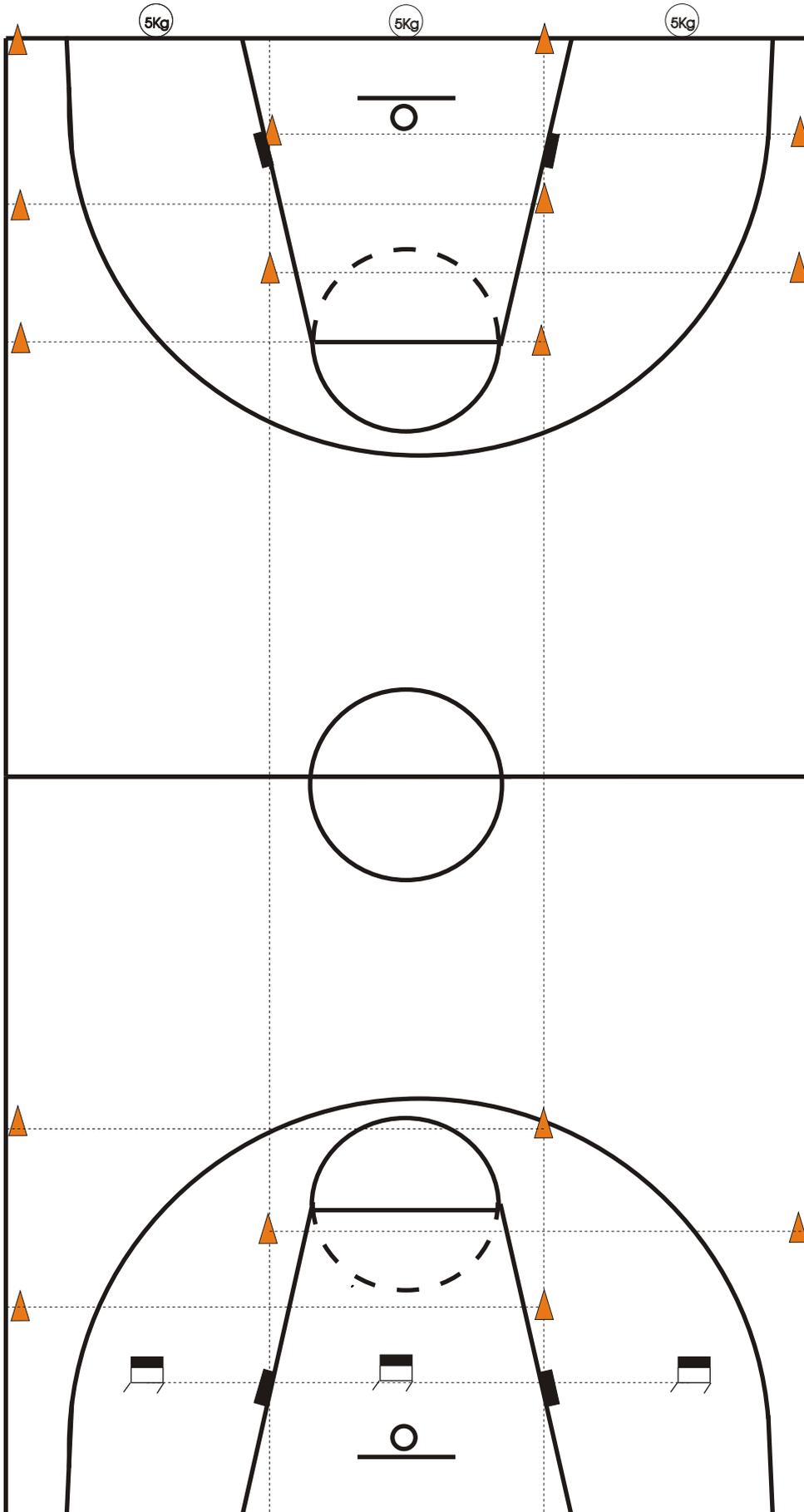


EQUIPMENT LAYOUT ( 3players simultaneous performance)



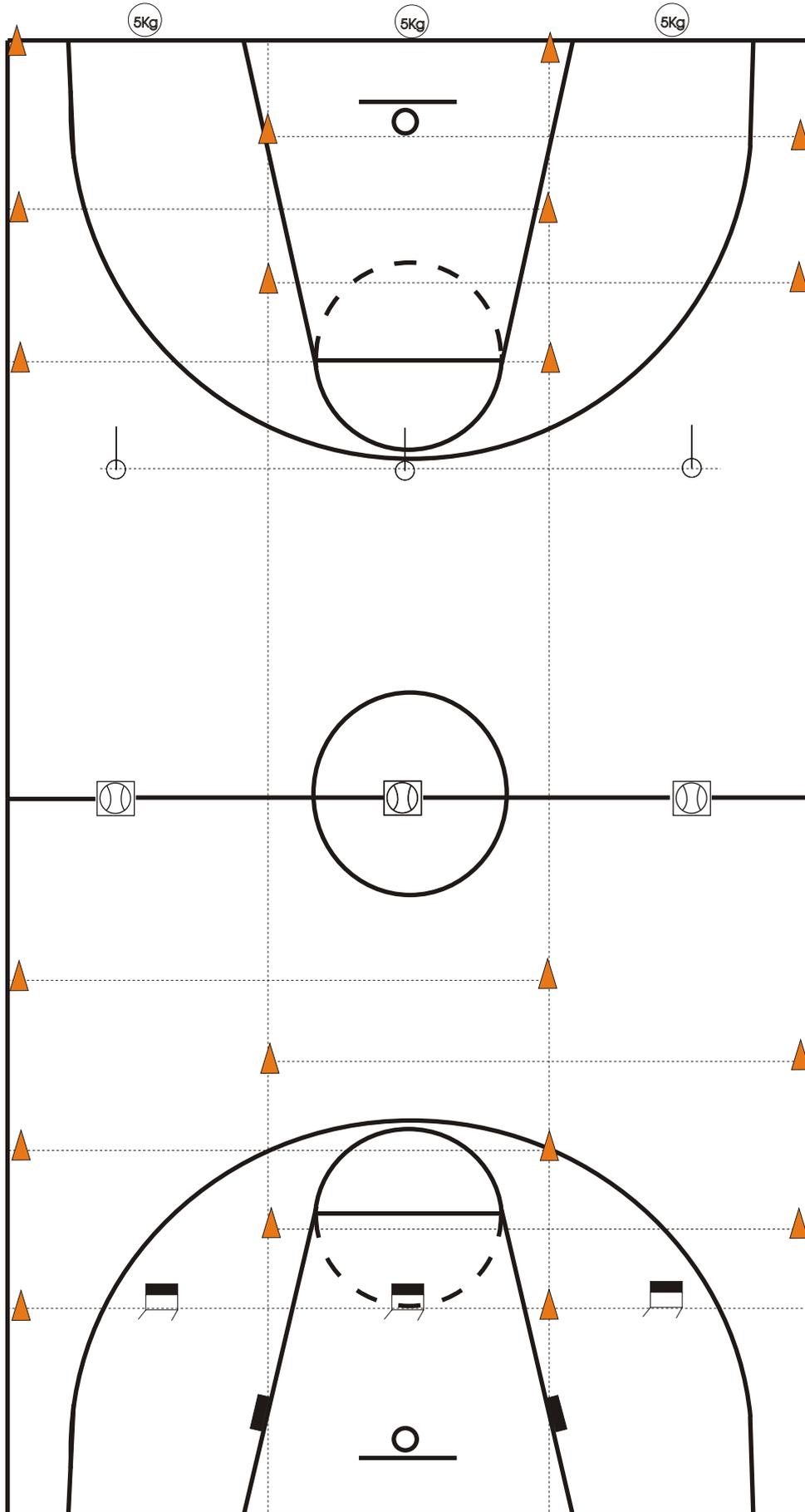
KEY TO DIAGRAMS

5kg 5 Kg. Ball ( x 3)

▲ Cone ( x 16)

▬ Hurdle ( x 3)  
20 cm height

EQUIPMENT LAYOUT ( 3players simultaneous performance)



KEY TO DIAGRAMS

5kg 5 Kg. Ball ( x 3)

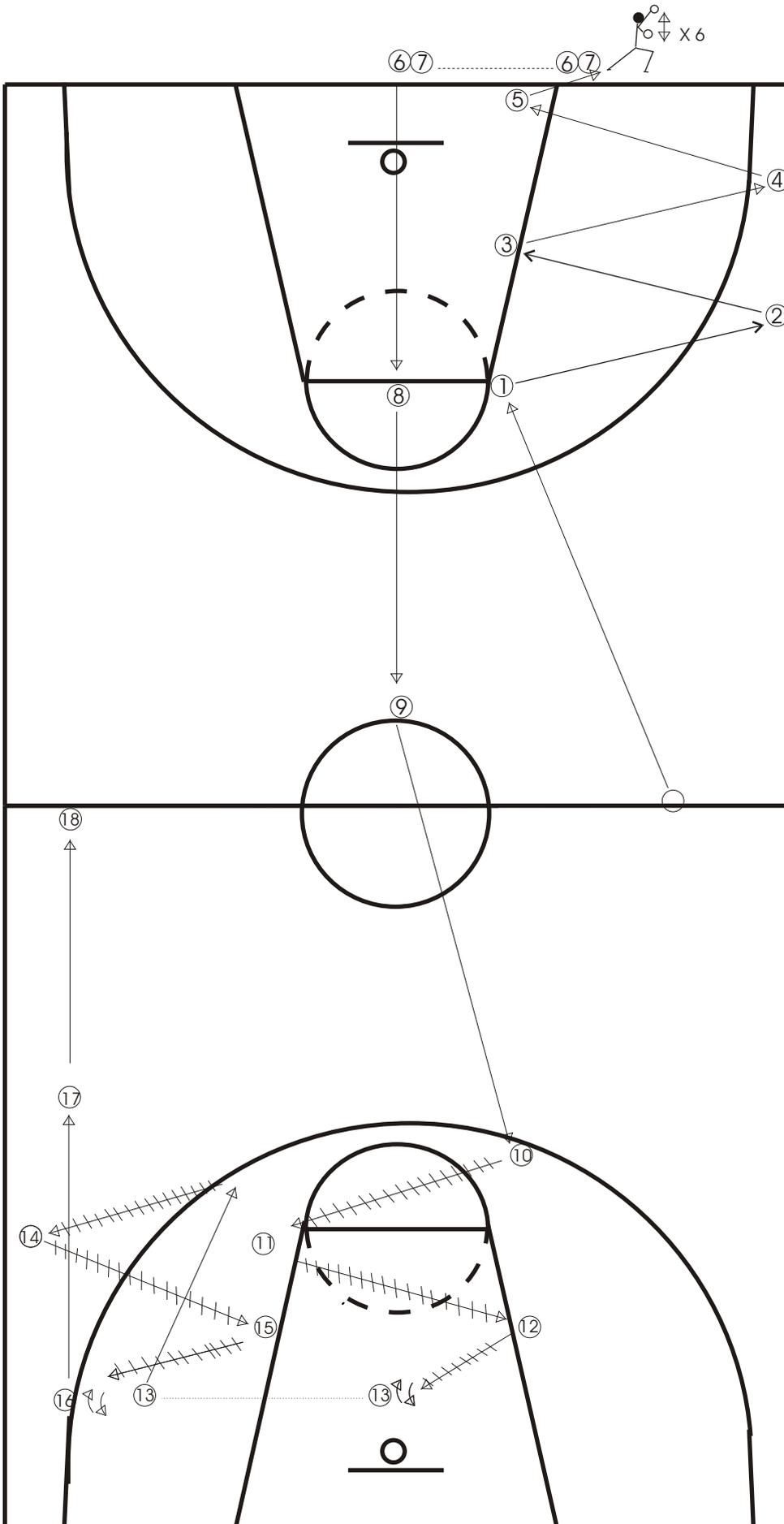
Cone ( x 20)

Post ( x 3)

Hurdle ( x 3)  
20 cm height

Chair with  
basketball ball (x3)

ACTIONS TO BE PERFORMED



1 lap = 18 actions

5 offensive actions  
 6 defensive actions  
 2 fighting actions  
 5 running actions

13 Offens/def actions  
 (75% directed)  
 5 running actions  
 (25% general)

KEY TO DIAGRAMS

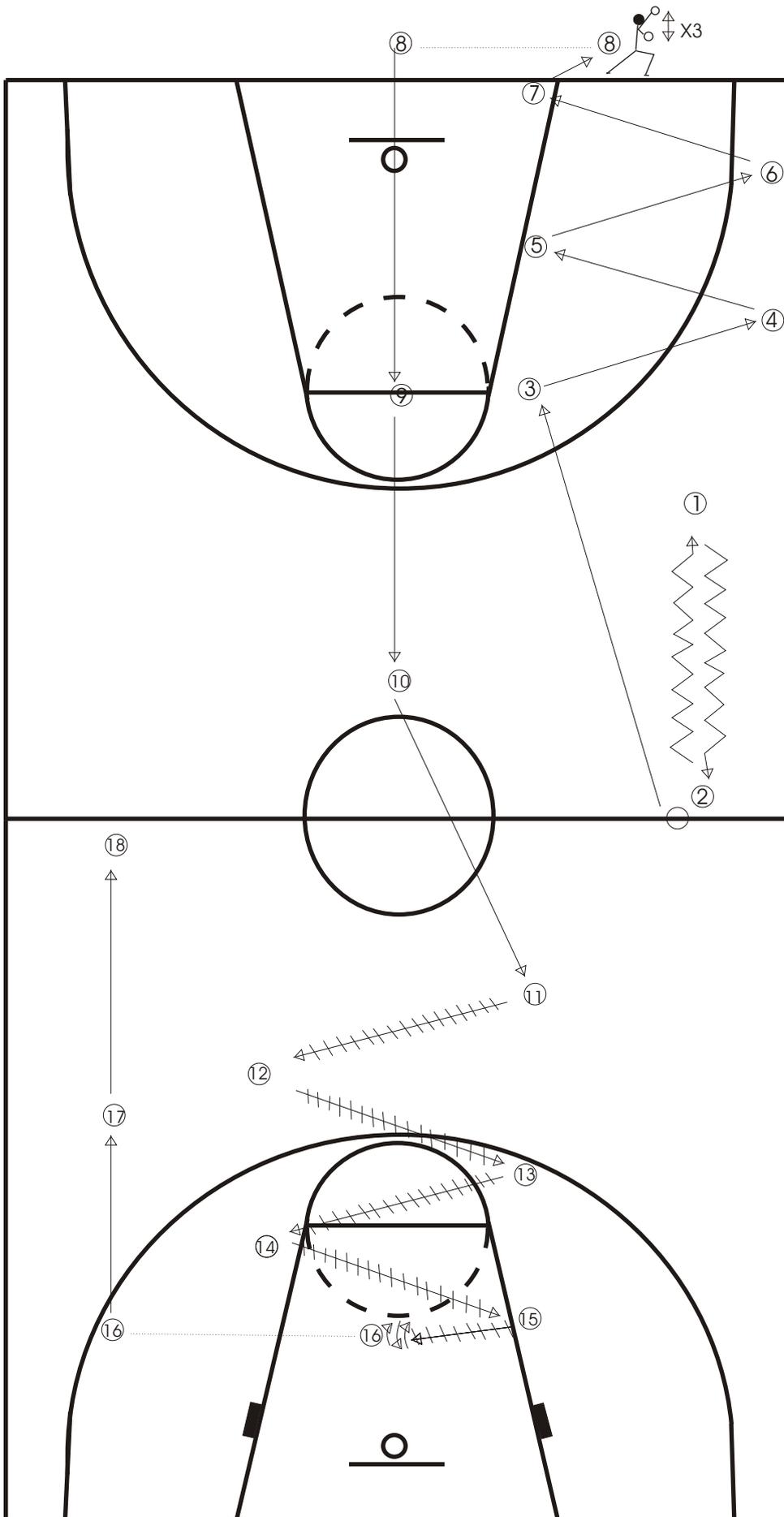
→  
 Run

x 6  
 Fighting act. with a  
 5Kg ball (6 times)

Defensive slides

Hurdle jumps (2 jumps)

ACTIONS TO BE PERFORMED



1 lap = 18 actions

7 offensive actions  
5 defensive actions  
1 fighting actions  
5 running actions

13 Offens/def actions  
(75% directed)  
5 running actions  
(25% general)

KEY TO DIAGRAMS

~~~~~  
Dribble

→  
Run

Stick figure icon with 'x3'

Fighting act. with a 5kg ball (3 times)

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Defensive slides

Stick figure icon with arrows

Hurdle jumps (3 jumps)