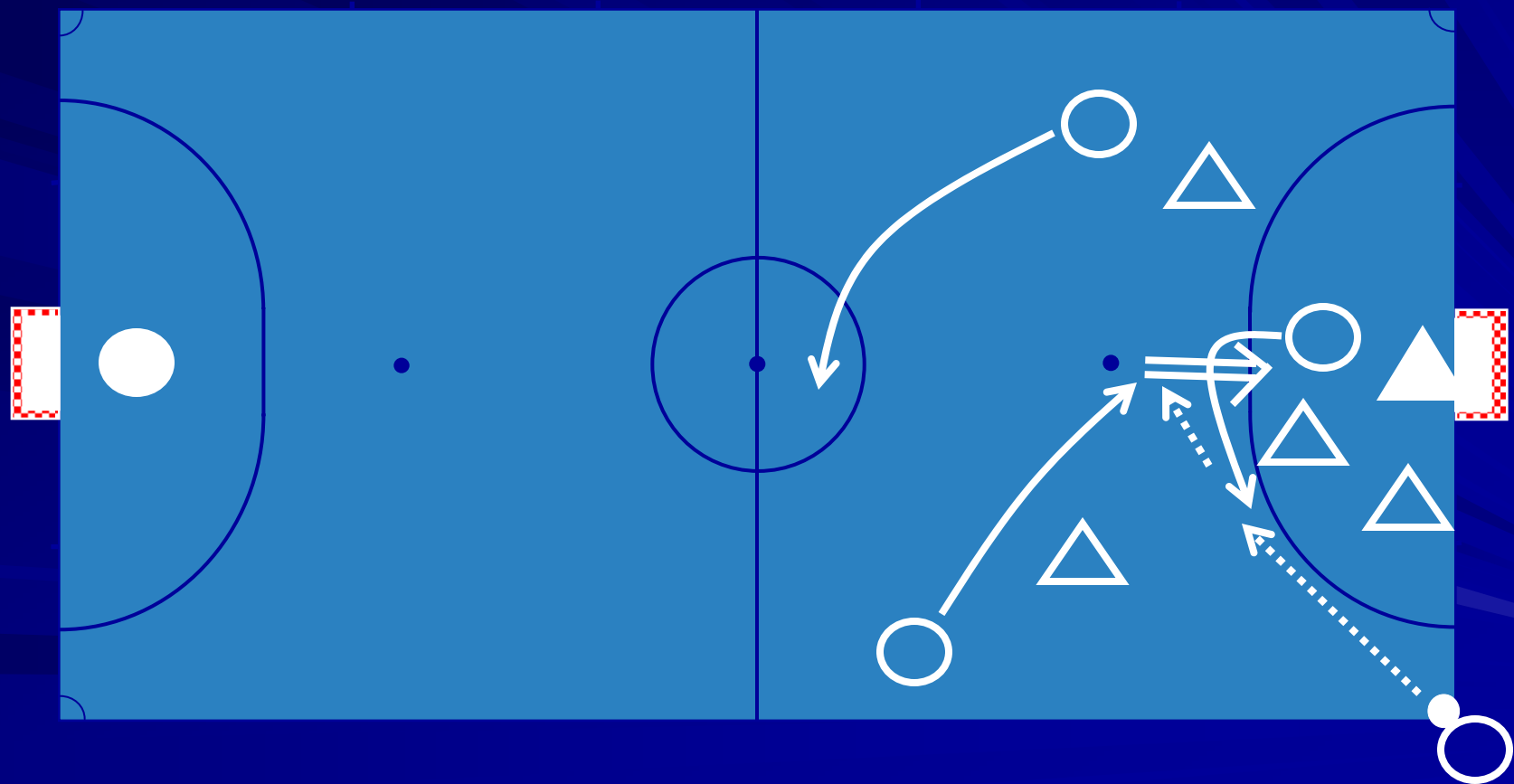
Jogada 7 (Dois Pivôs)



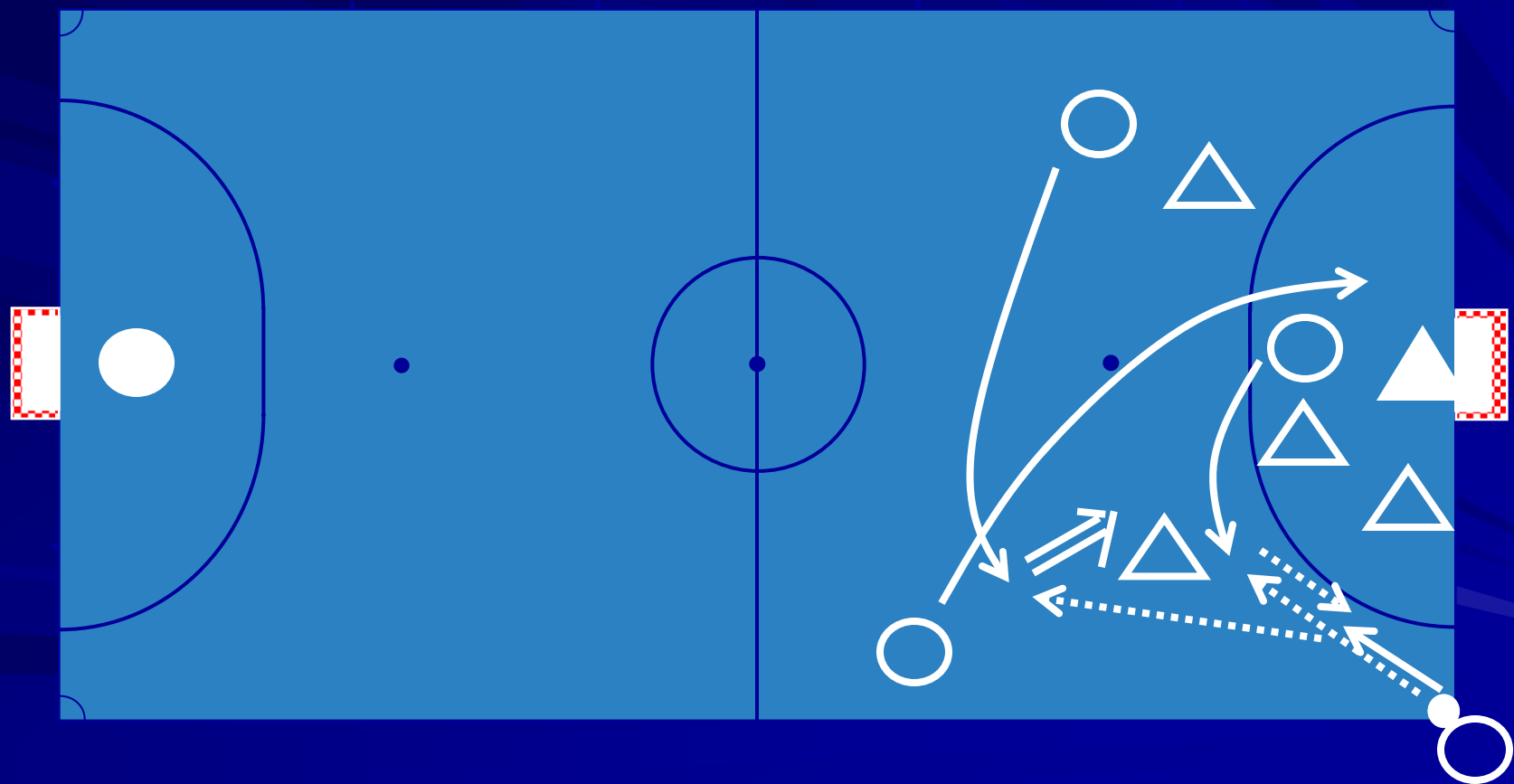
Jogada 11 (Ciega 11)



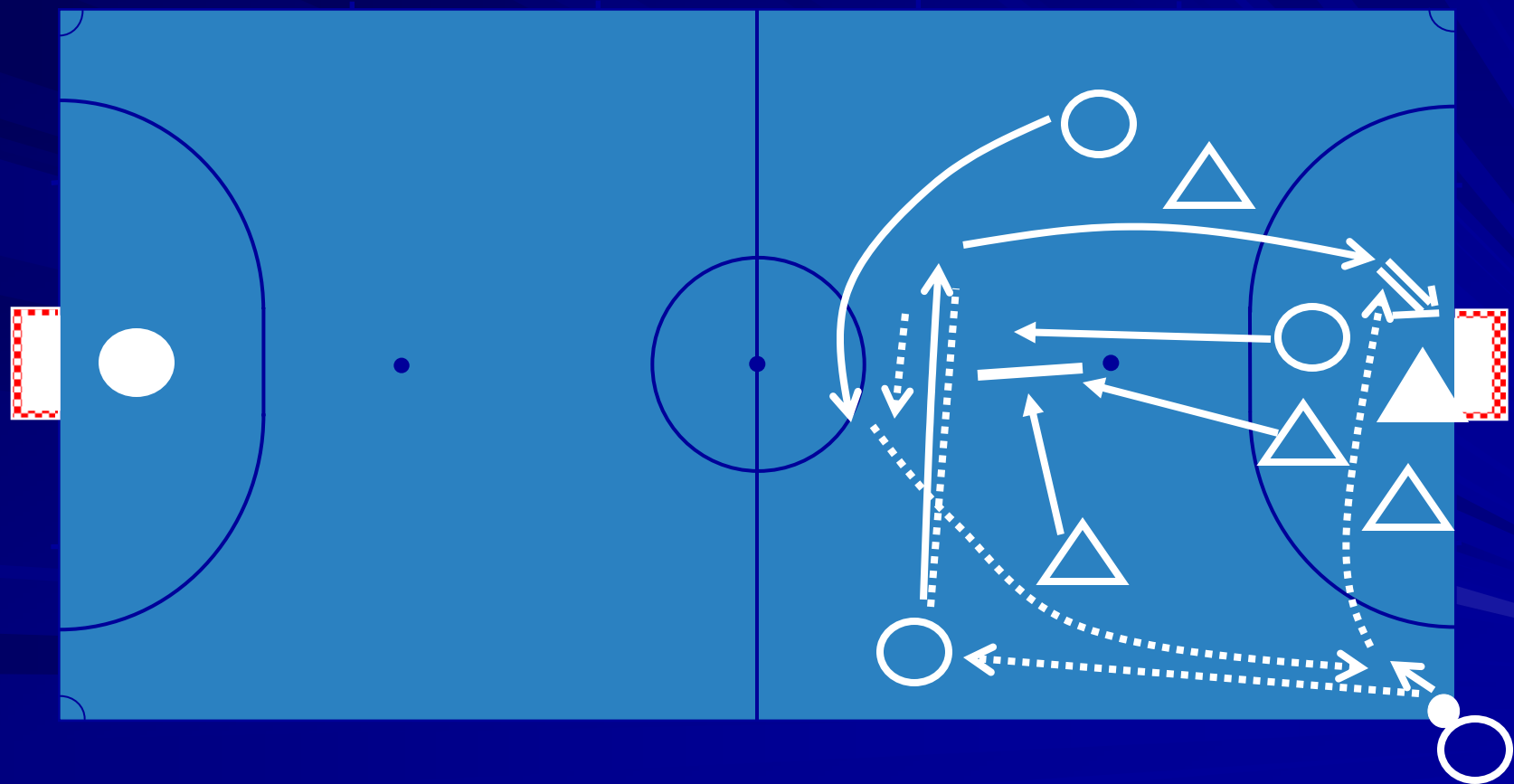
Canto 1 (Pisar a bola)



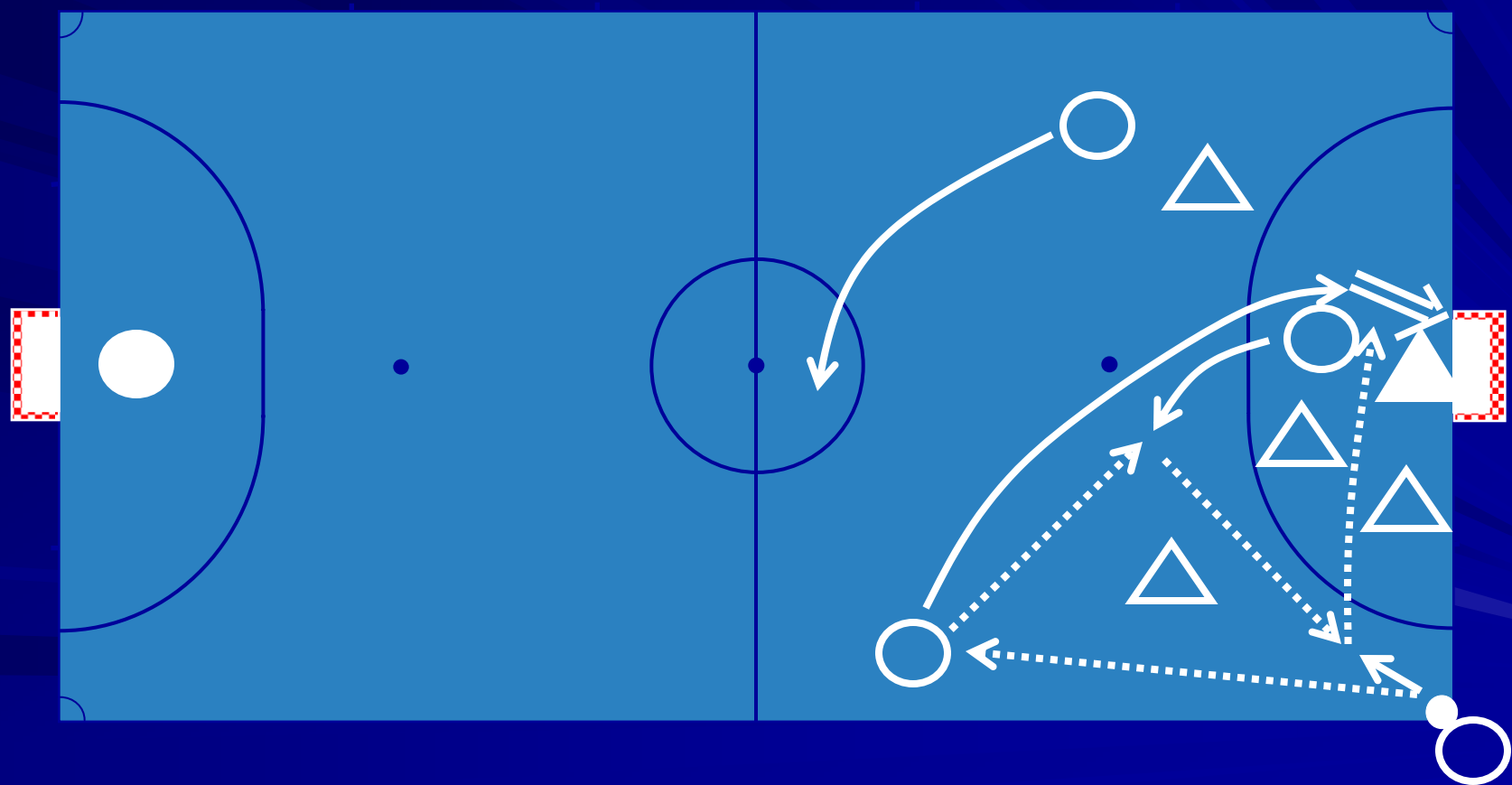
Canto 2 (Ala / Pivô)-B



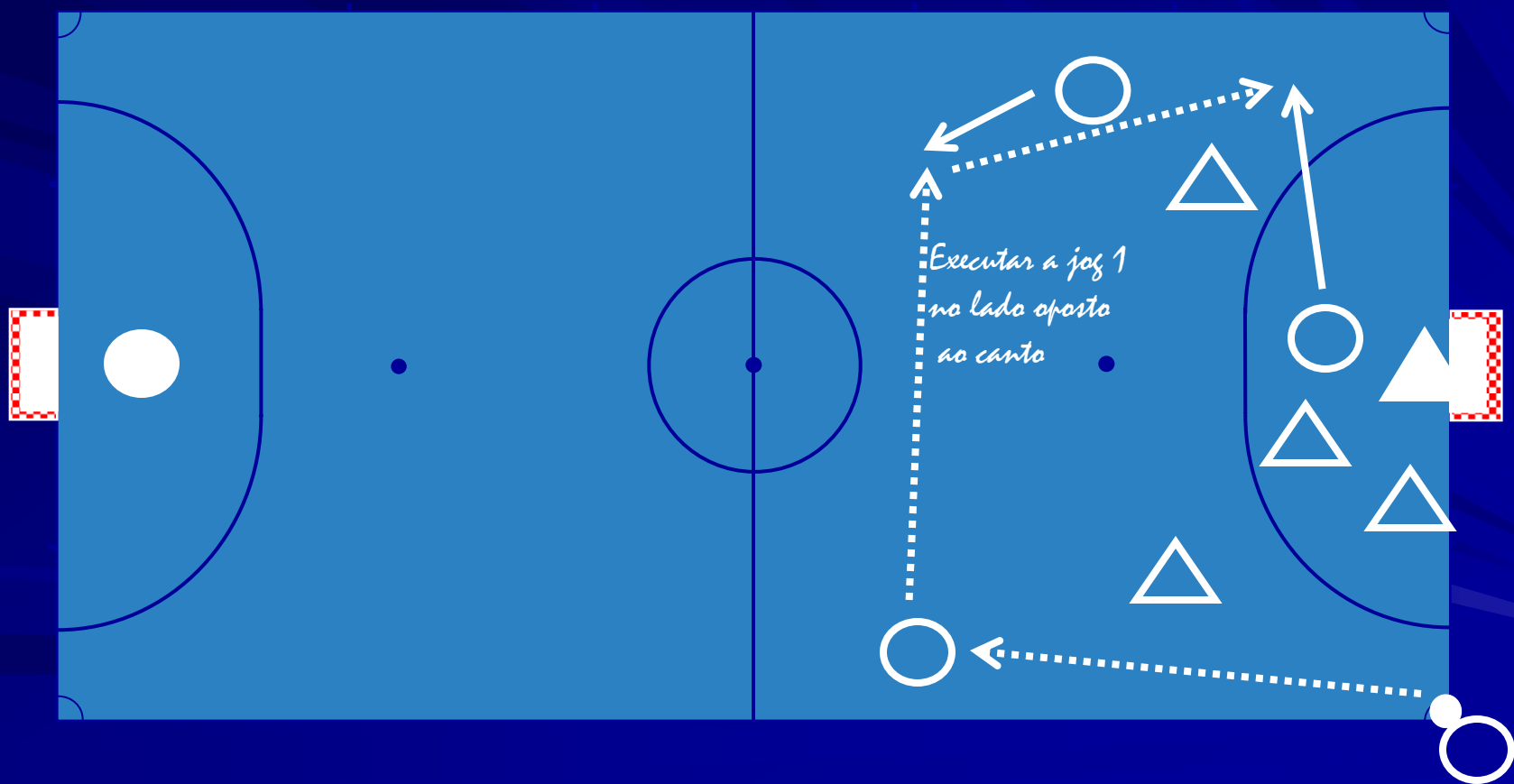
Canta 3 (Sobreposição)



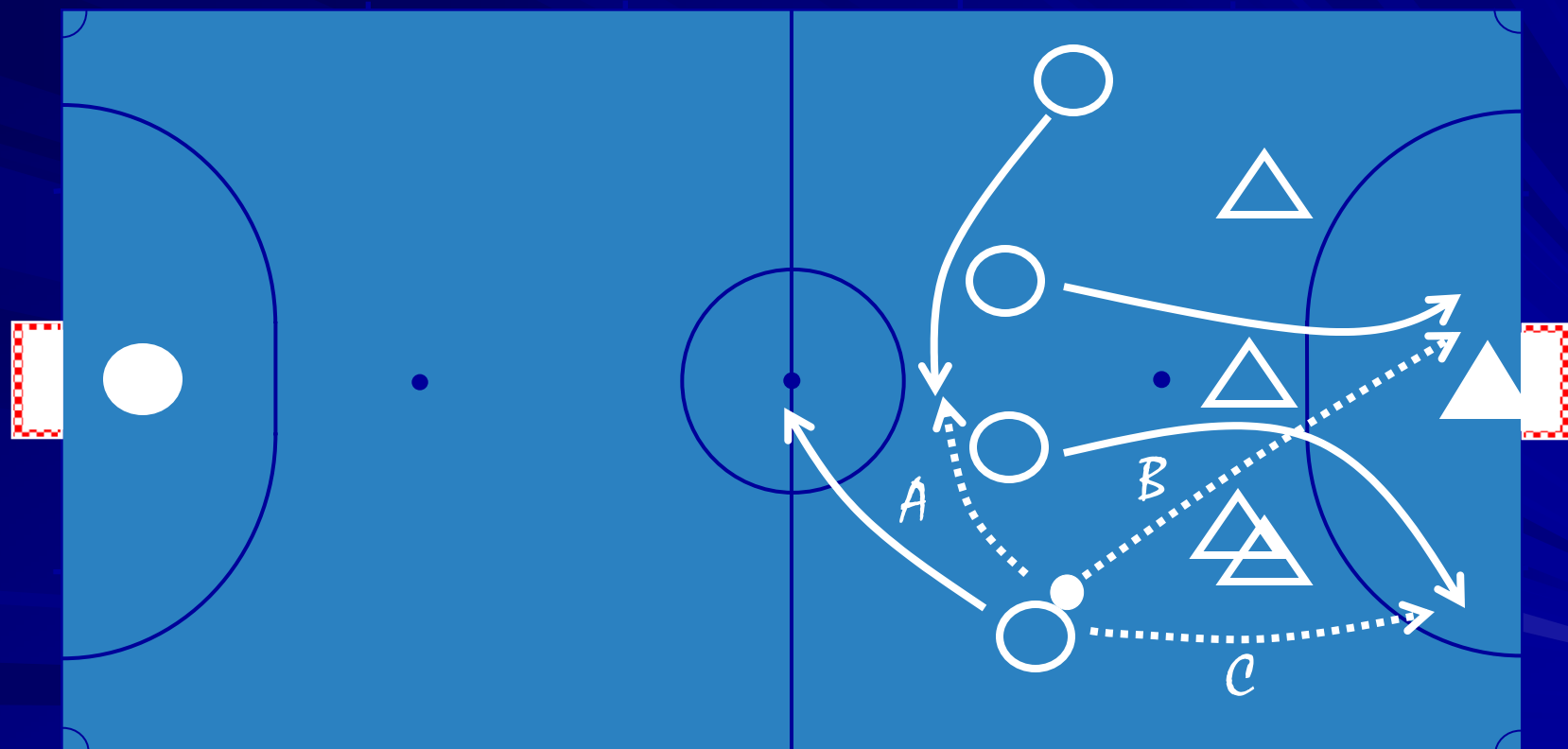
Canto 4 (Pivô)



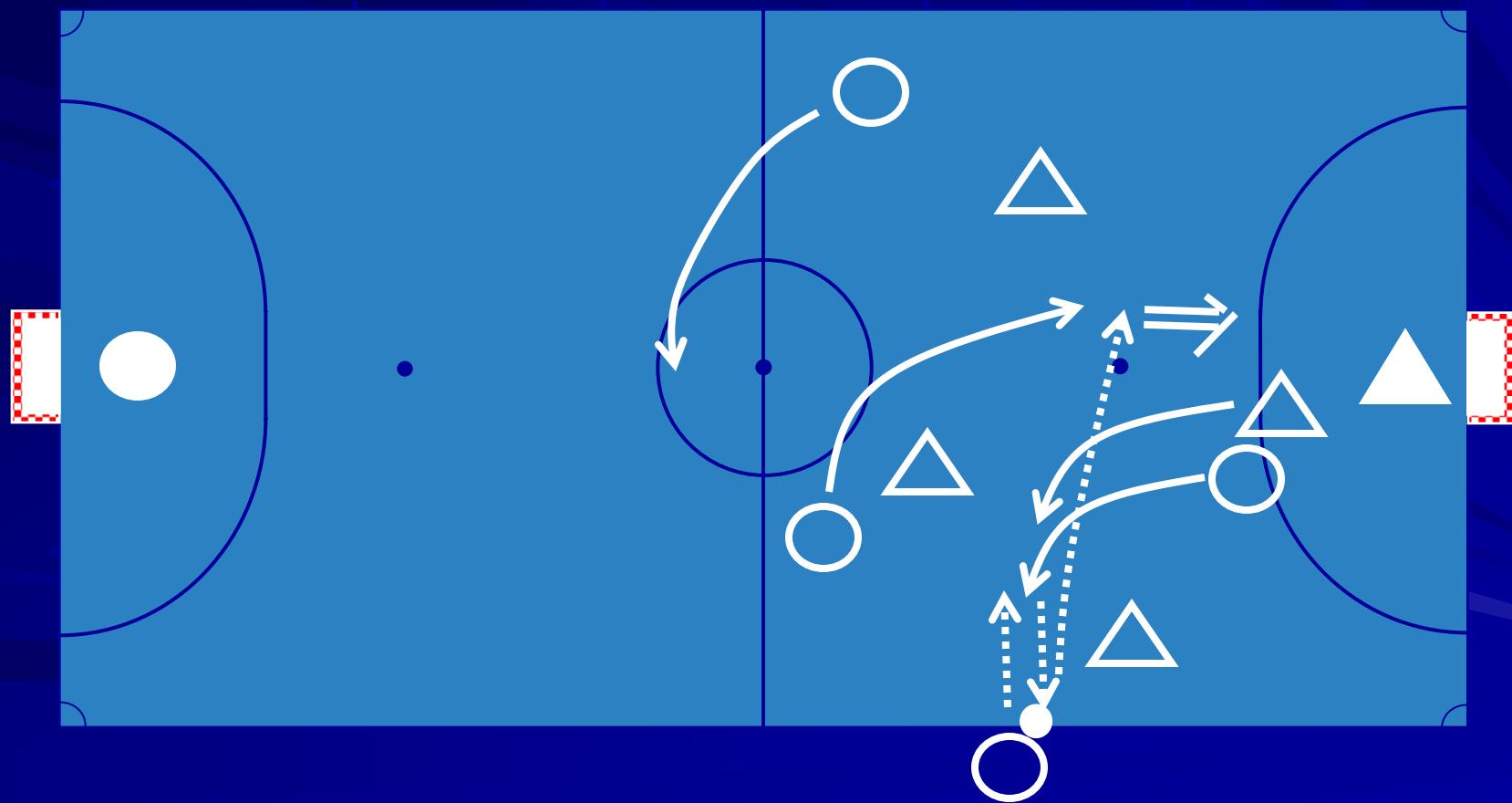
Canto 5 (Jog 1)



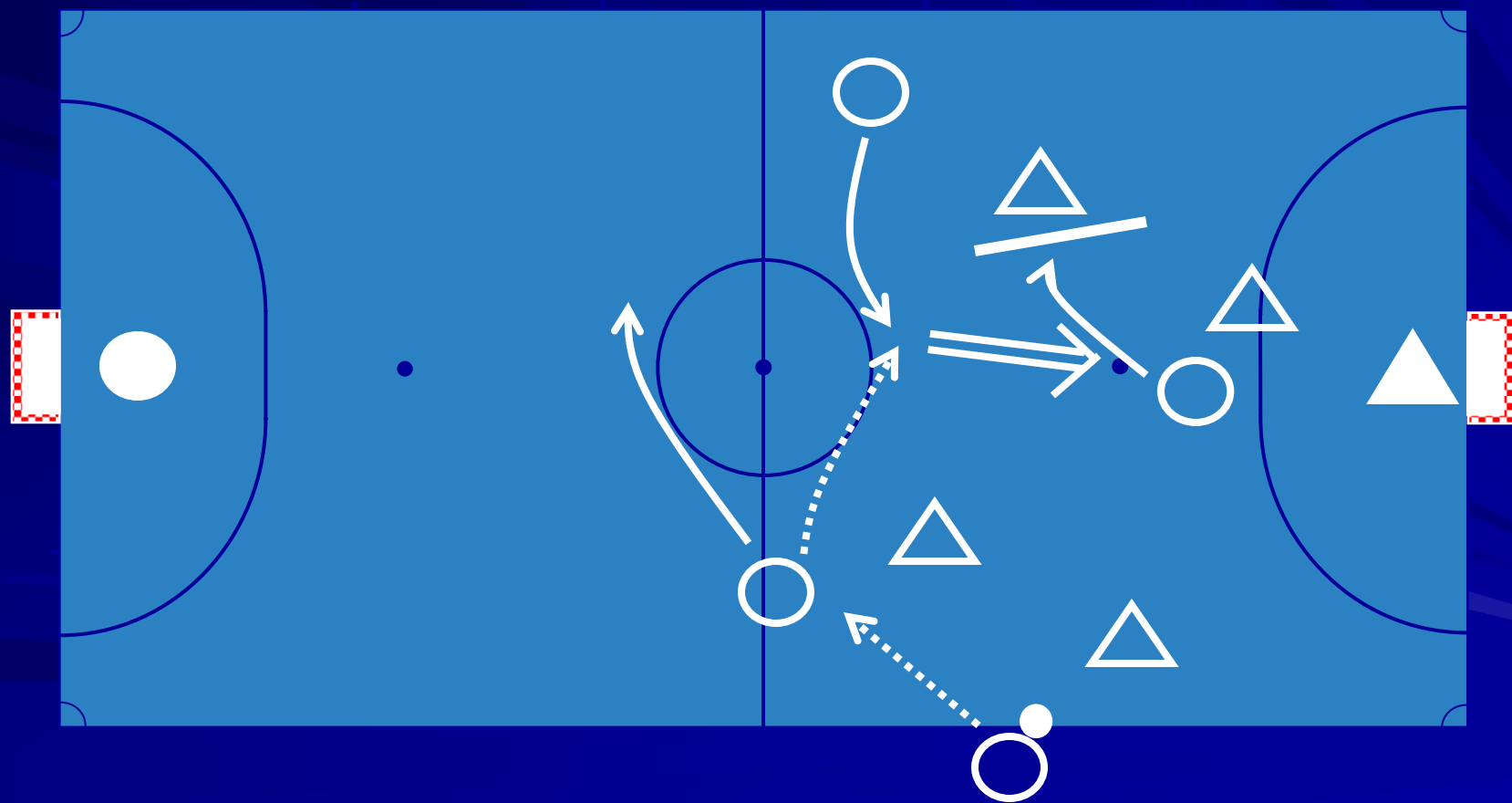
Livre 4 em linha



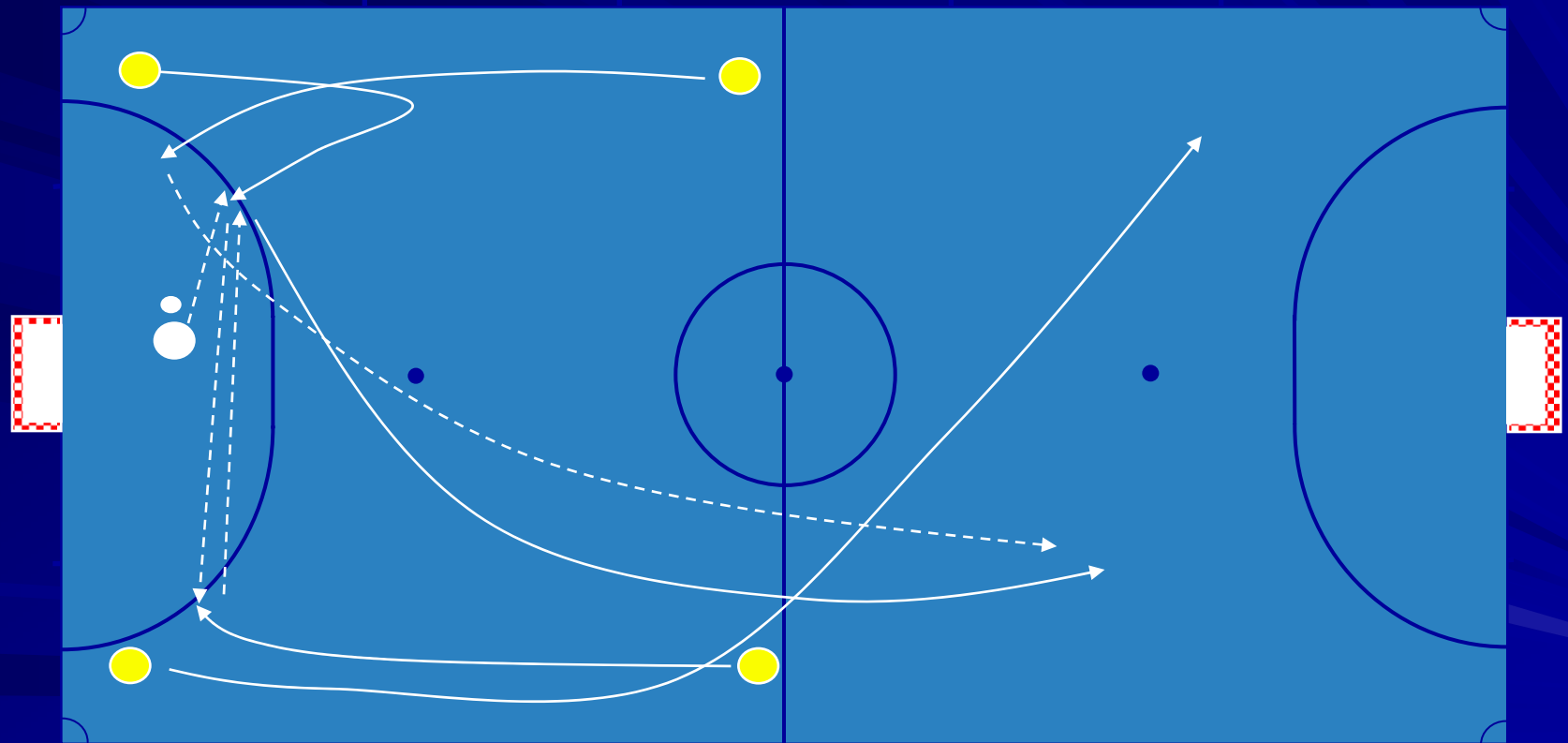
Reposição lateral 1



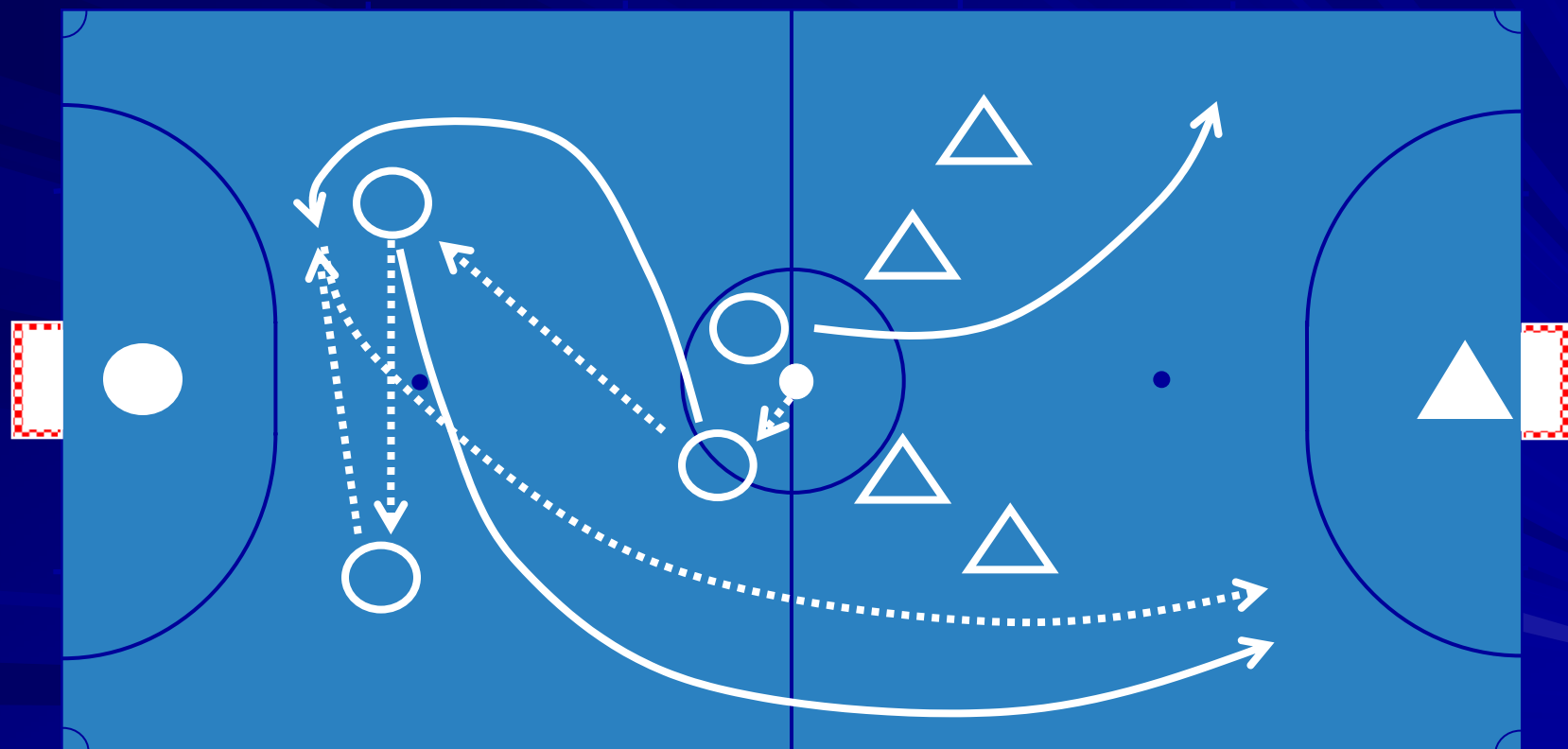
Reposição lateral 2



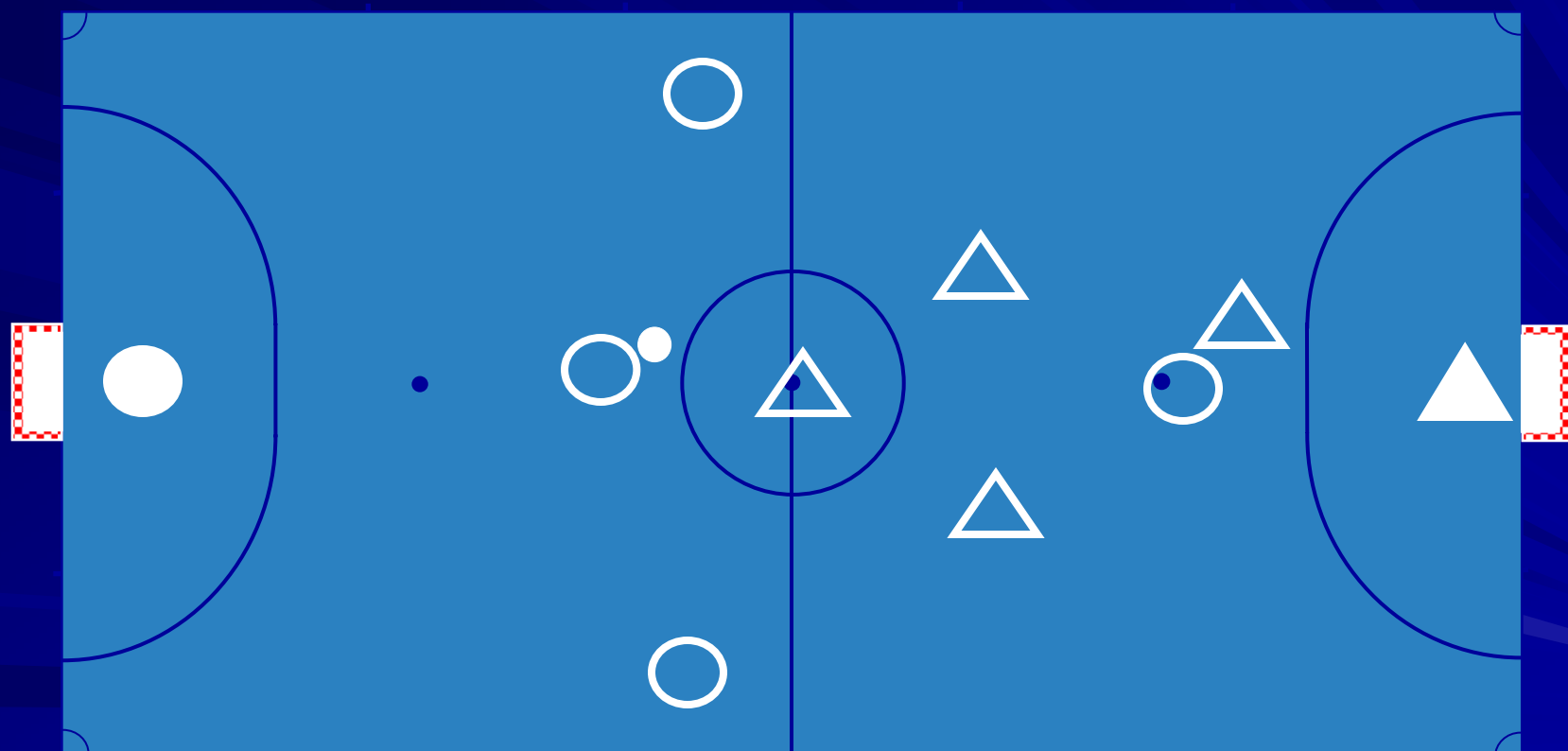
Saída de Pressão 3



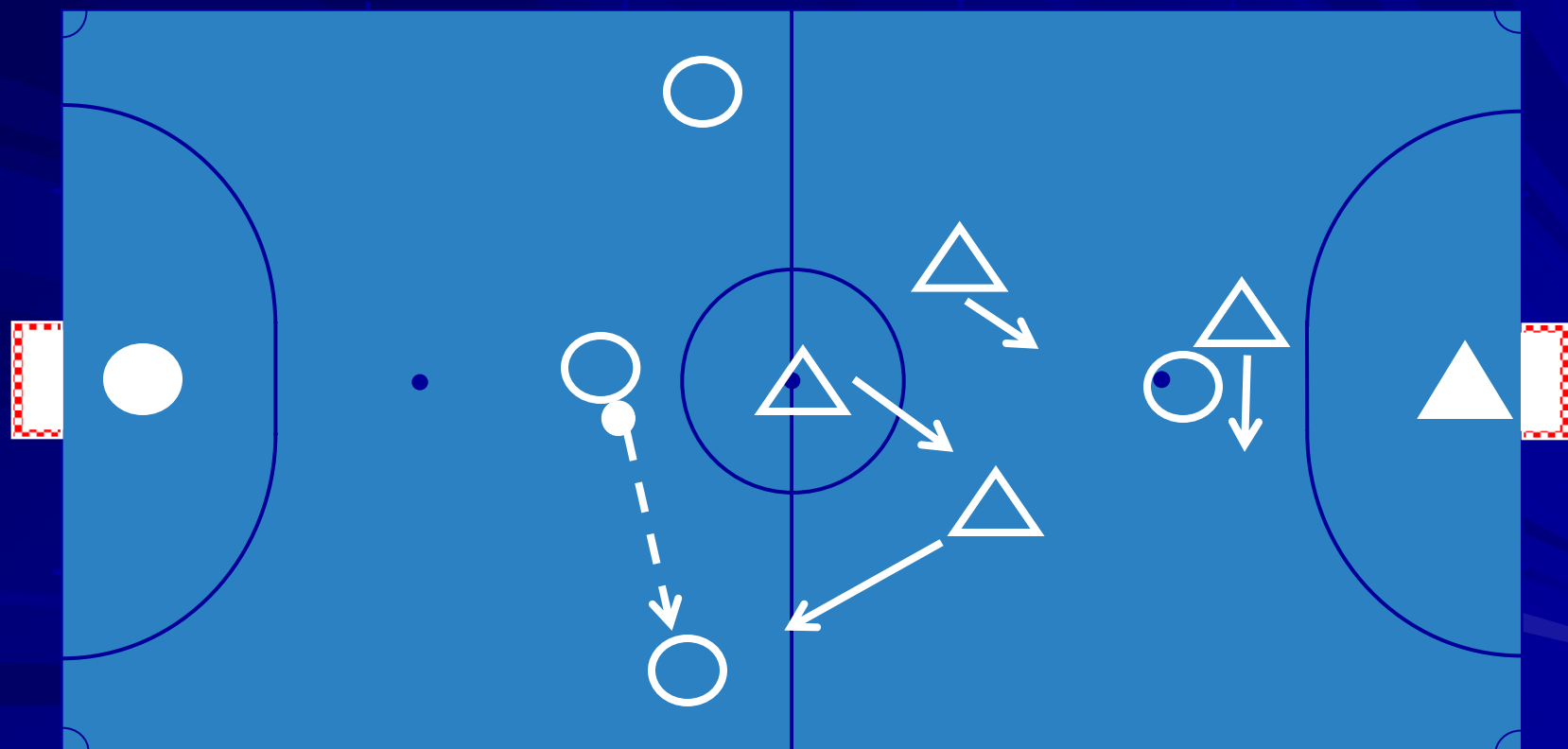
Bola de saída 1



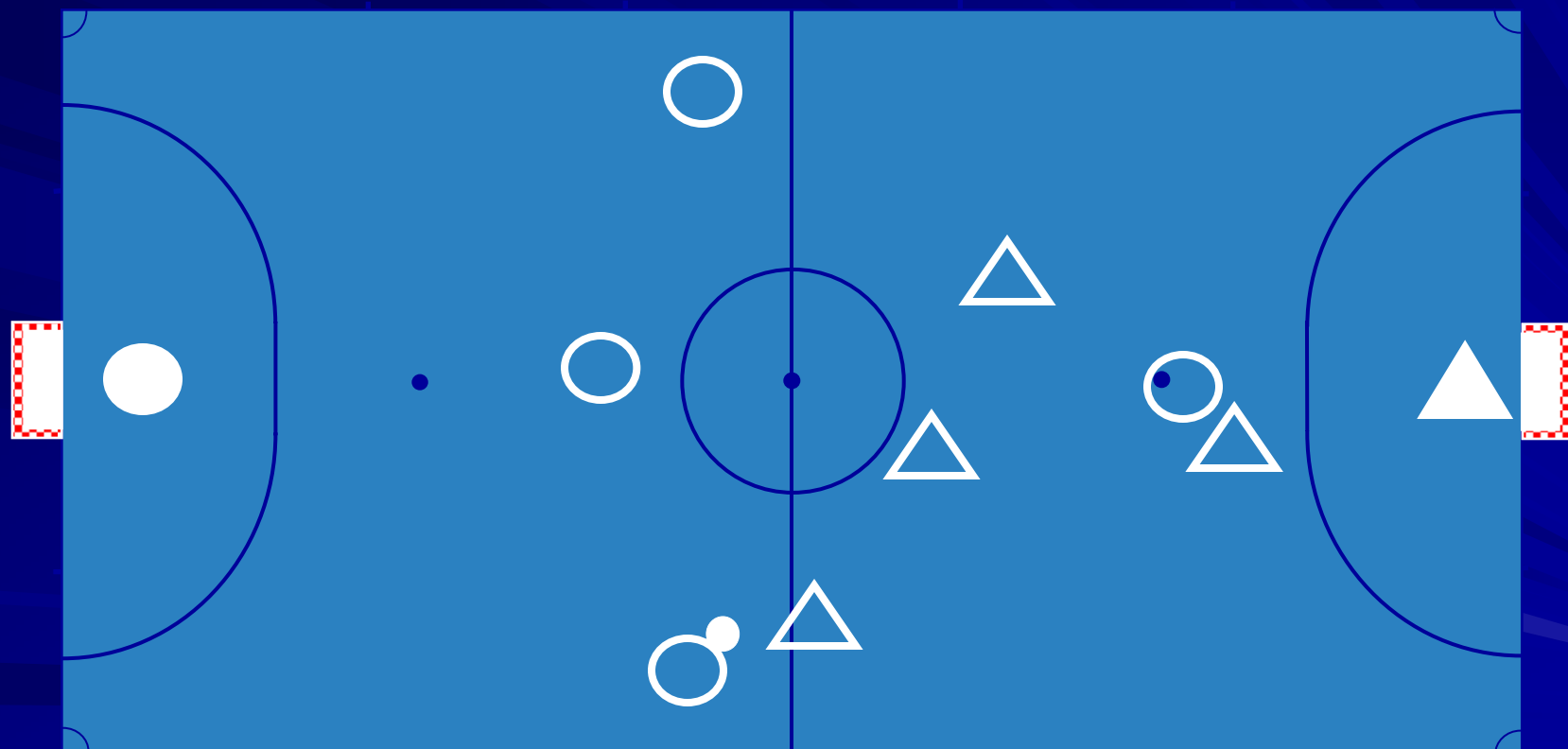
Defesa 3:1 (bola na meia)



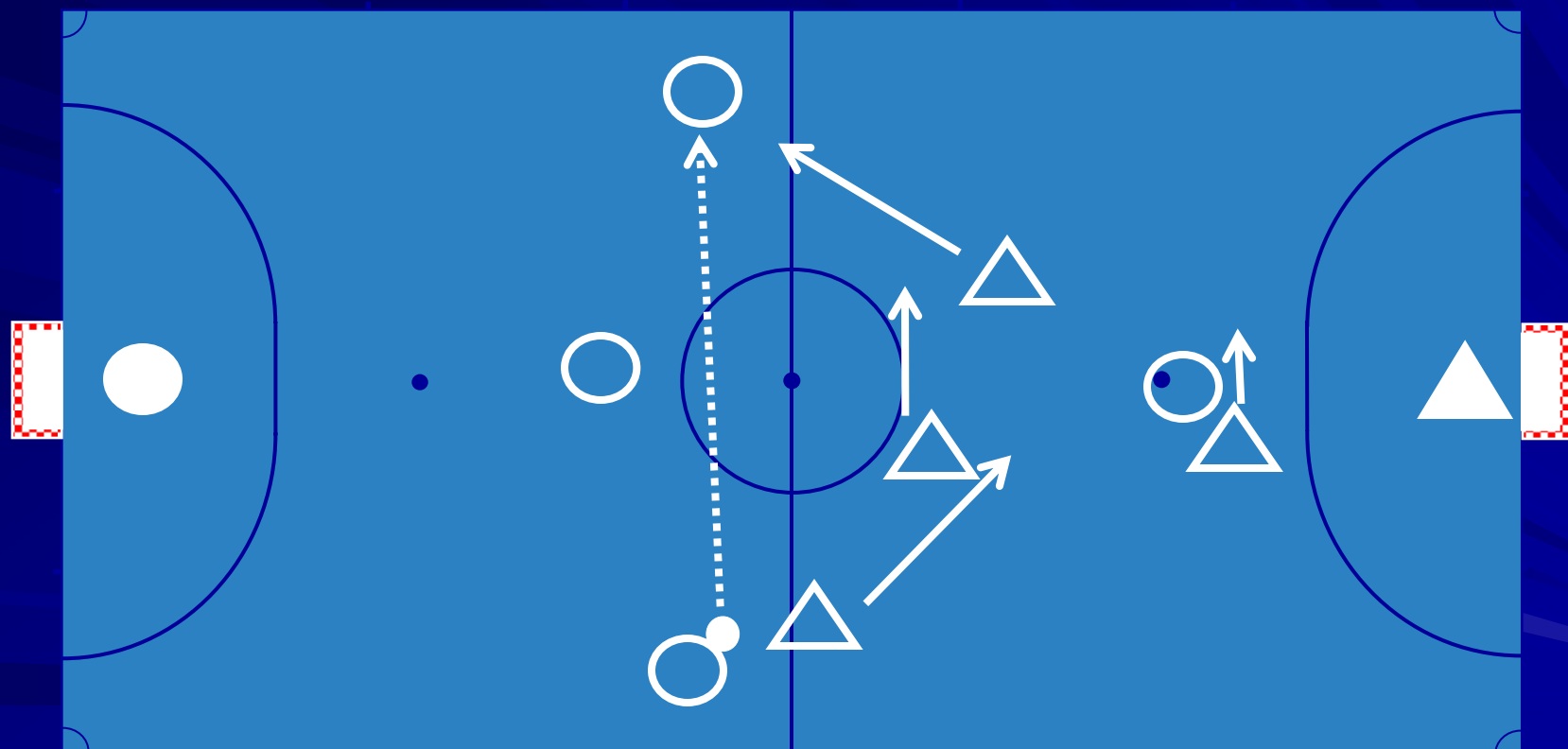
Defesa 3:1 (bola na meia)



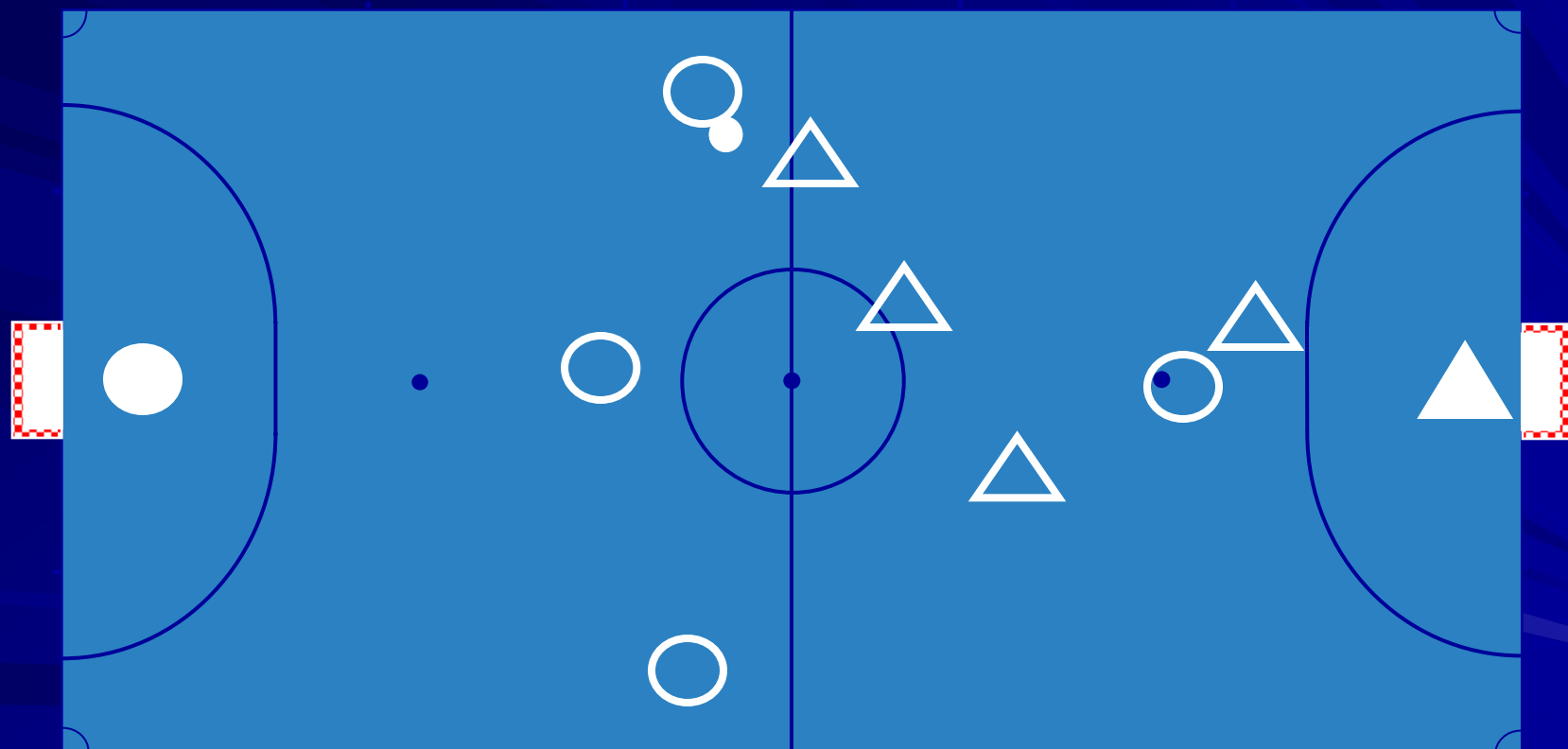
Defesa 3:1 (bola na ala dt.)



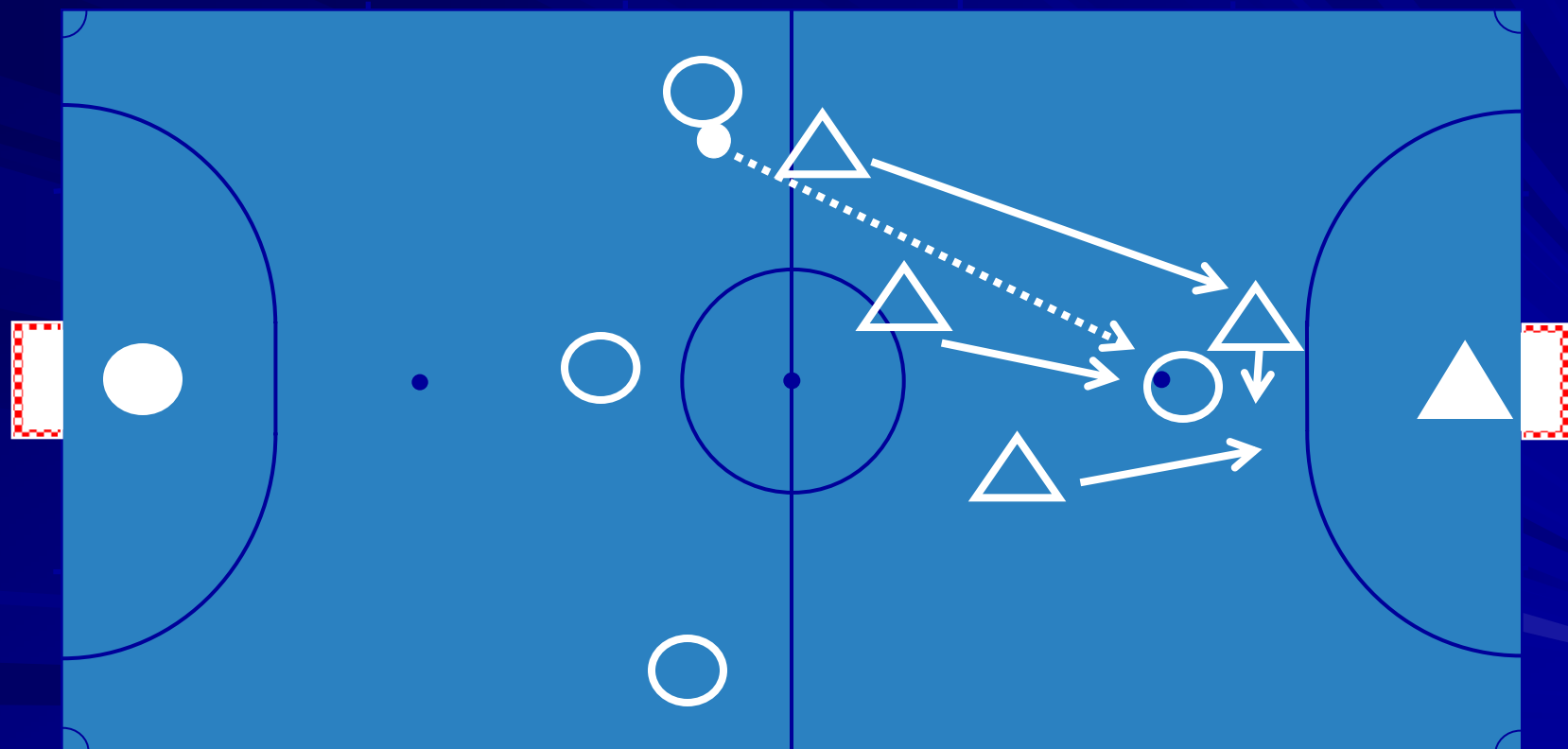
Defesa 3:1 (bola na ala dt.)



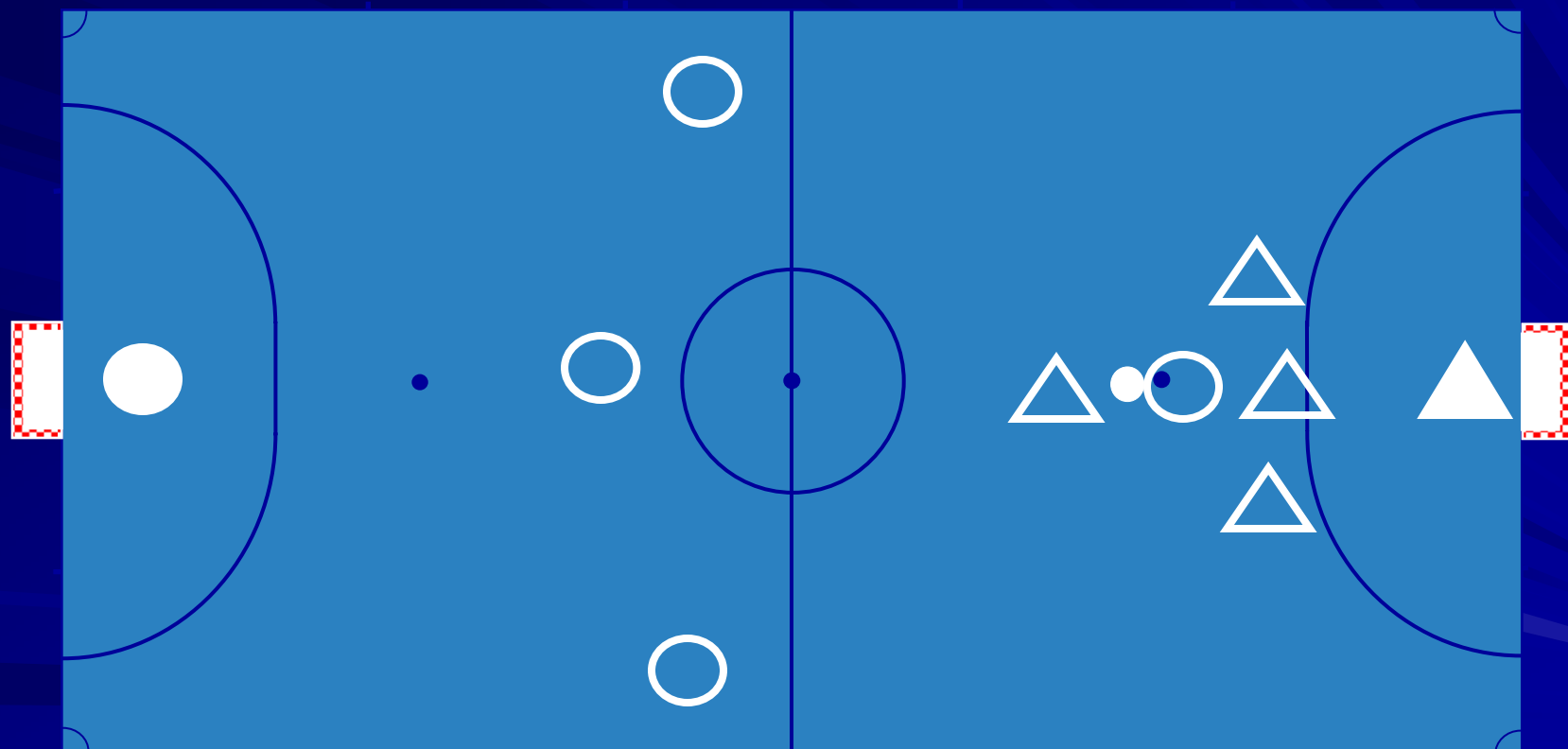
Defesa 3:1 (bola na ala dt.)



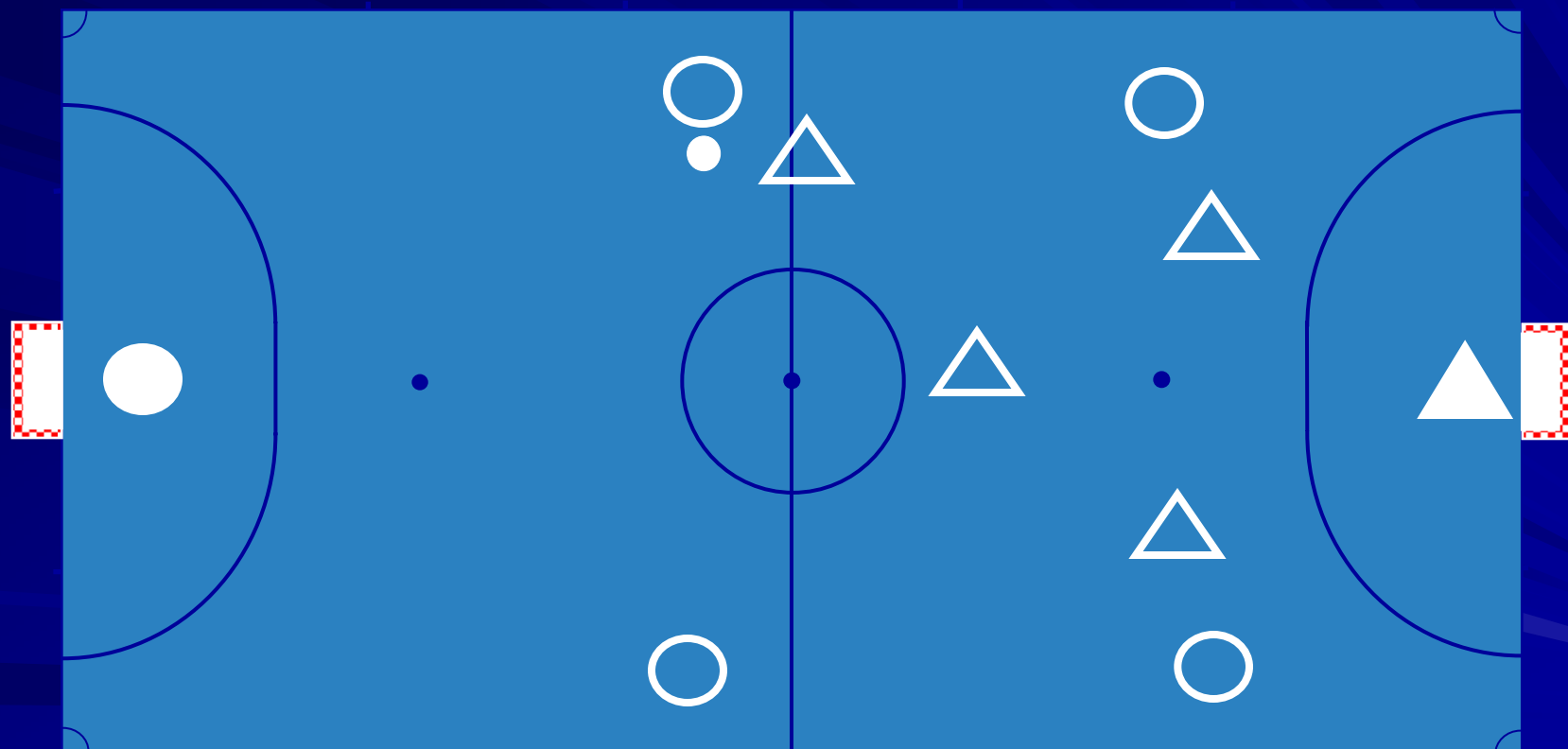
Defesa 3:1 (bola na ala dt.)



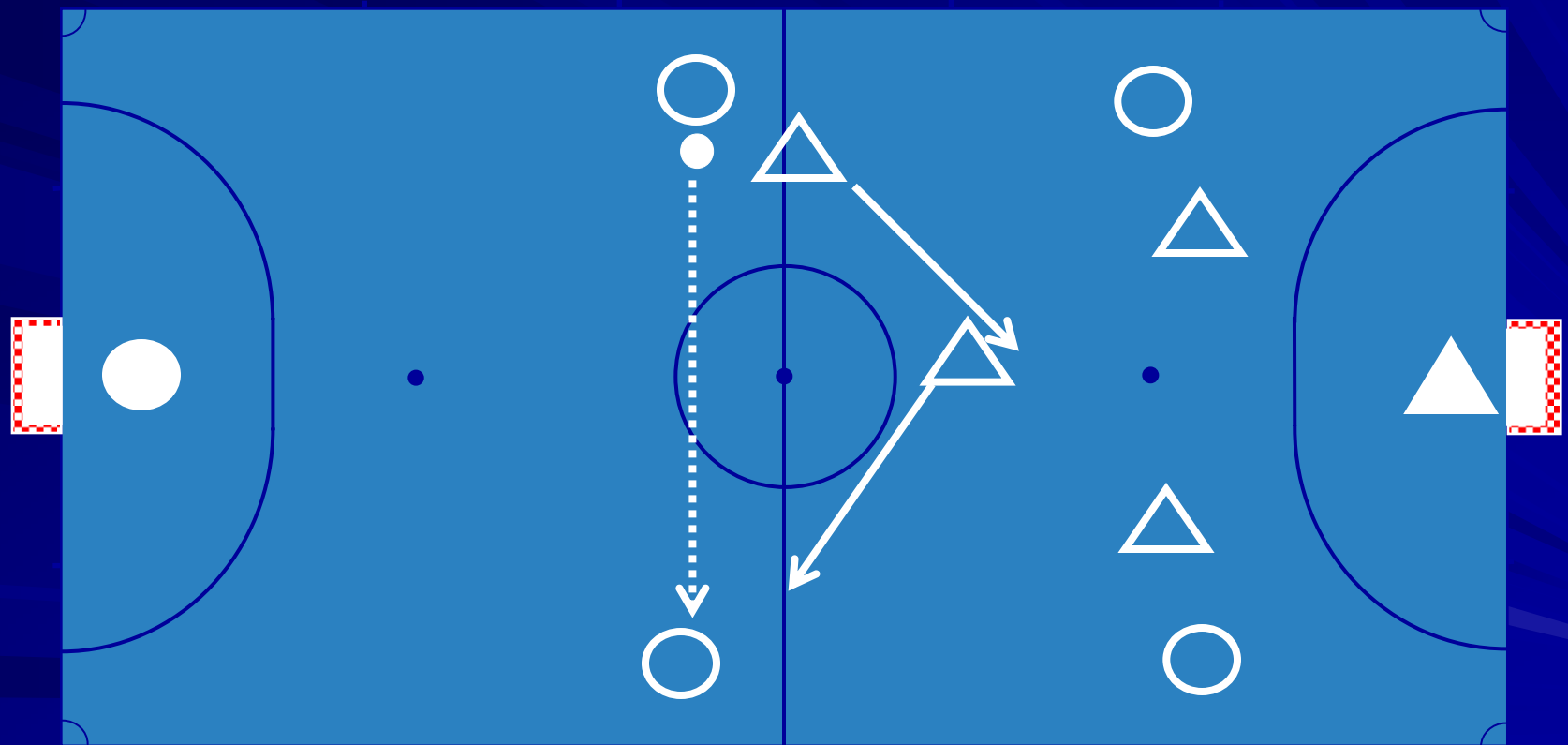
Defesa 3:1 (bola no pivô)



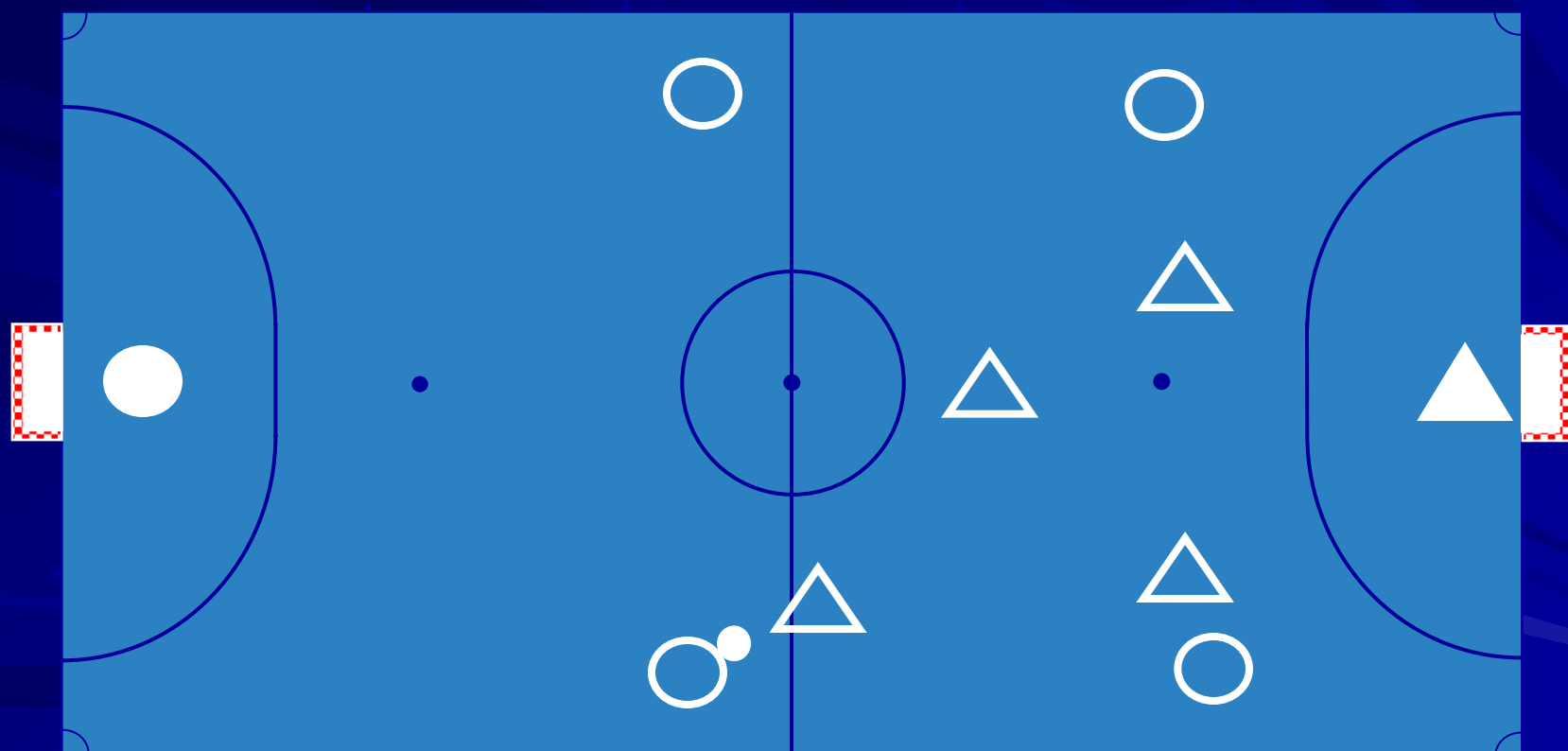
Defesa 2:2 (bola na ala esq)



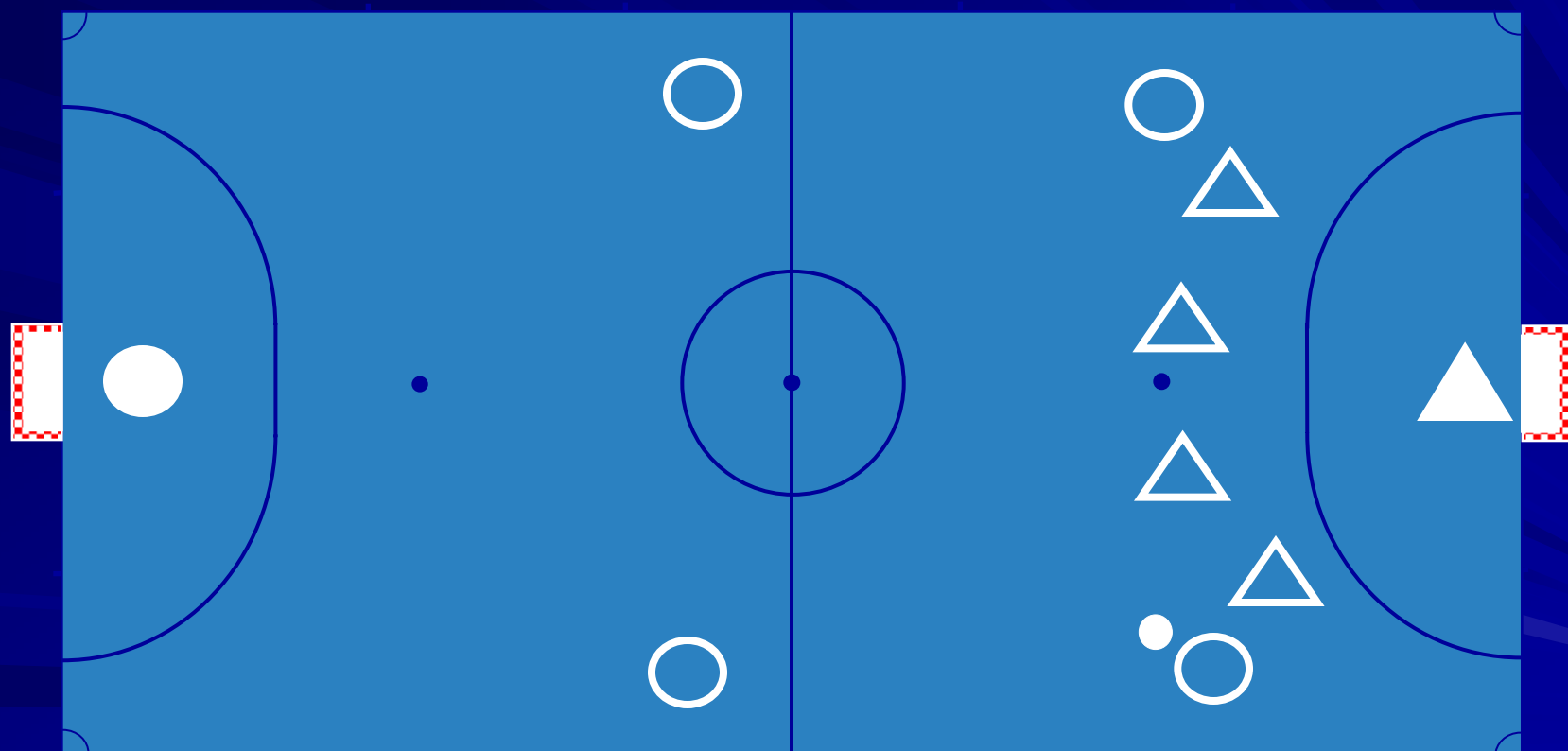
Defesa 2:2 (bola na ala esq)



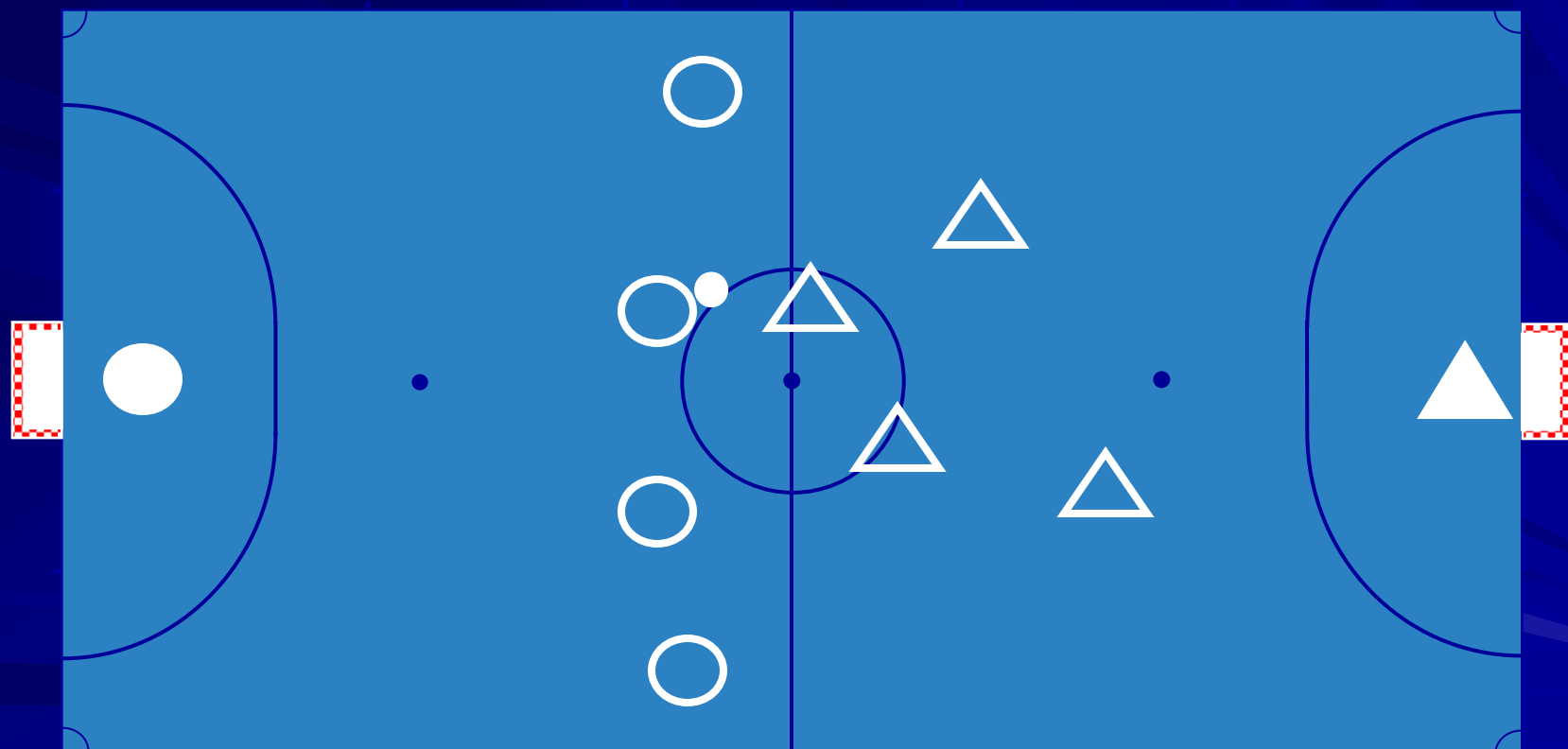
Defesa 2:2 (bola na ala dt.)



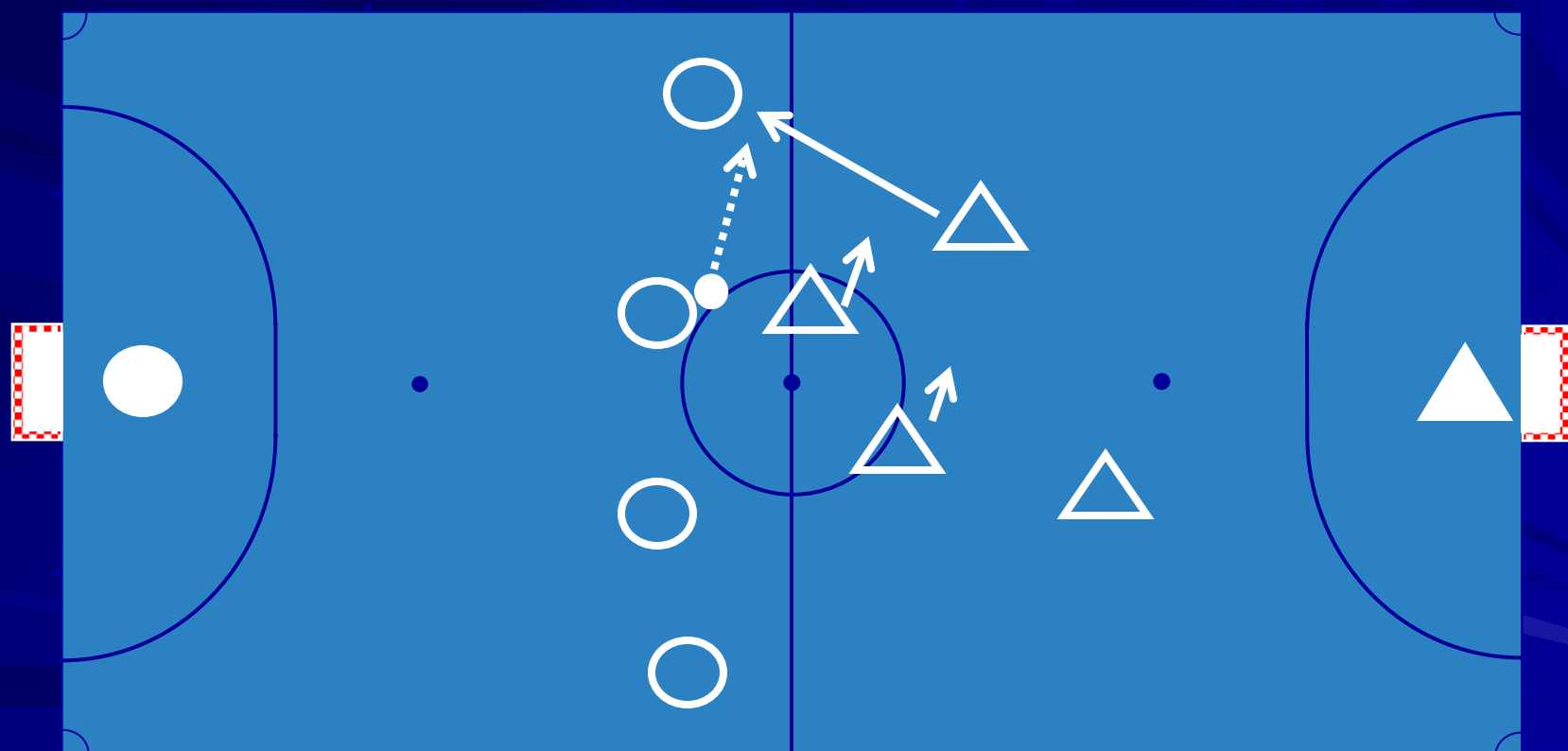
Defesa 2:2 (bola num pivô)



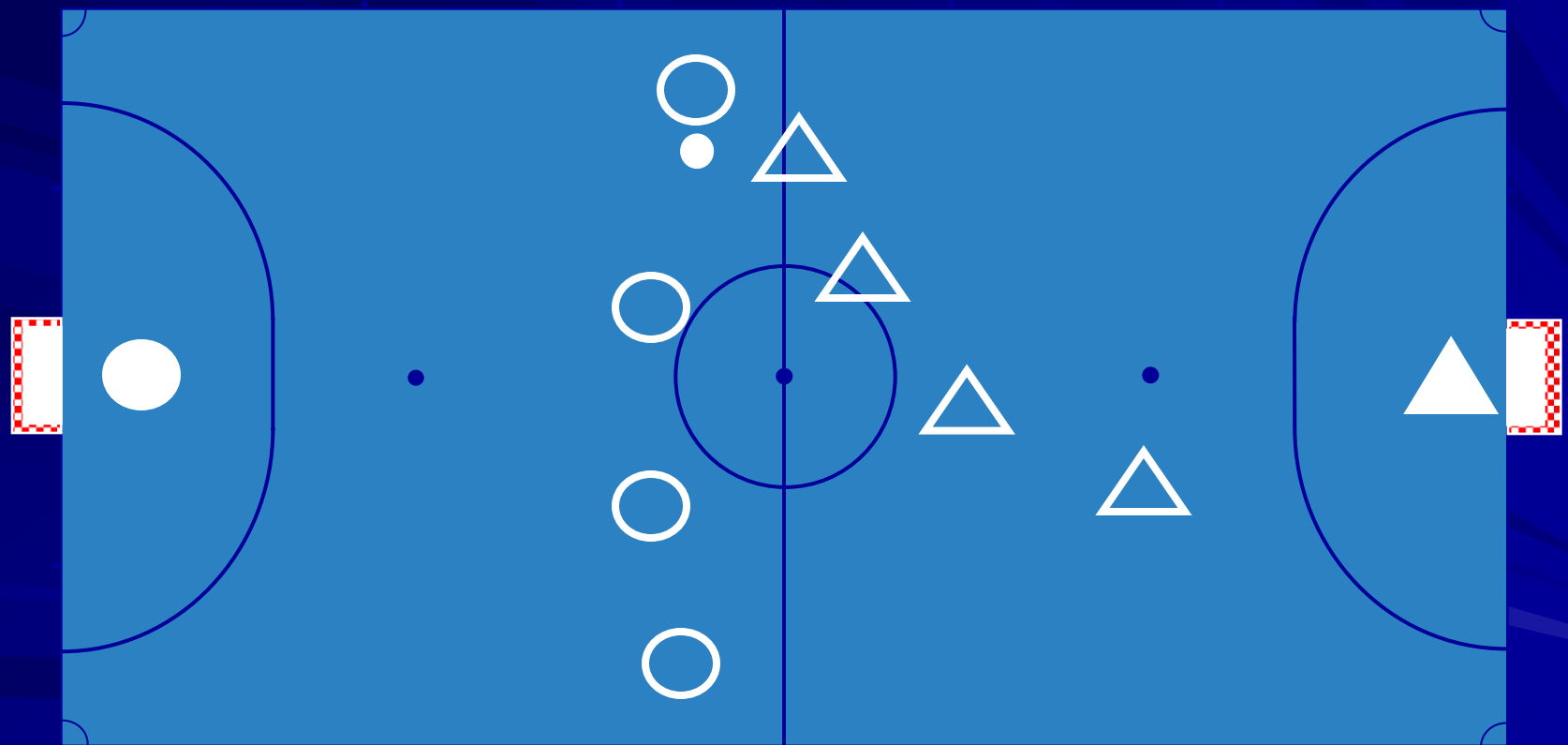
Defesa 4:0 (bola na mão)



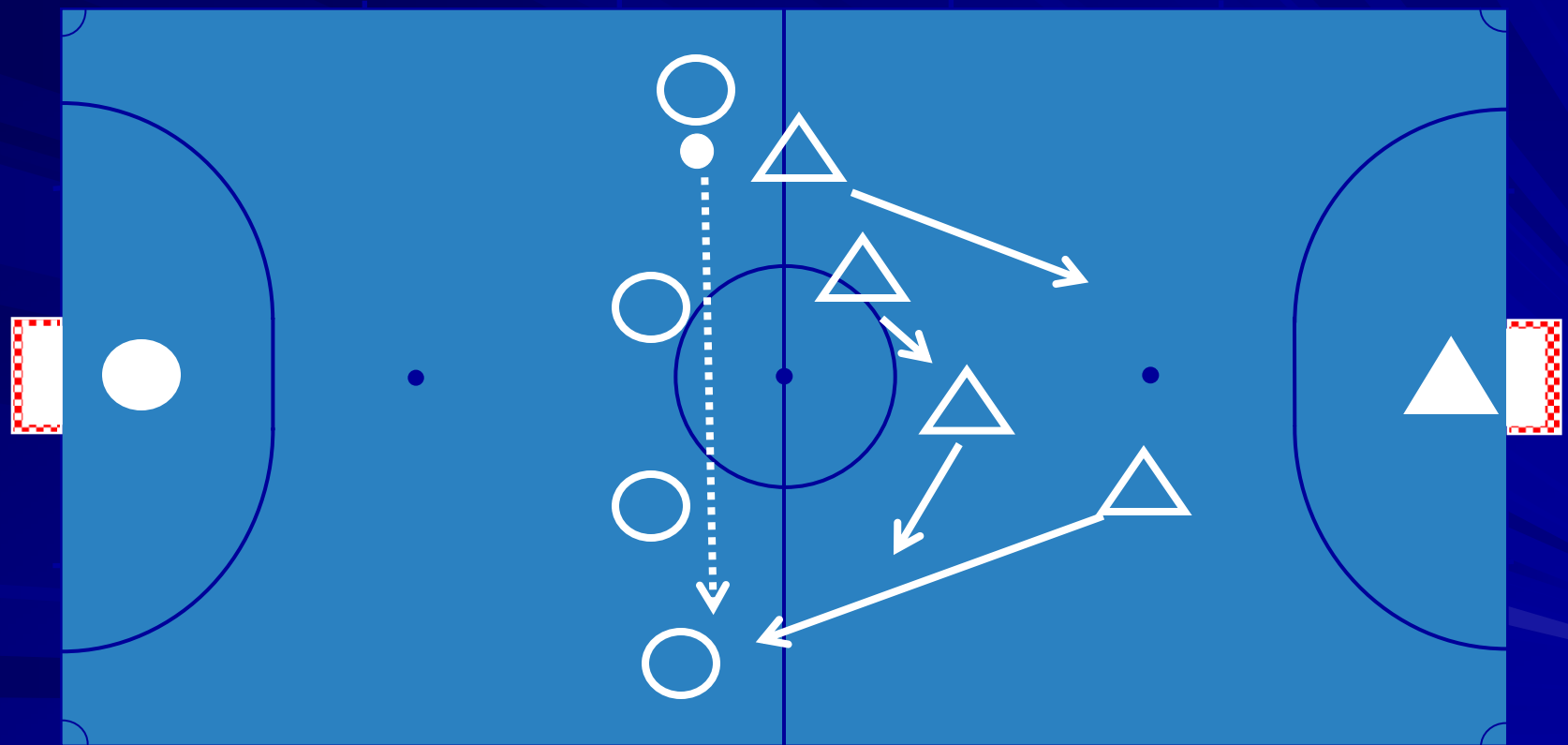
Defesa 4:0 (bola na meia)



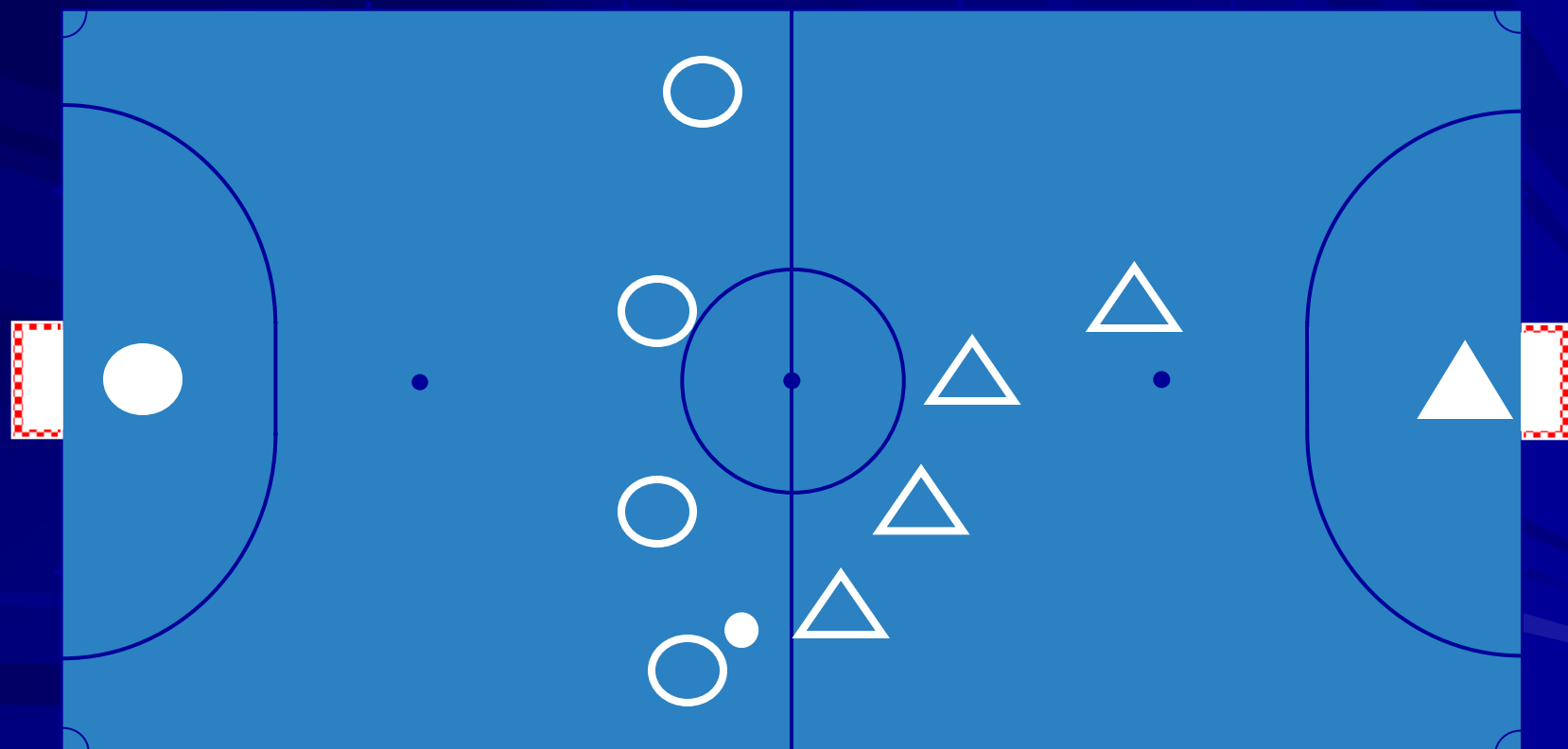
Defesa 4:0 (bola na ala esq)



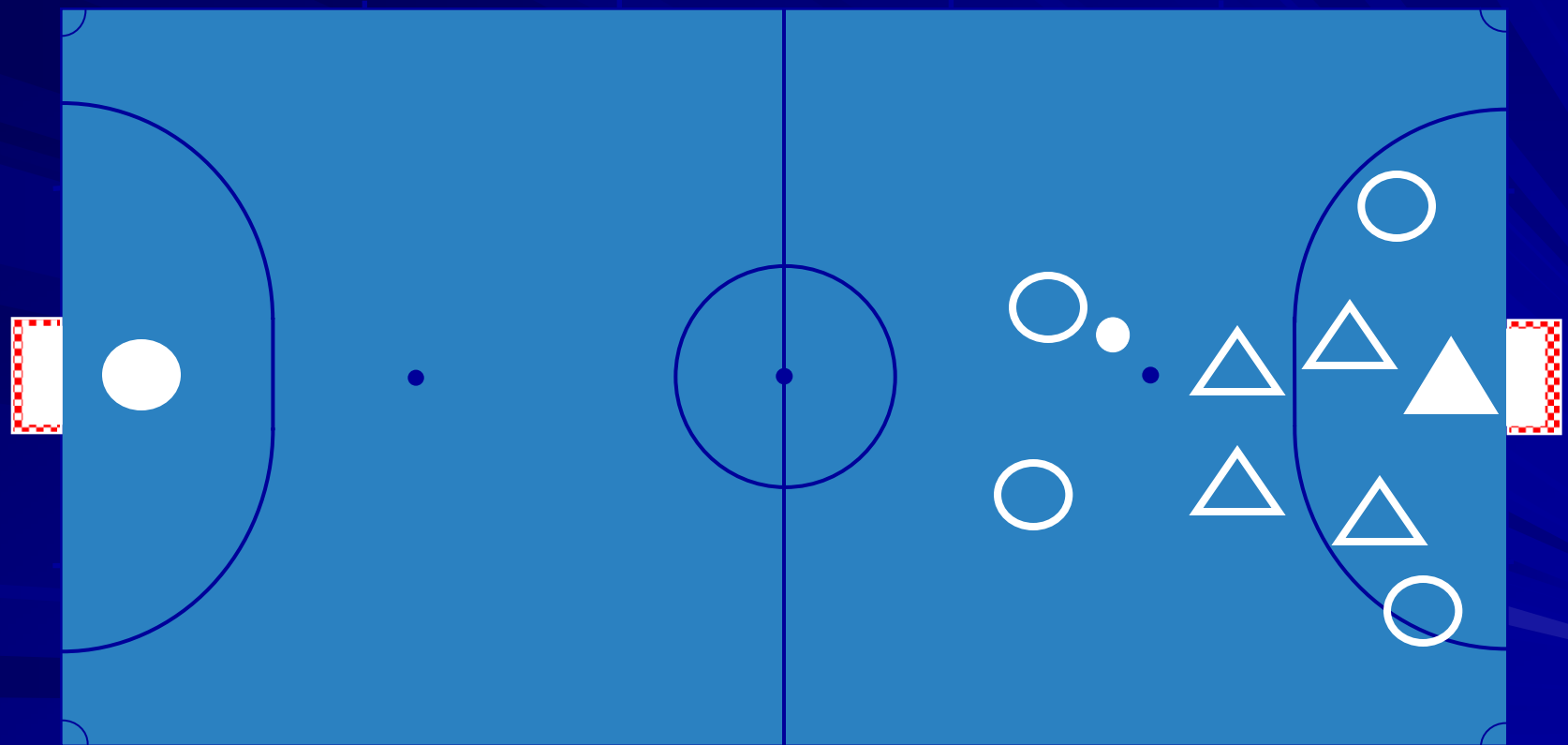
Defesa 4:0 (bola na ala esq)



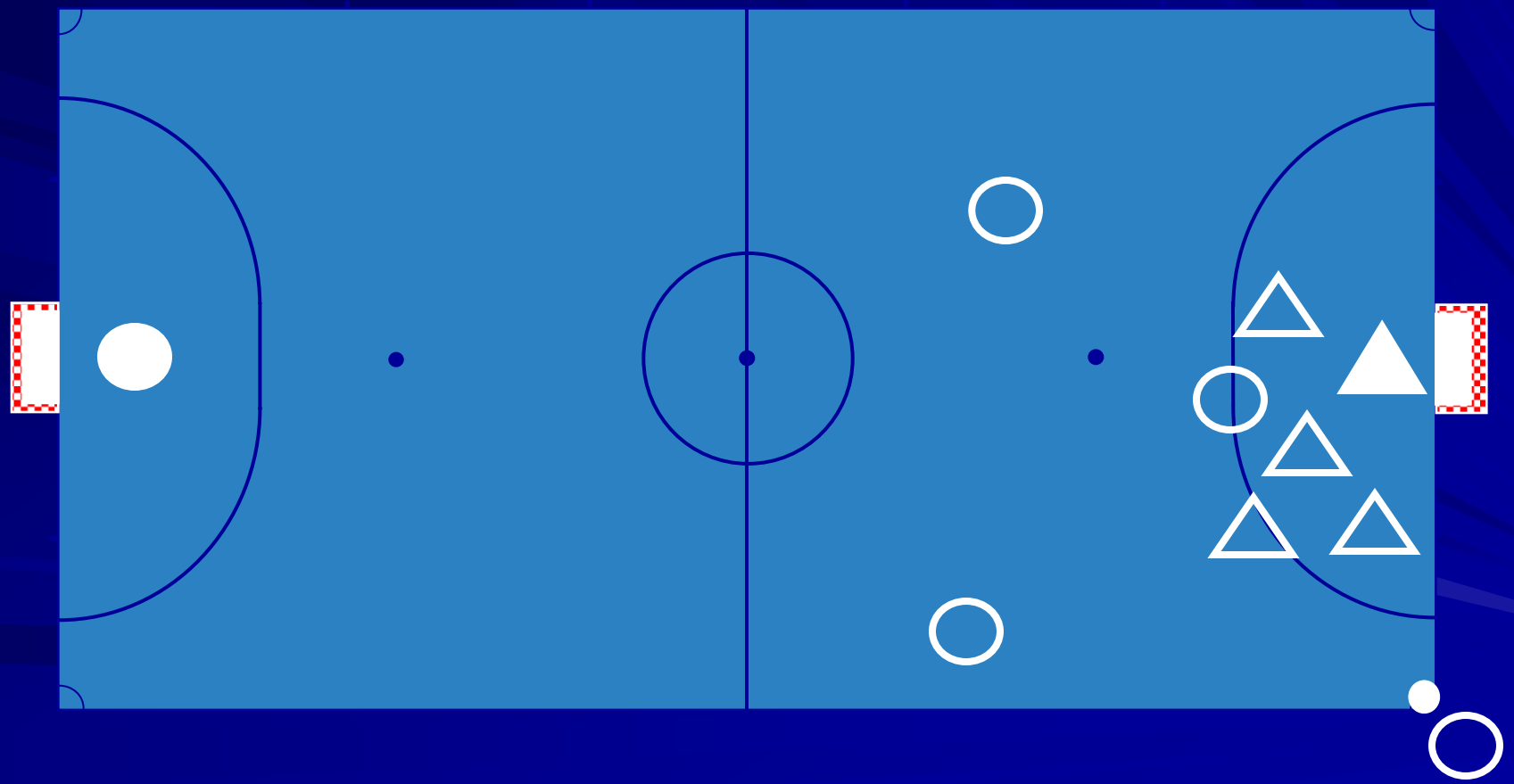
Defesa 4:0 (bola na ala dt.)



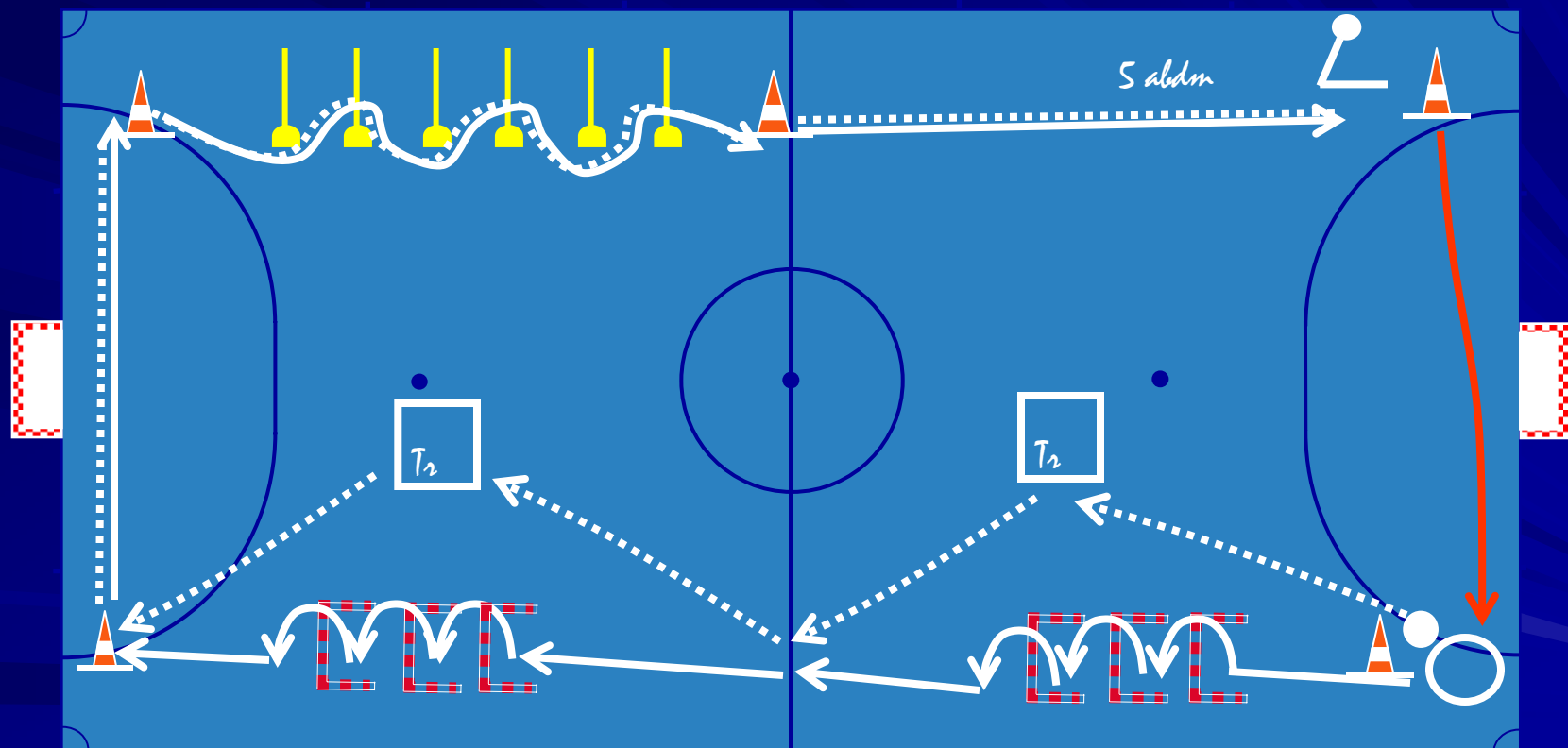
Defesa livre frontal



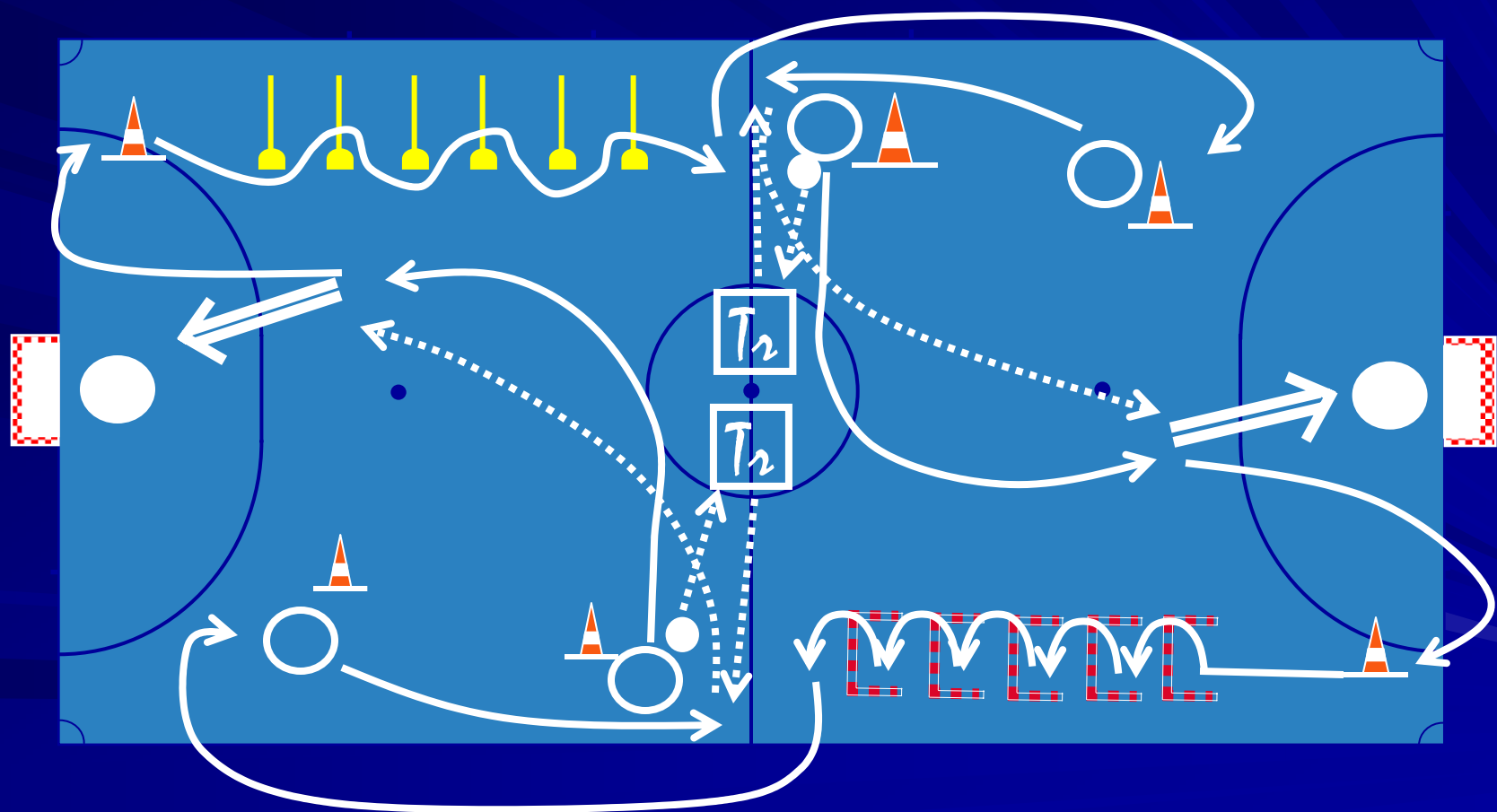
Defesa canto



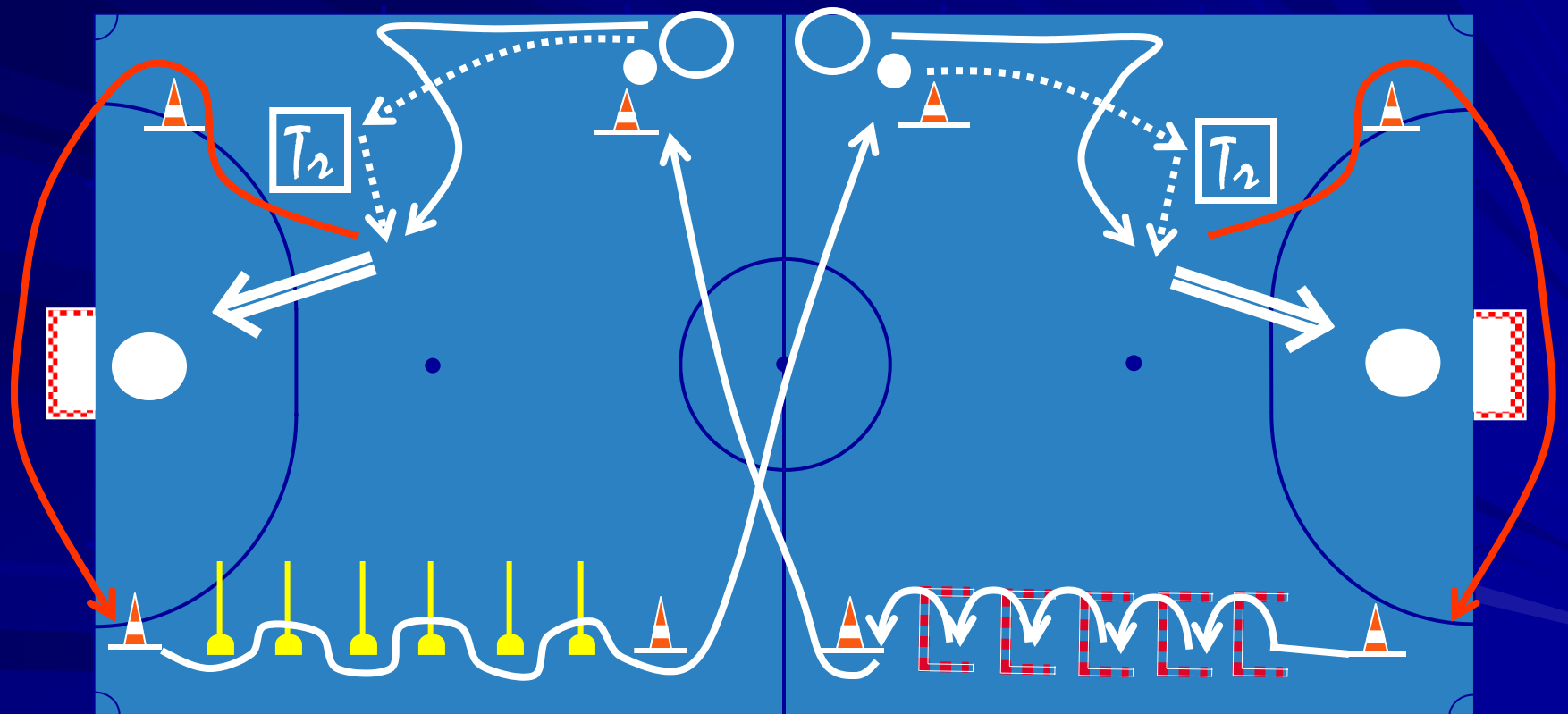
Circuito 2 (For/Res/Téc)



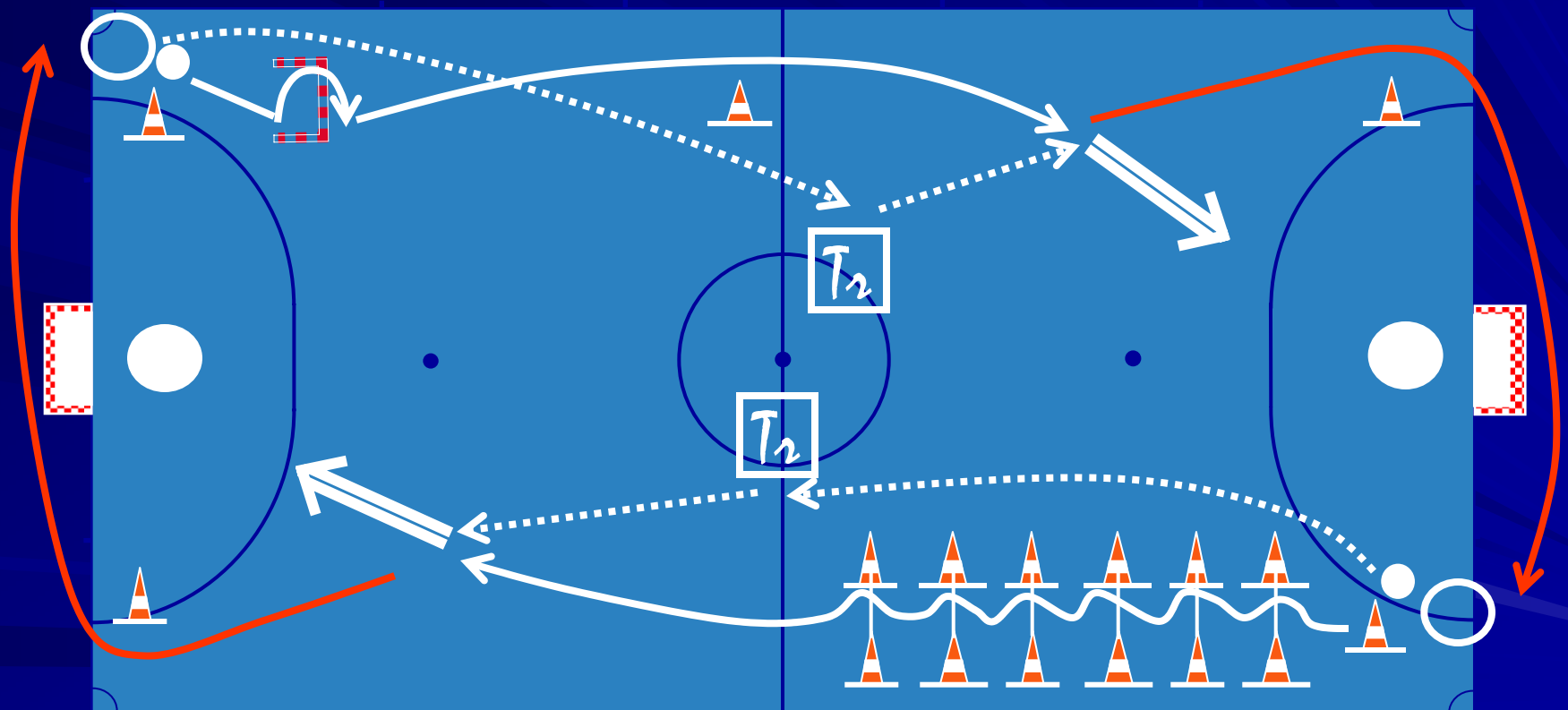
Circuito 3 (Ala / Pivô)



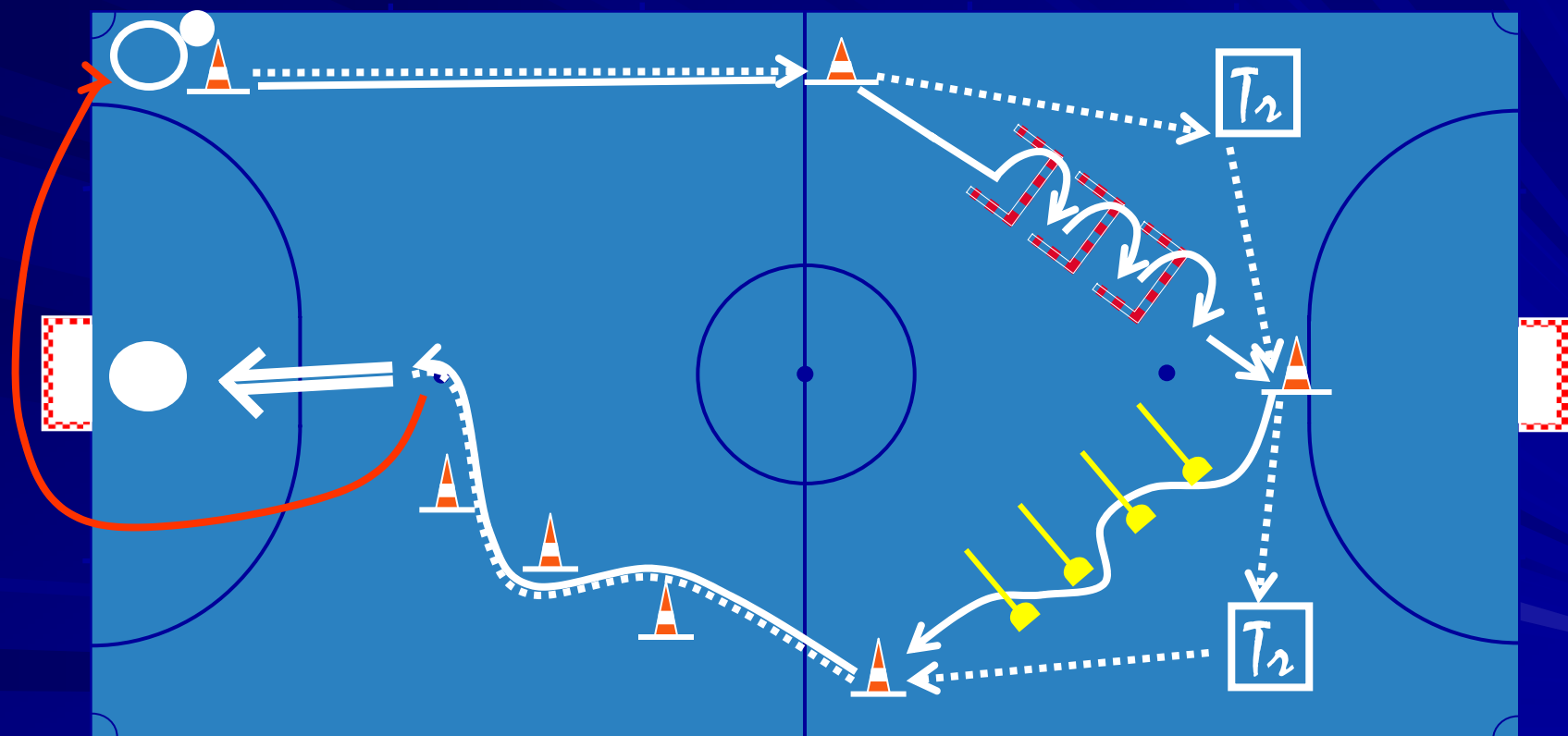
Circuito 4 (Vel/Fin)



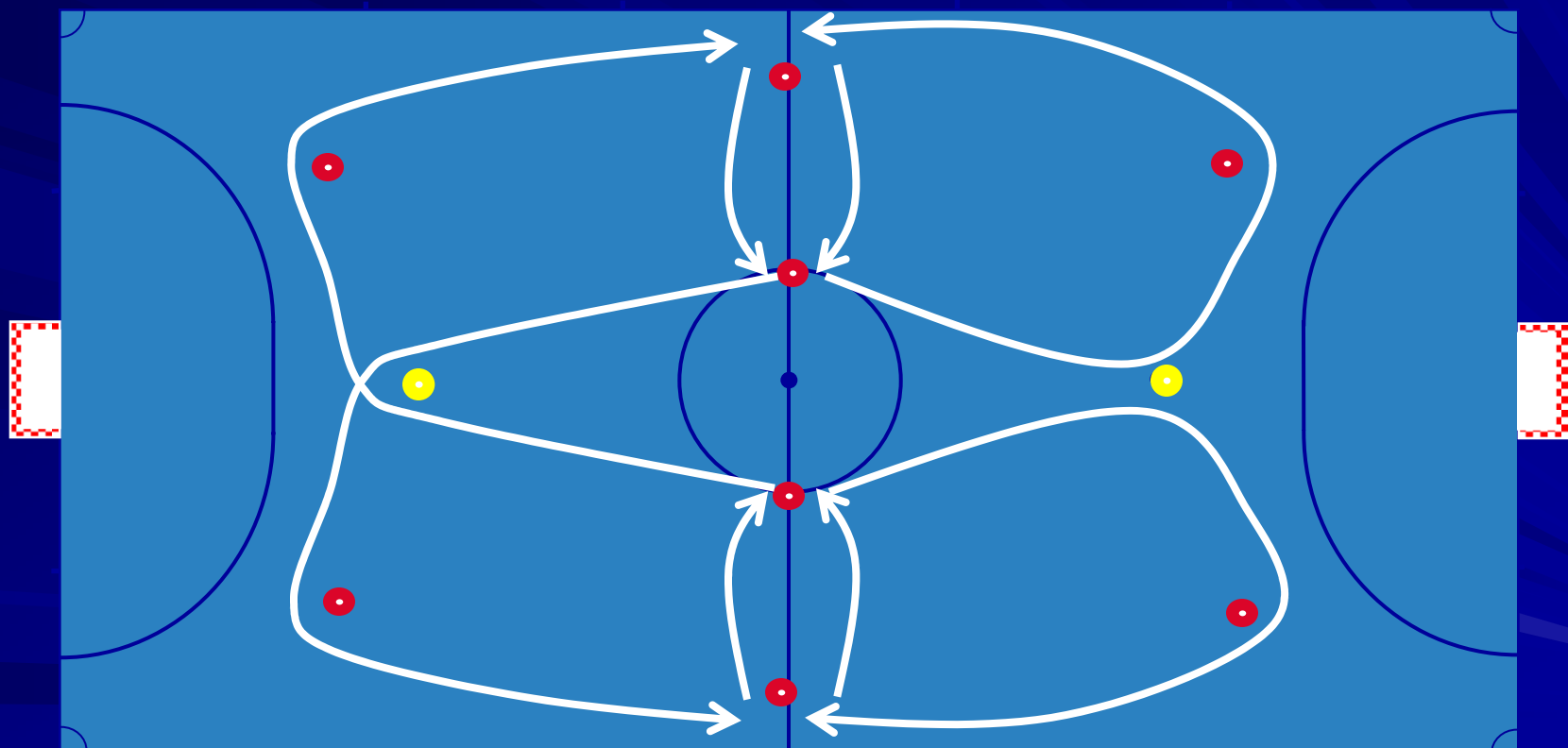
Circuito 5 (Vel/Fin)



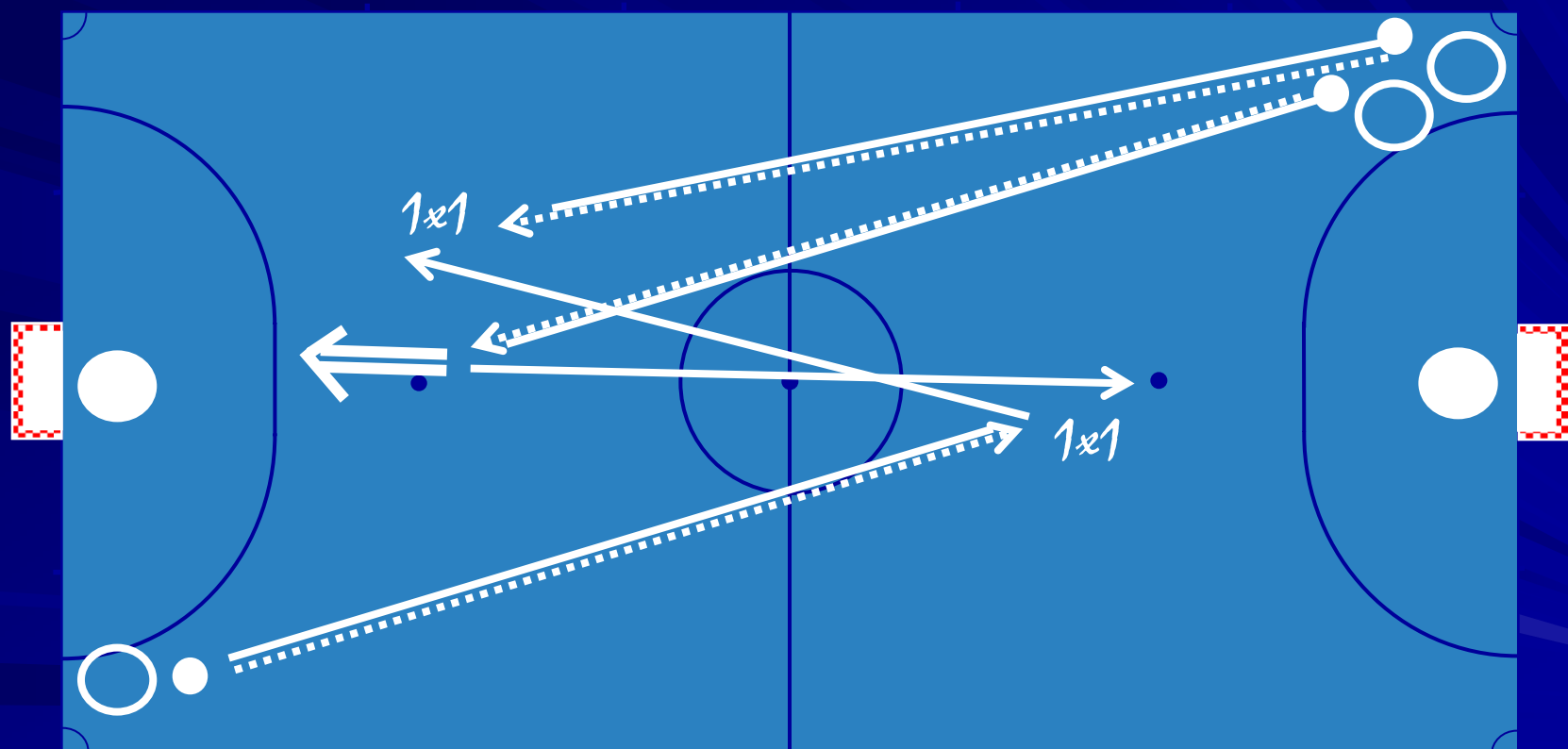
Circuito 6 (Vel/For/Fin)



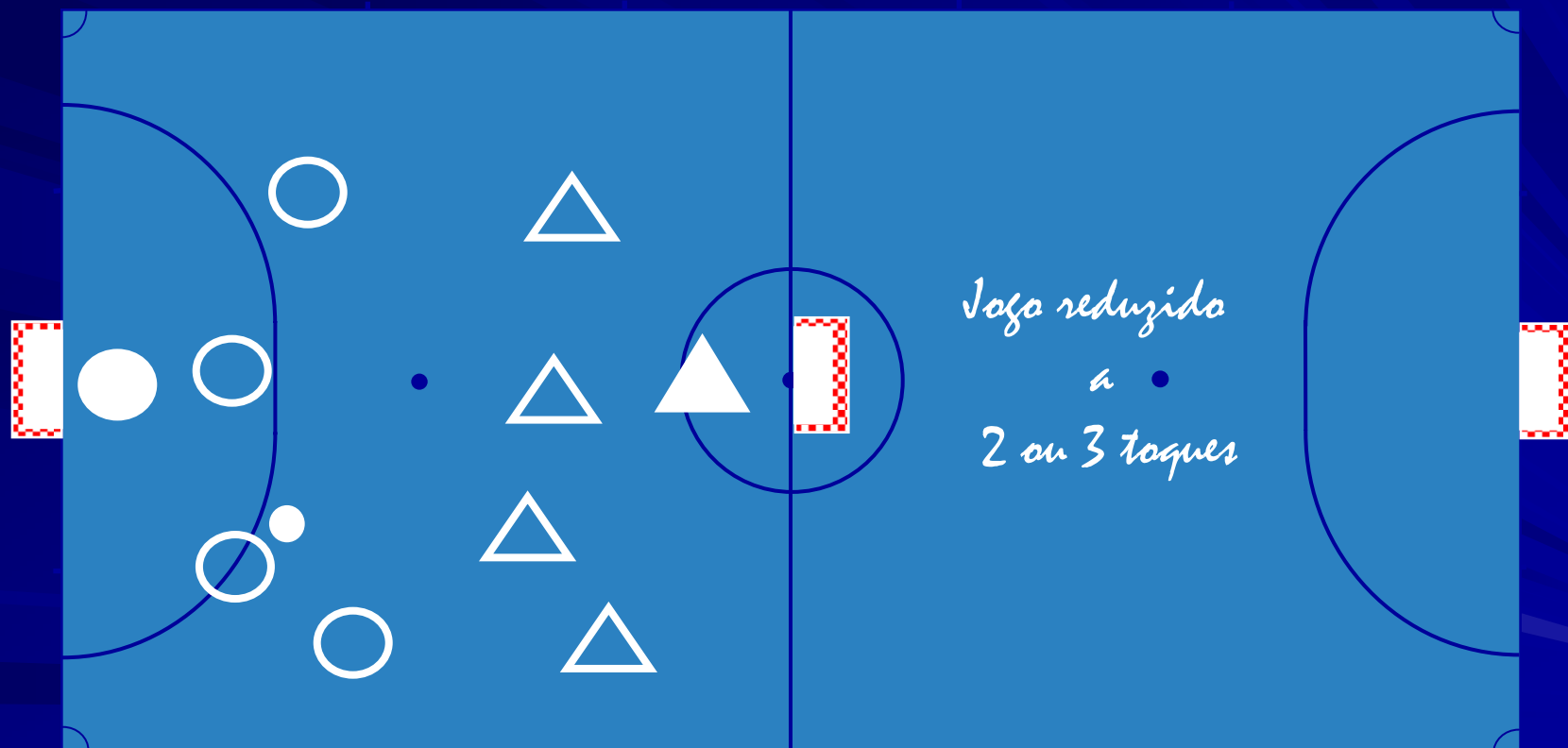
Exercício iniciação 4:0



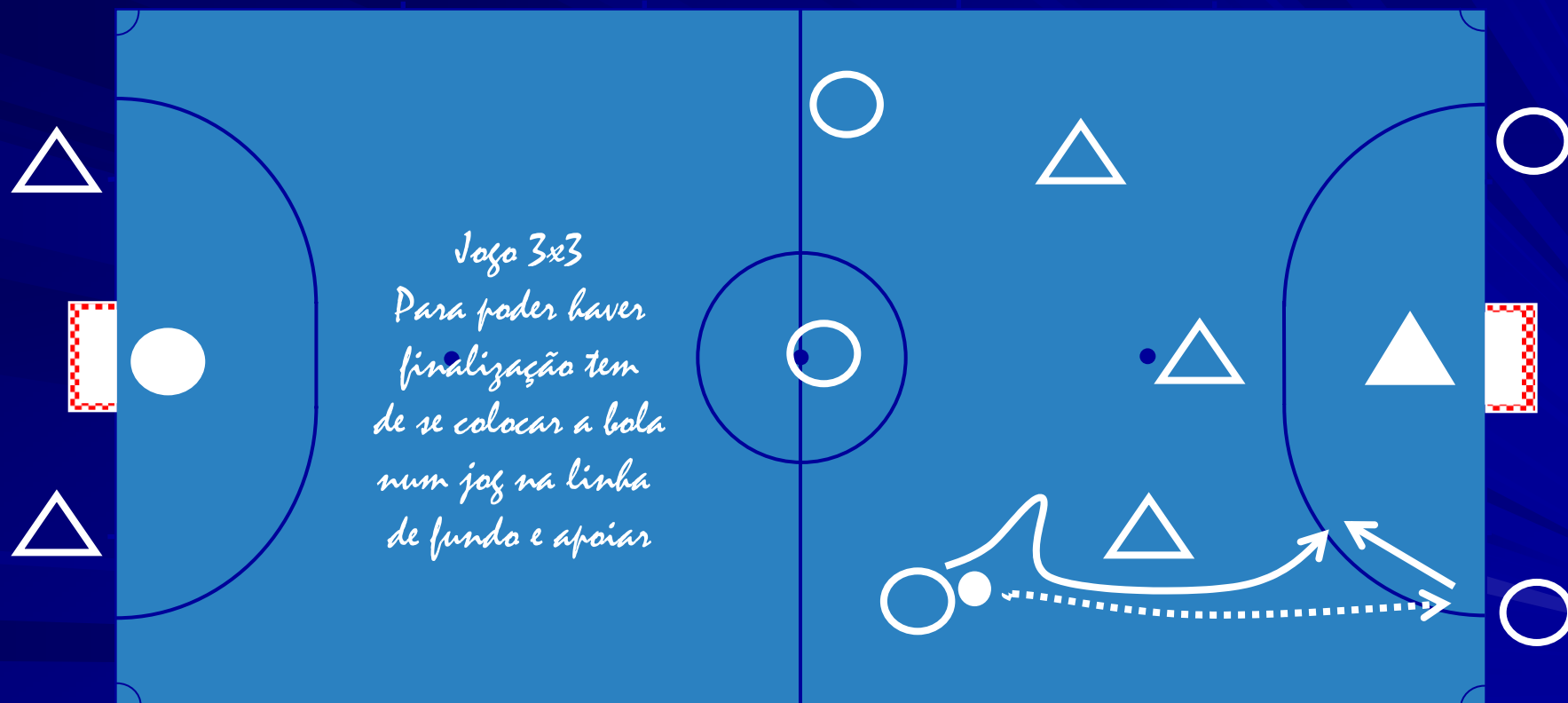
Exercício 2 (Vel/Fin)



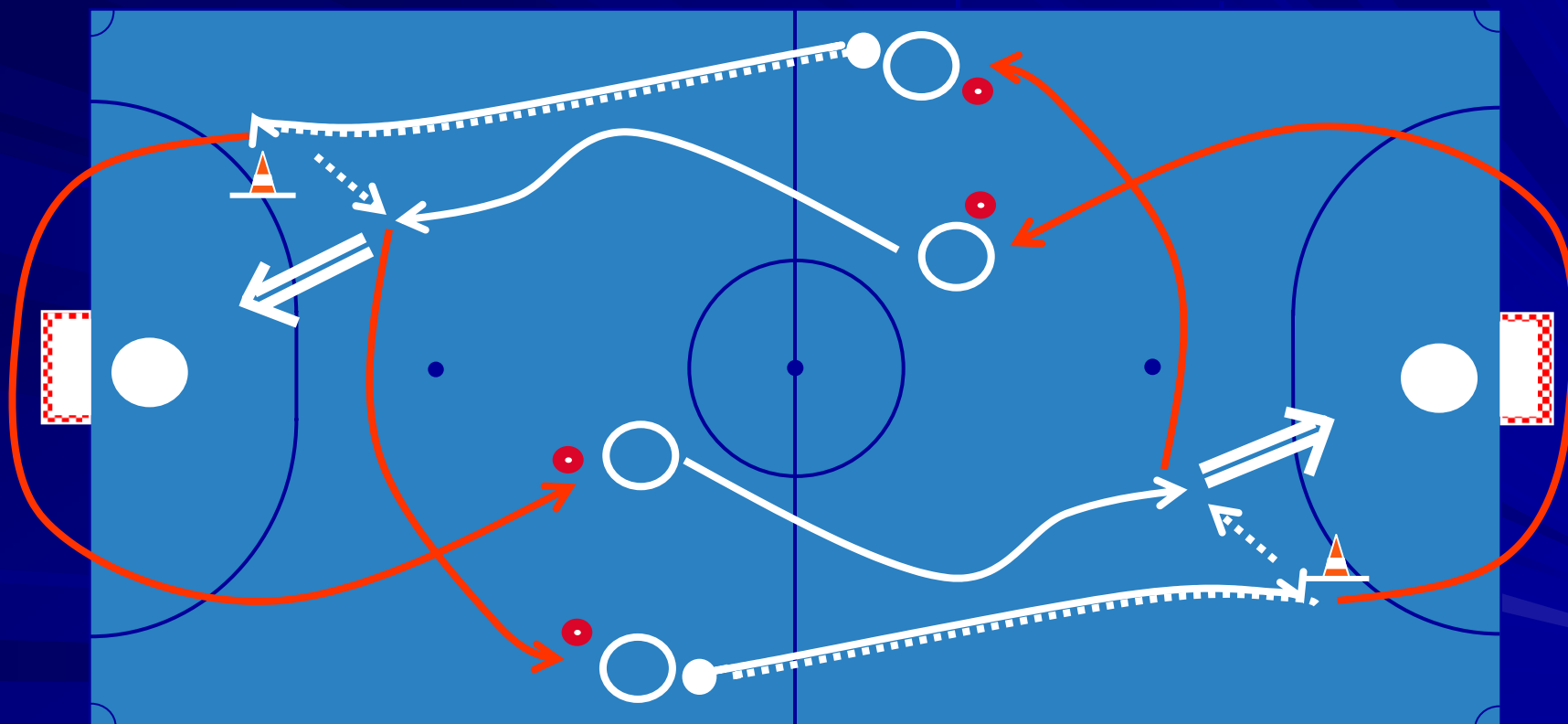
Exercício 3 (Jogo reduzido)



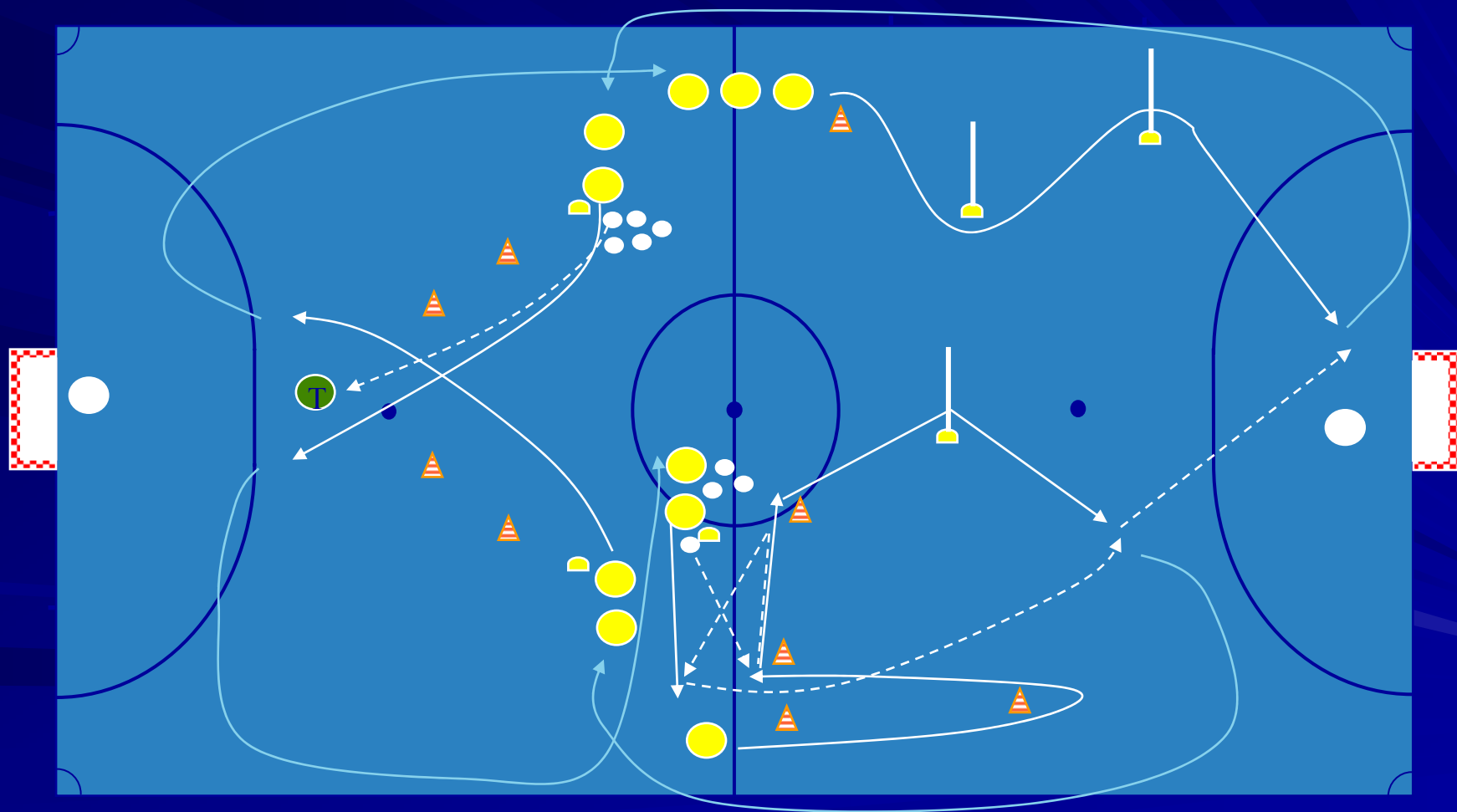
Exercício 4 (mete e apoia)



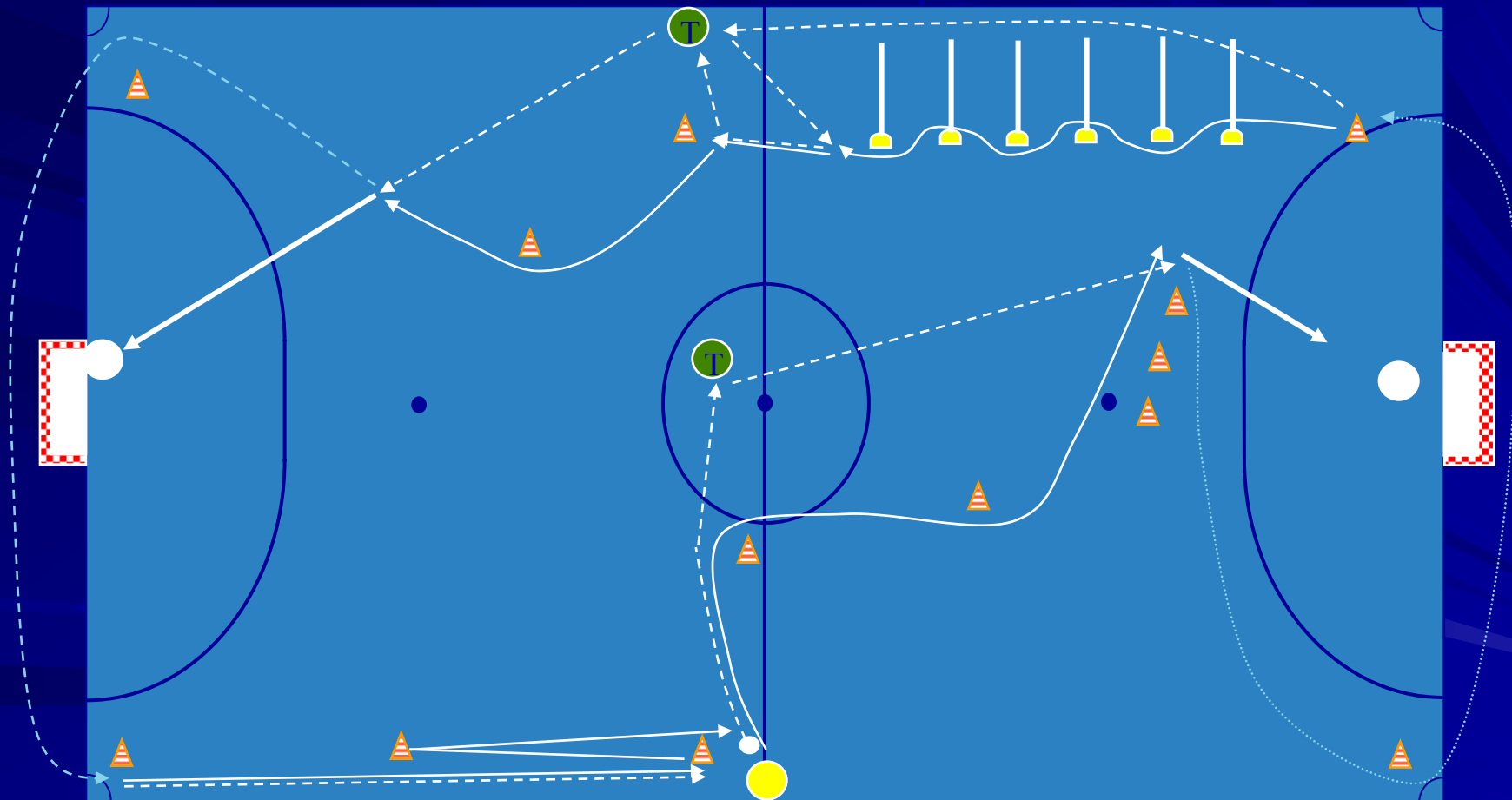
Exercício 4 (simulação de sobreposição)



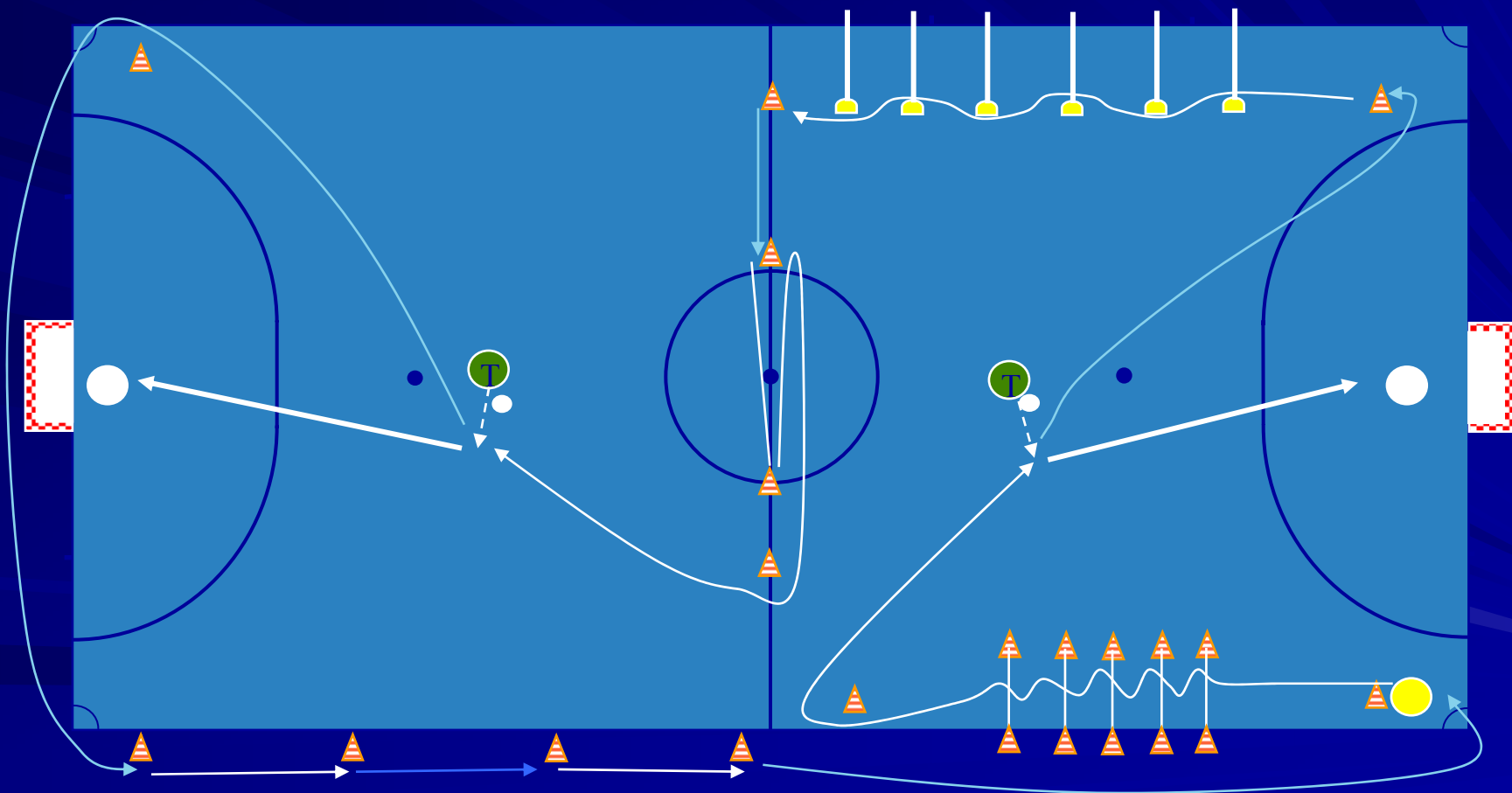
Circuito finalização 1



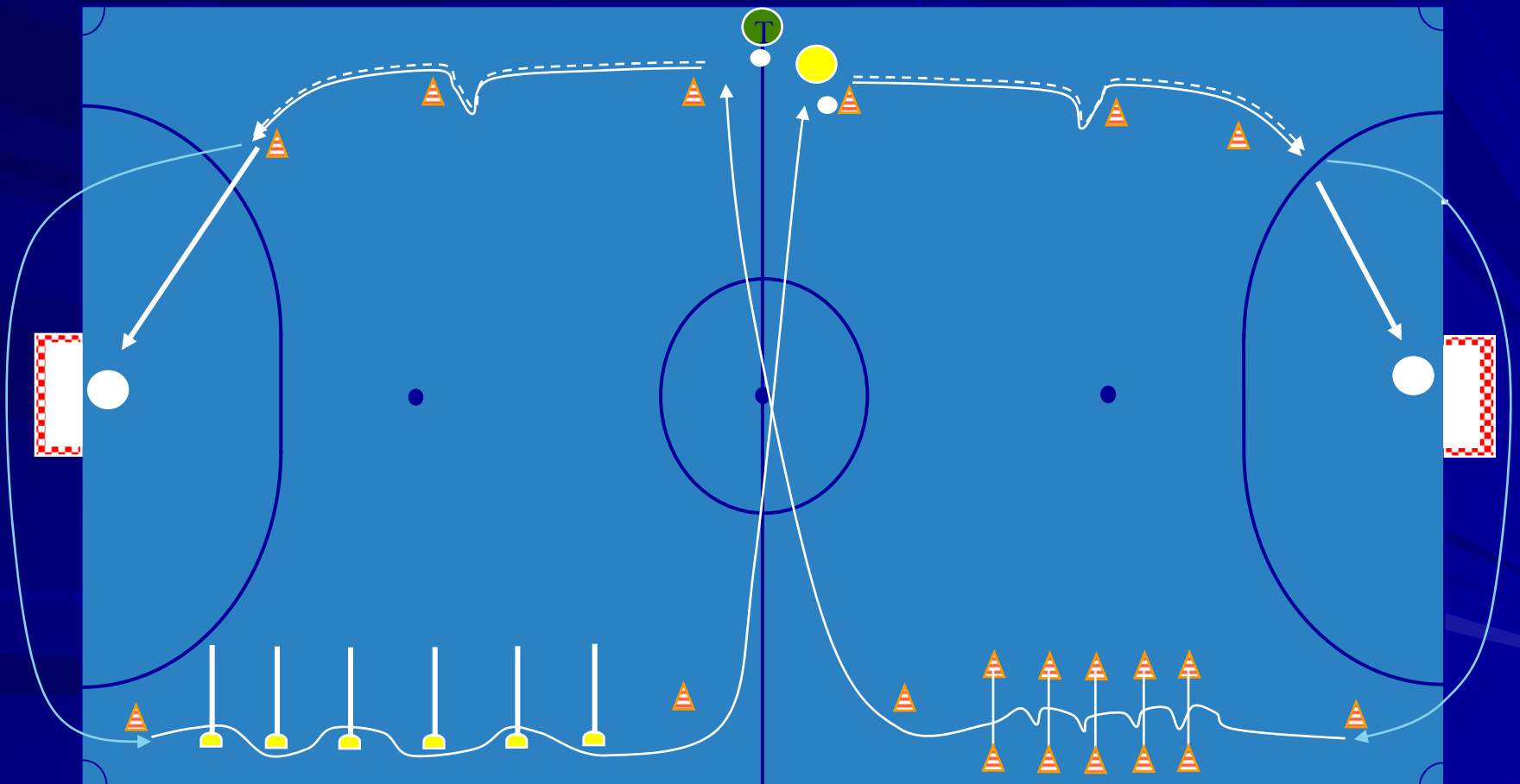
Circuito finalização 2



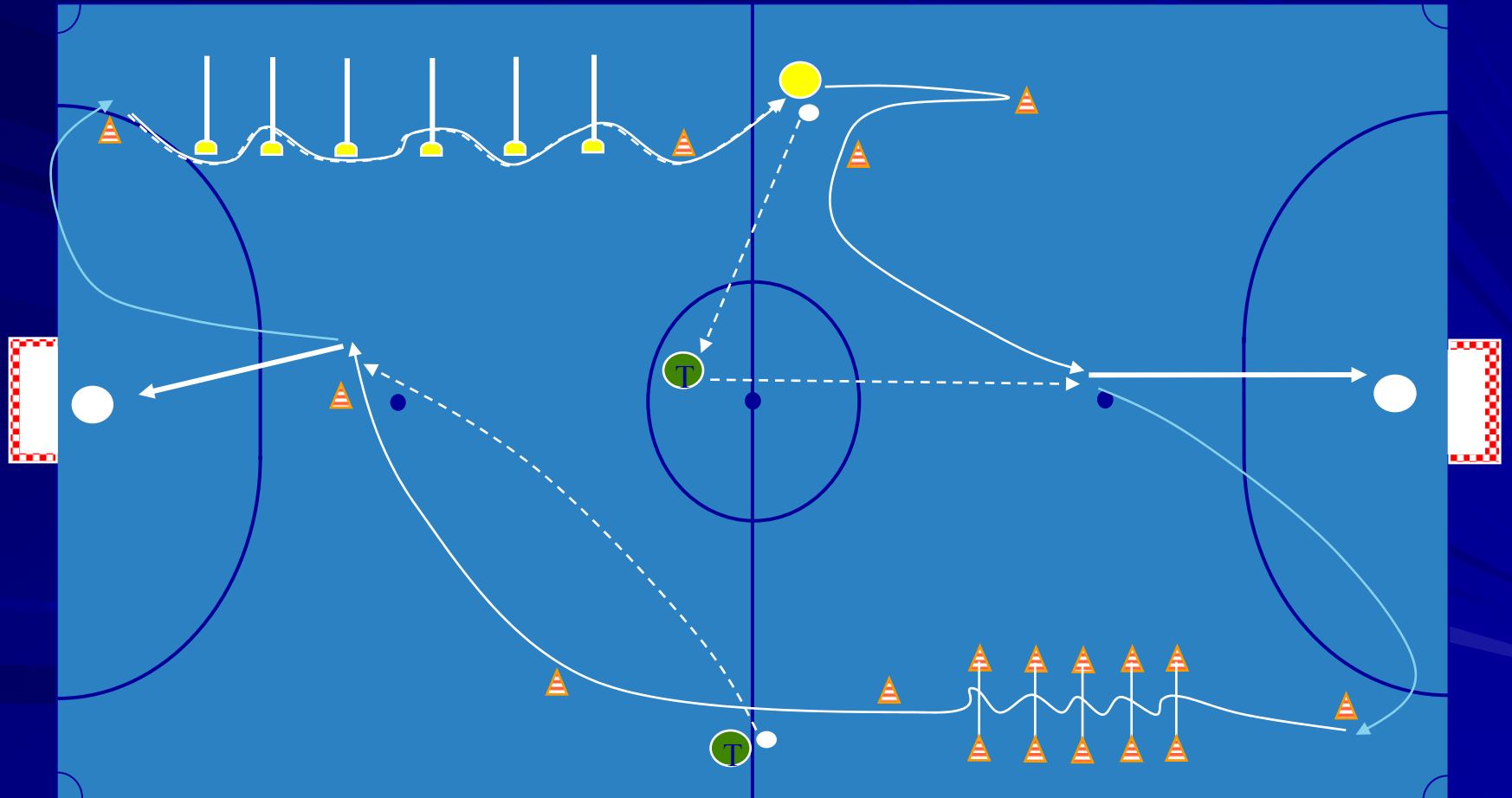
Circuito finalização 3



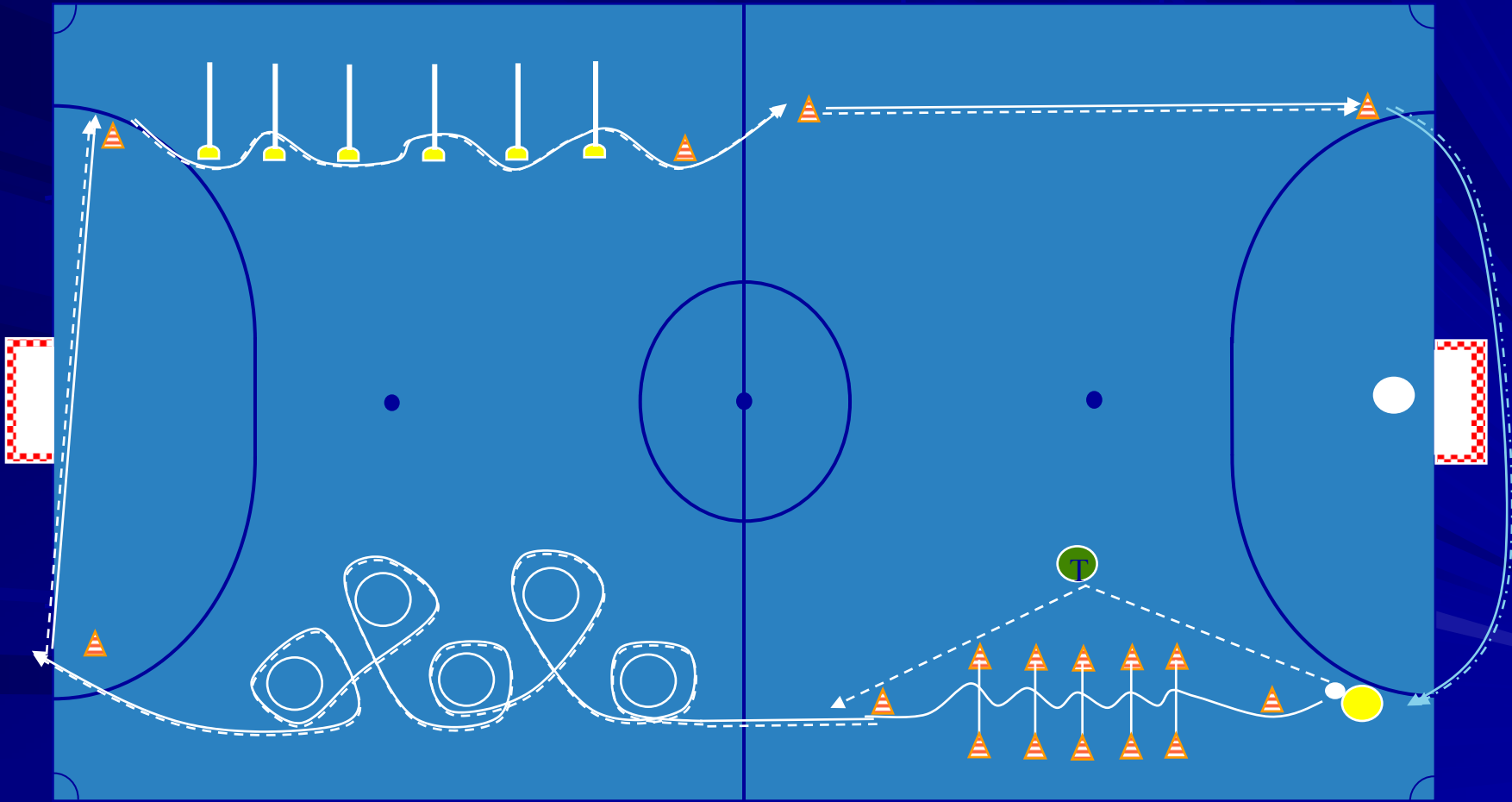
Circuito finalização 4



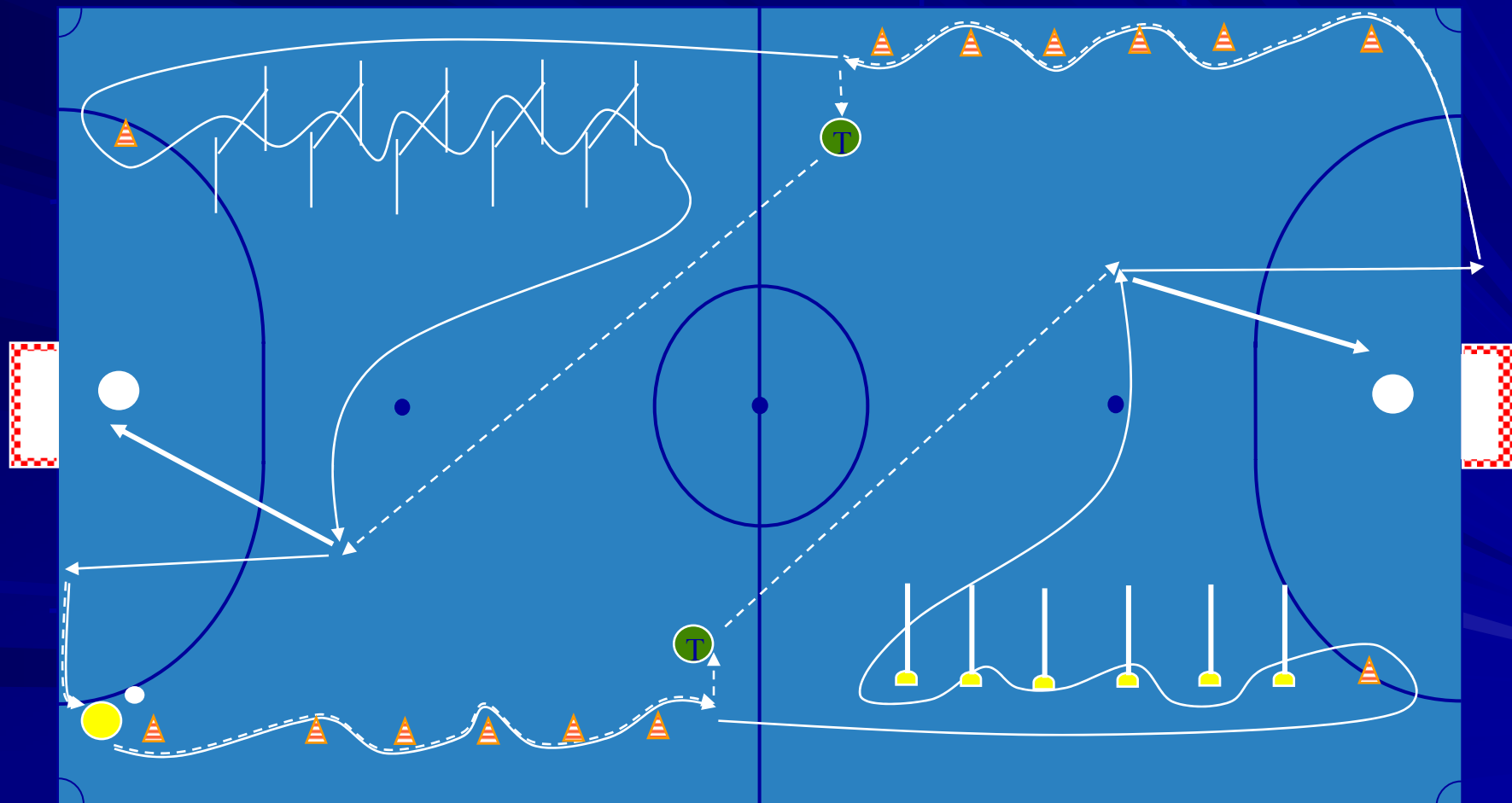
Circuito finalização 5



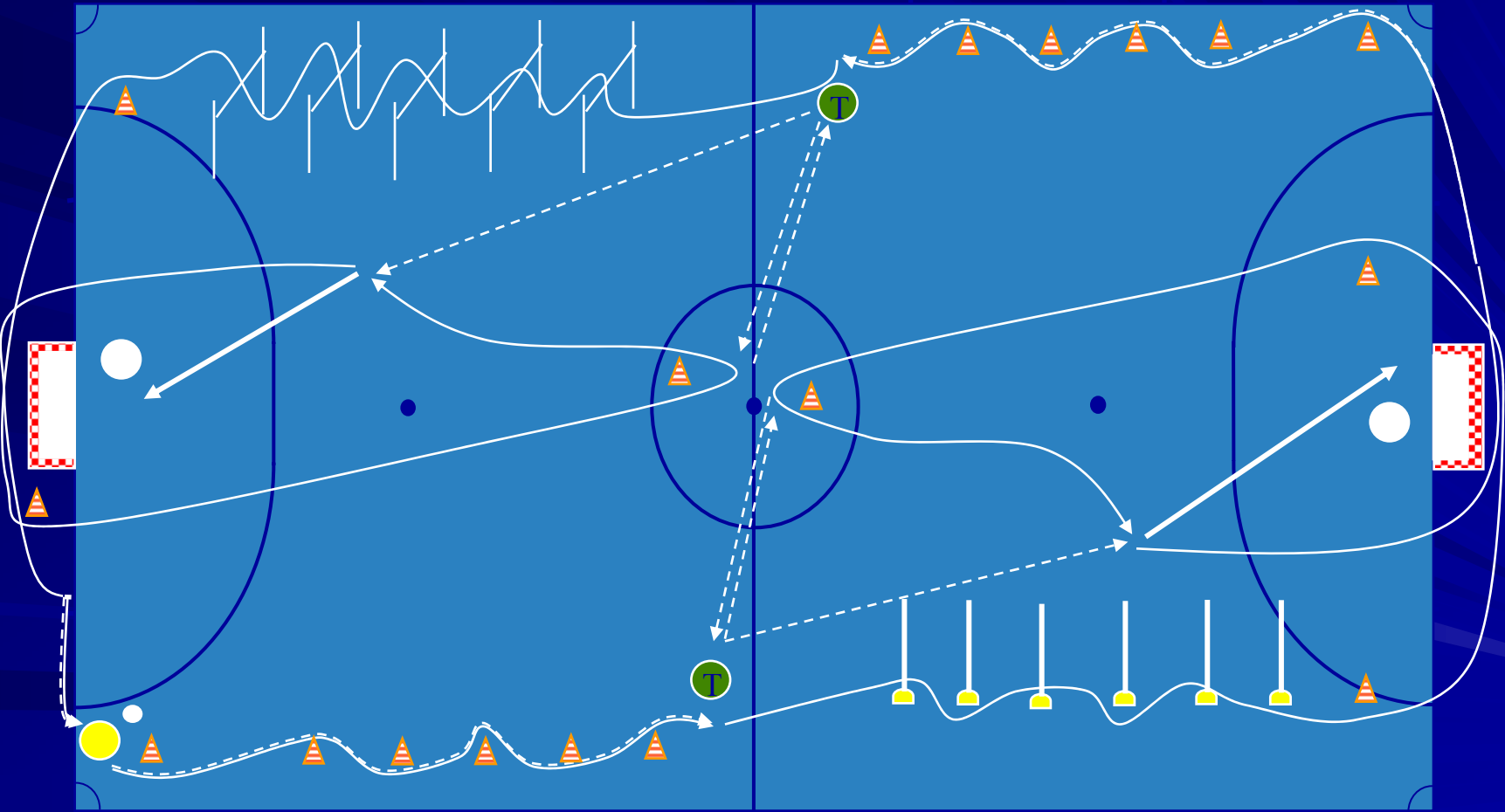
Circuito misto 1



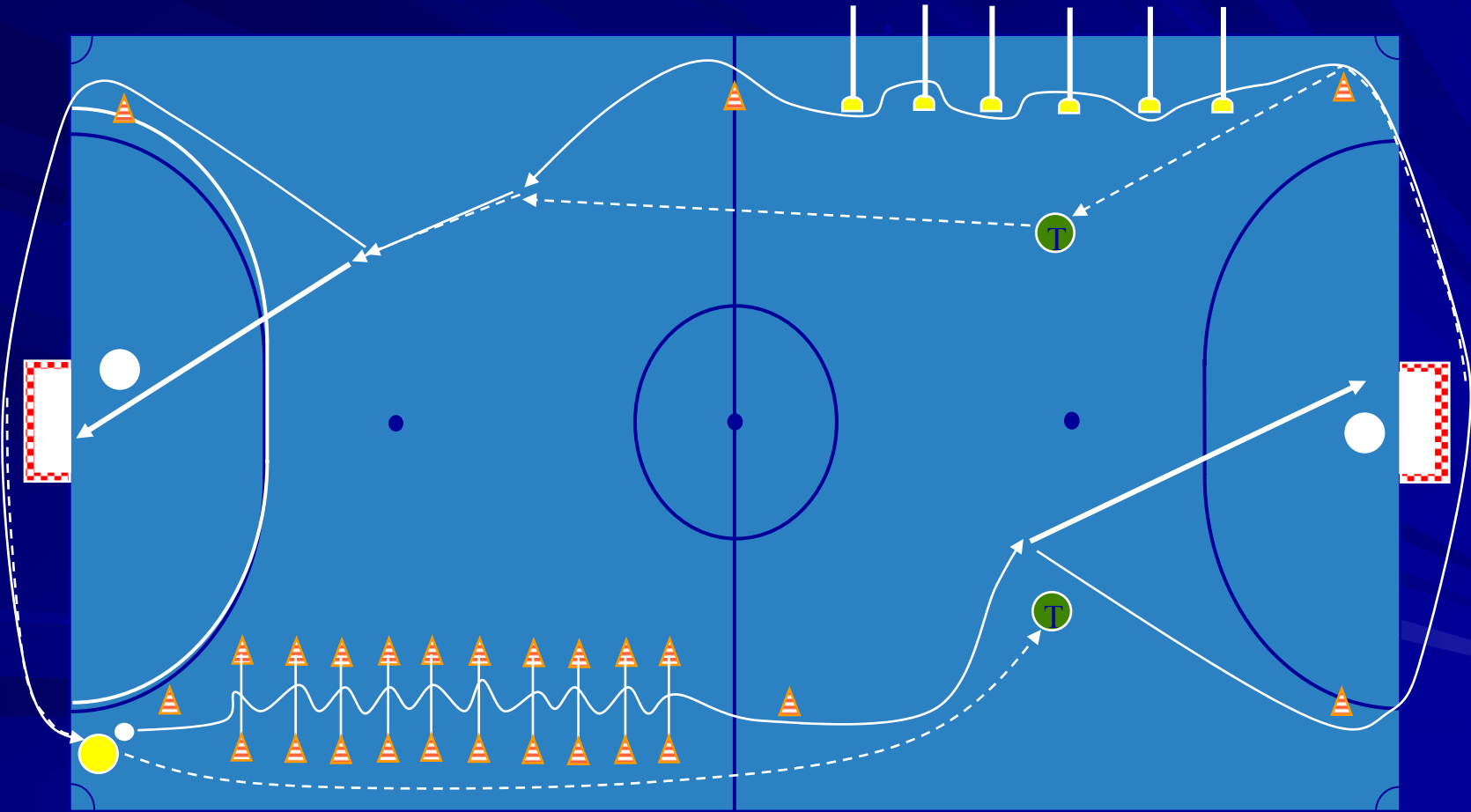
Circuito misto 2



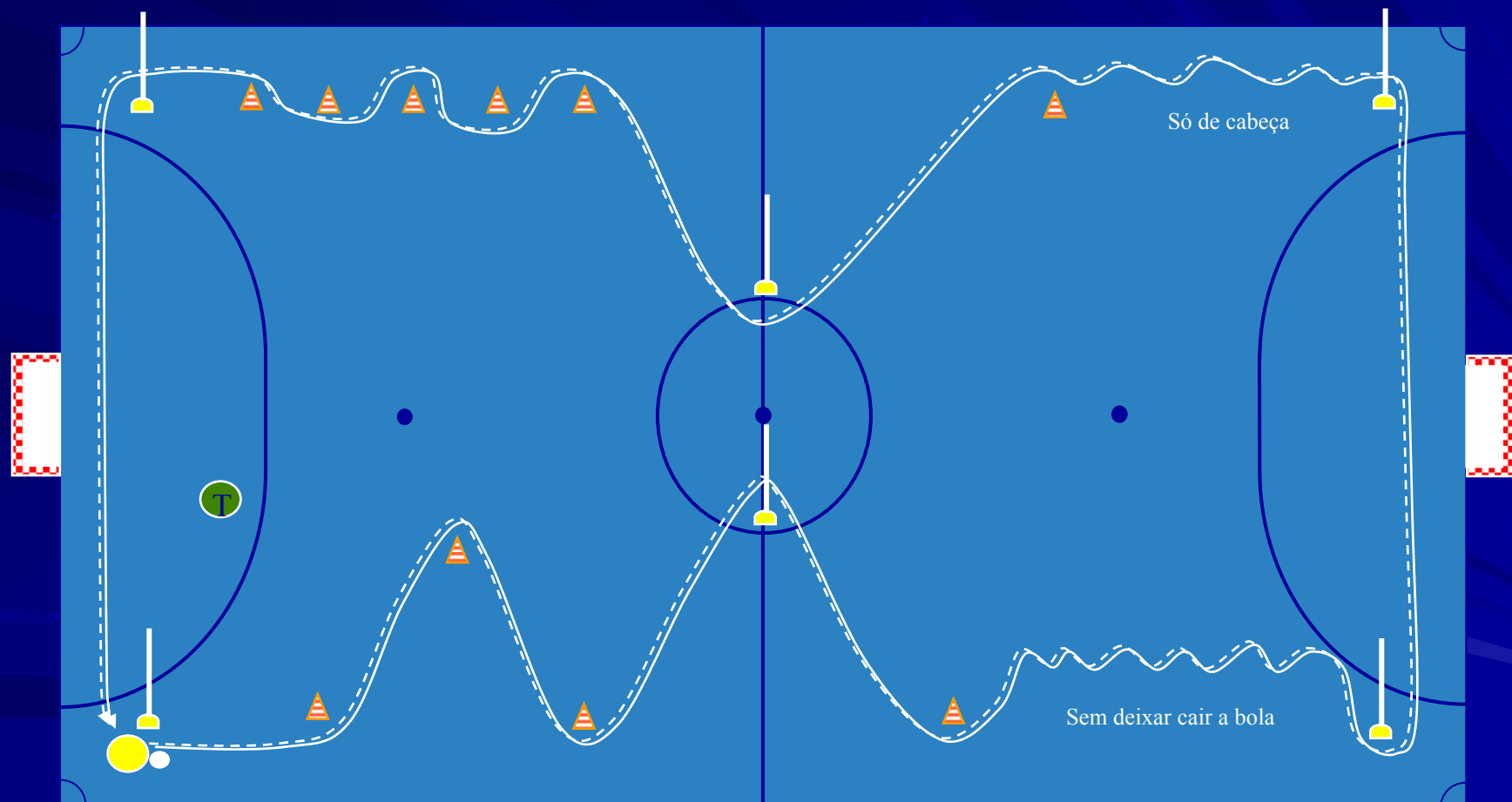
Circuito misto 3



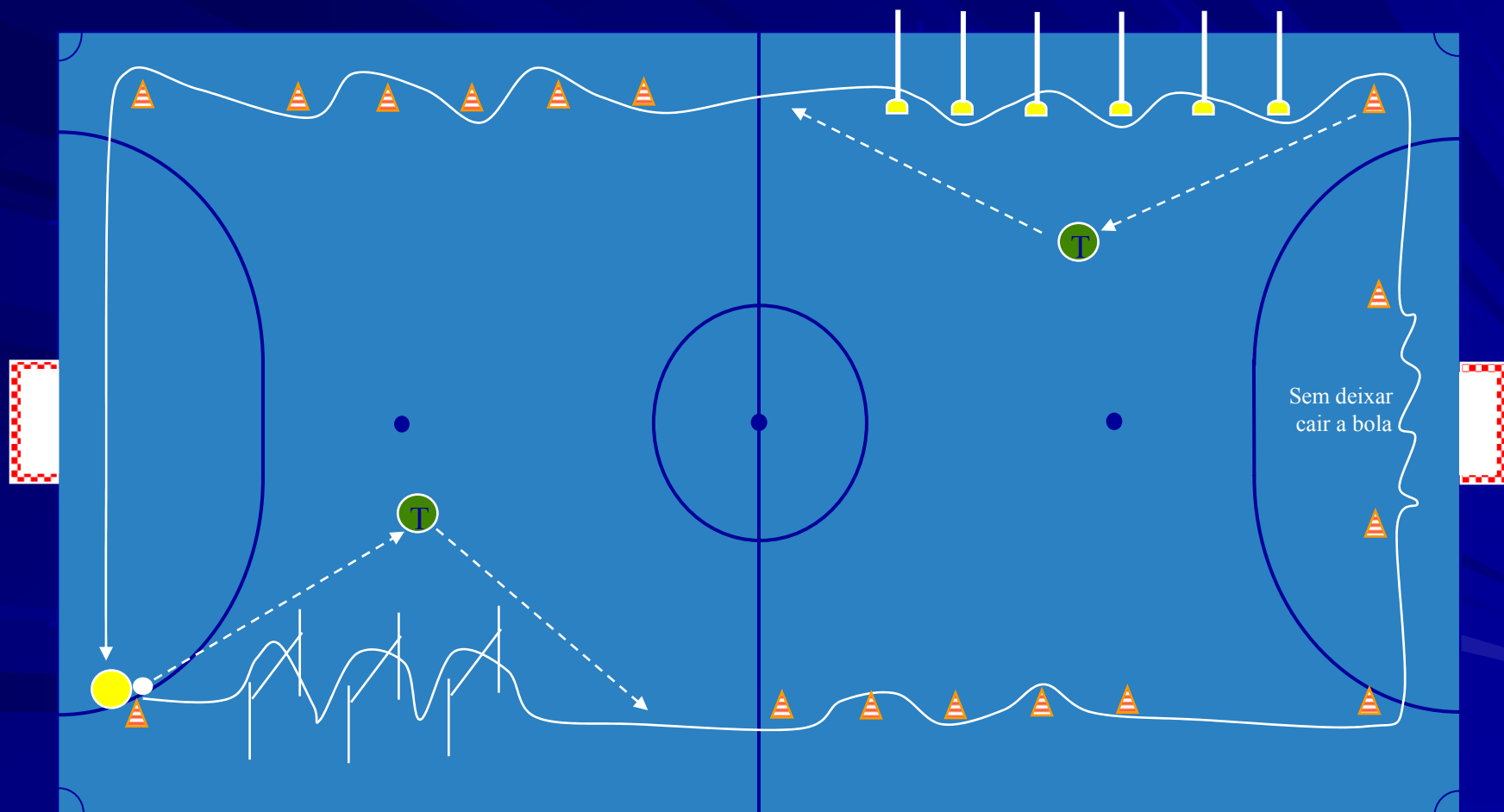
Circuito misto 4



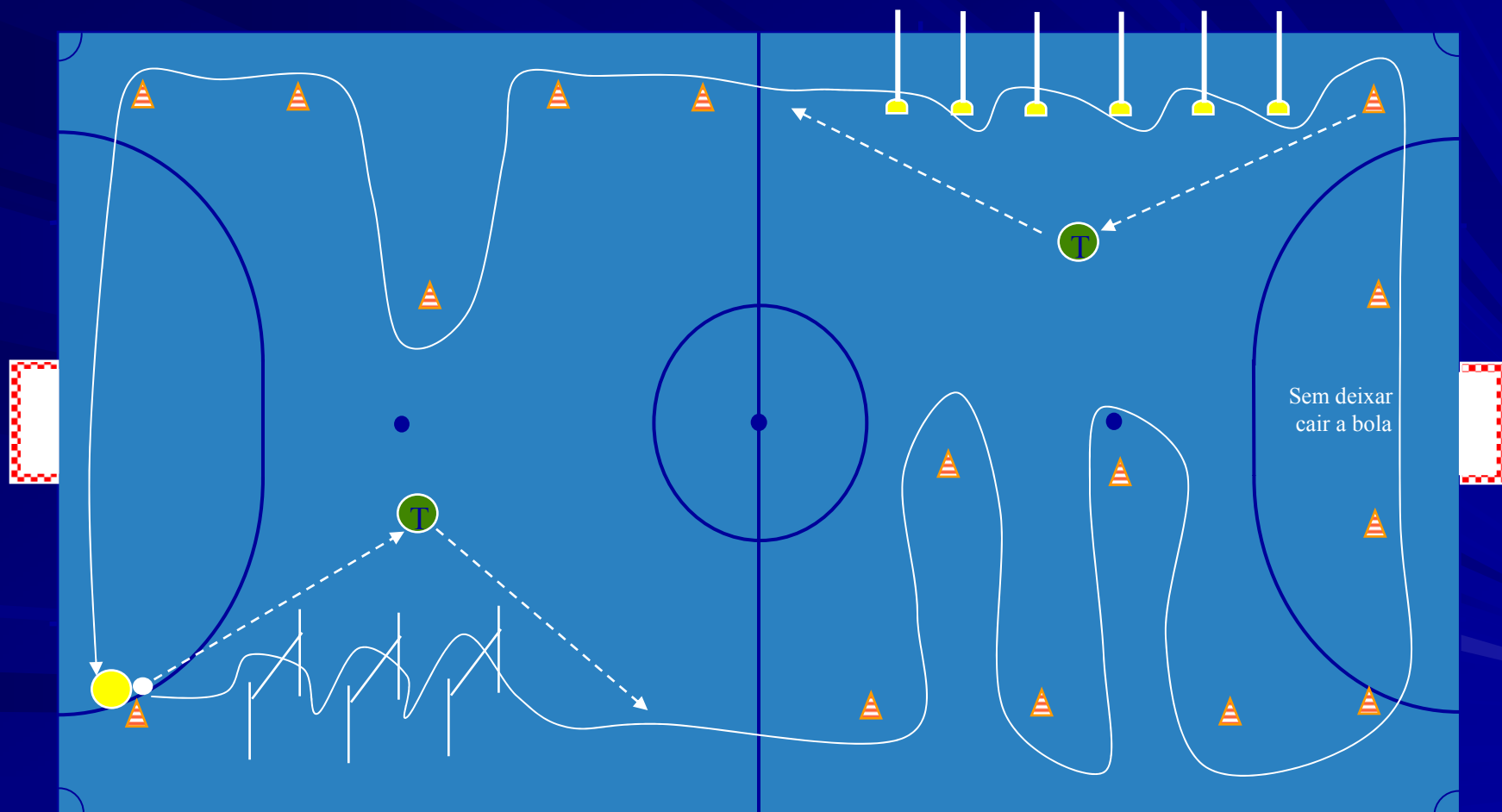
Circuito resistência 1



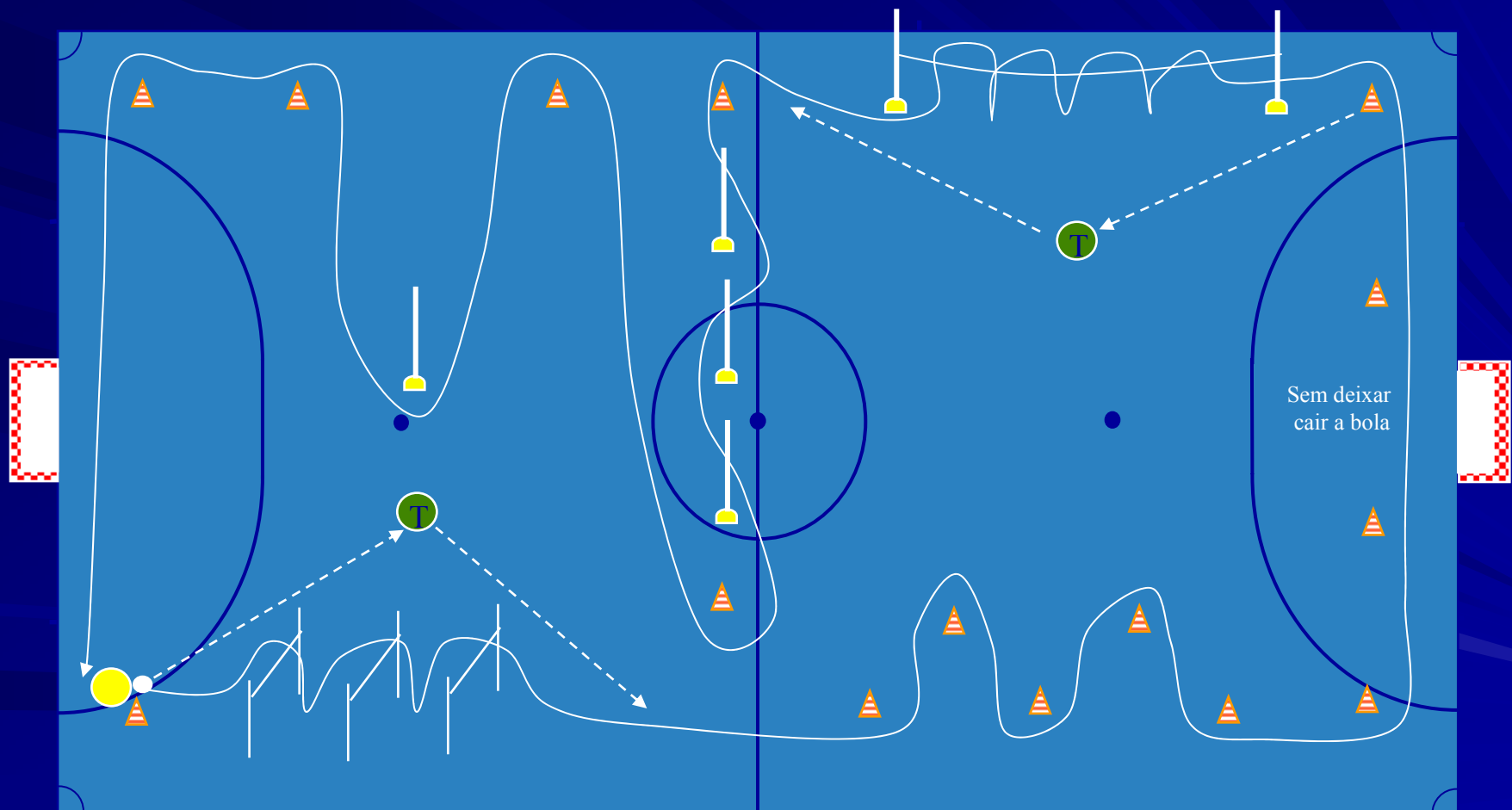
Circuito resistência 2



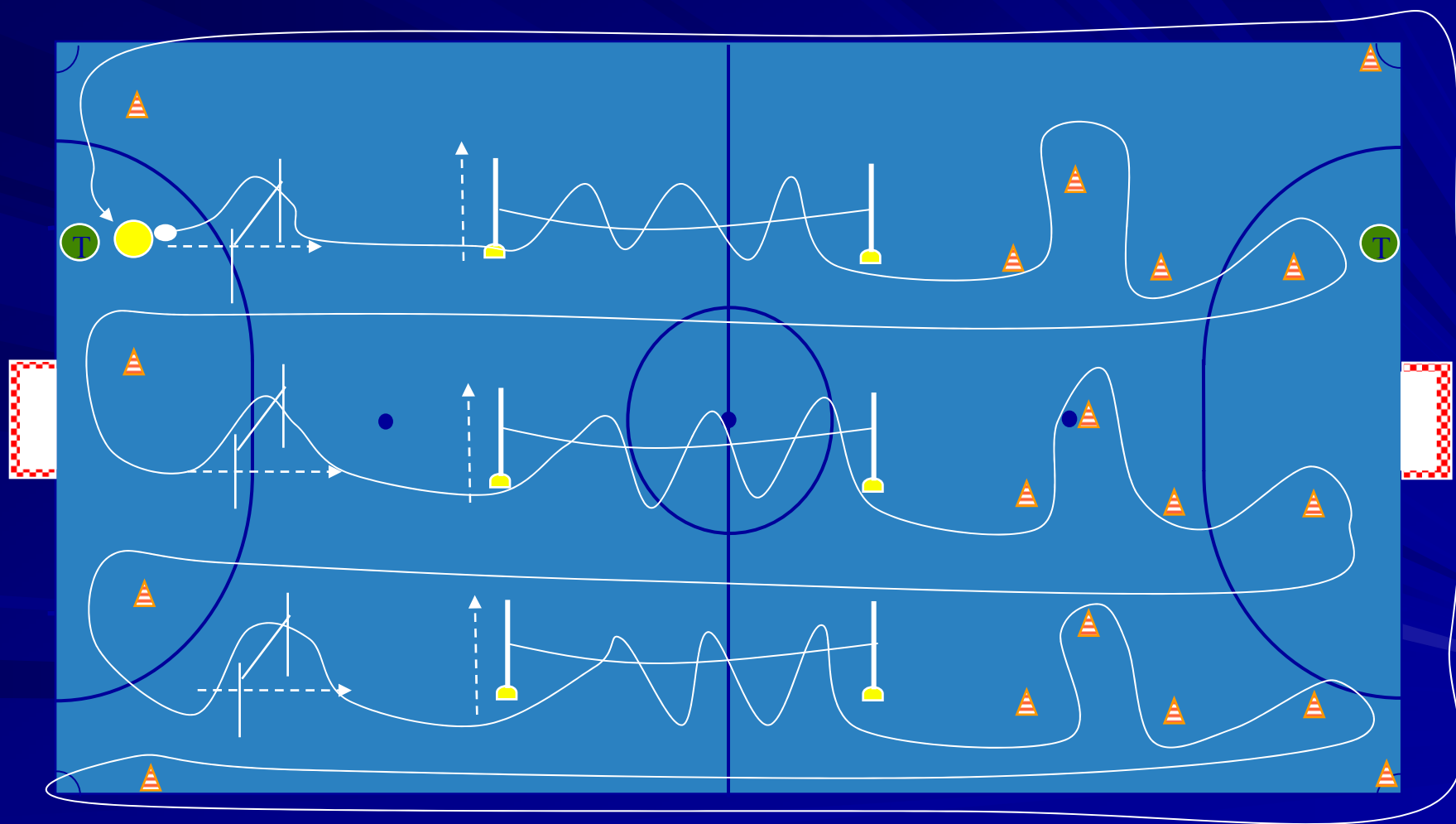
Circuito resistência 3



Circuito resistência 4

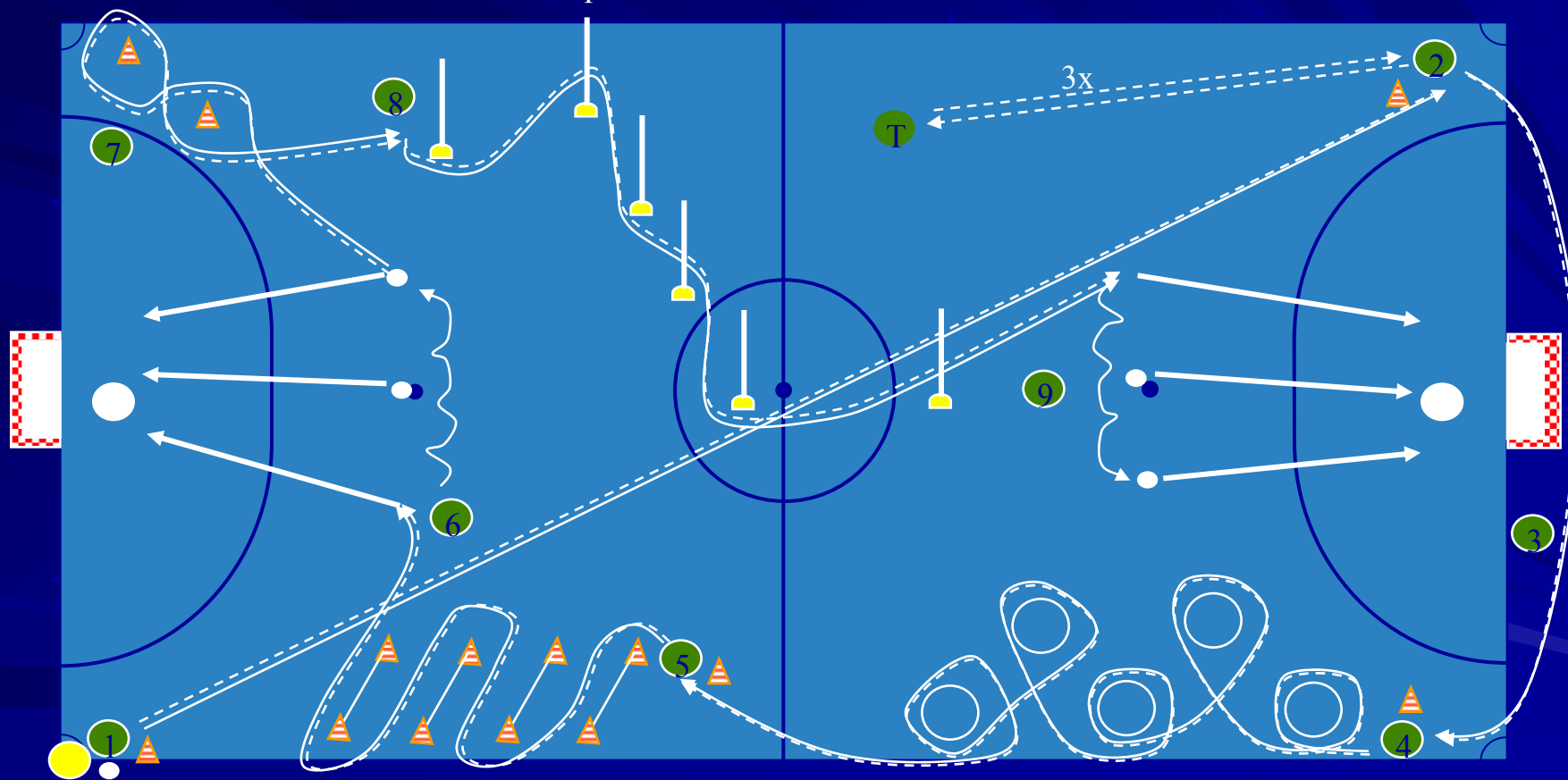


Circuito resistência 5



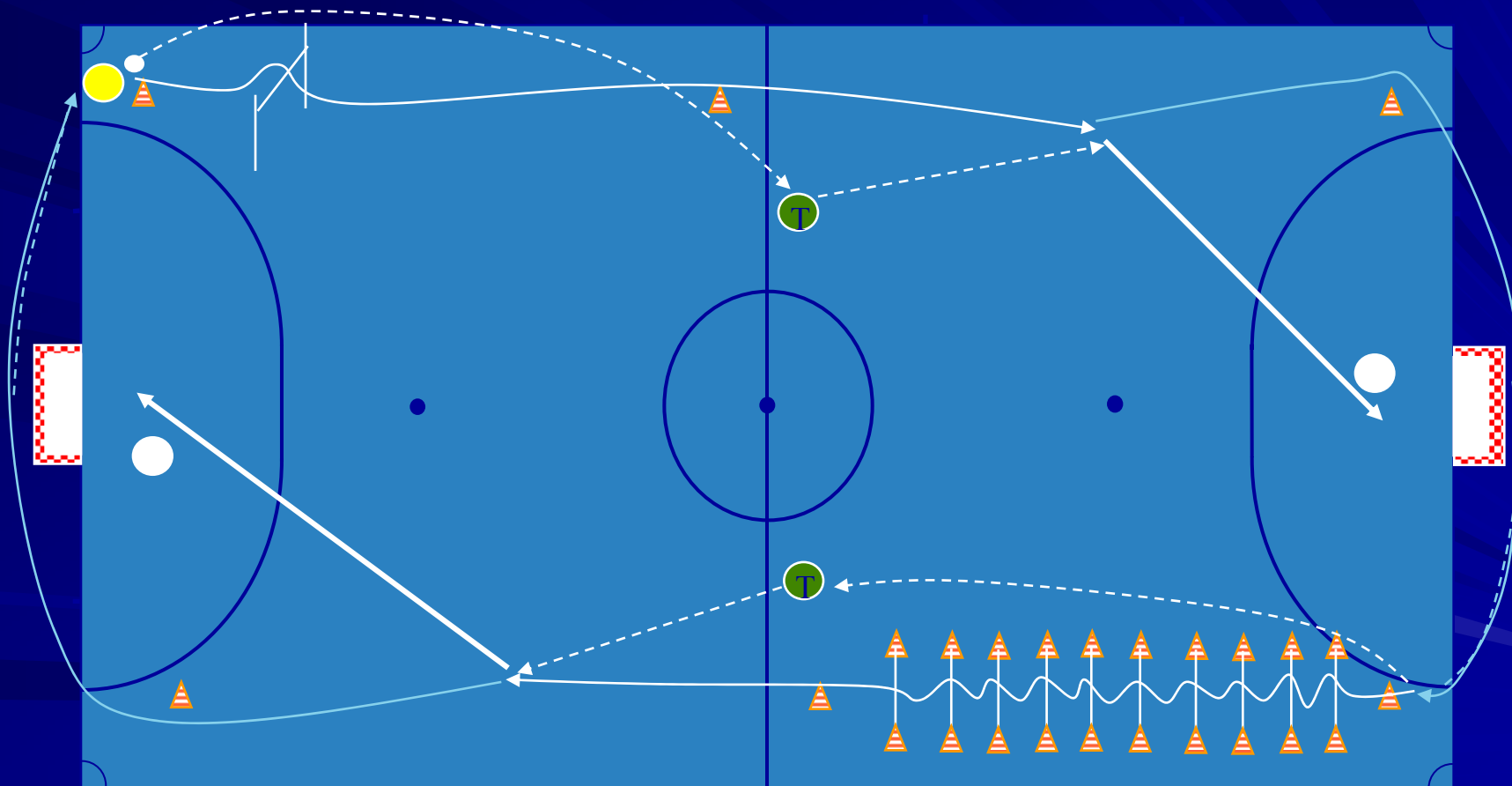
Circuito técnico

Material – 14 pinos / 10 bolas / 6 Barras / 6 Bases / 5 arcos



Volume - < 20' / Duração - 1'30'' a 2' / Repouso - 5' / Séries - 1 / Repetições - 10 a 15 / Velocidade 50% a 60%

Circuito velocidade 1



Circuito velocidade 2

