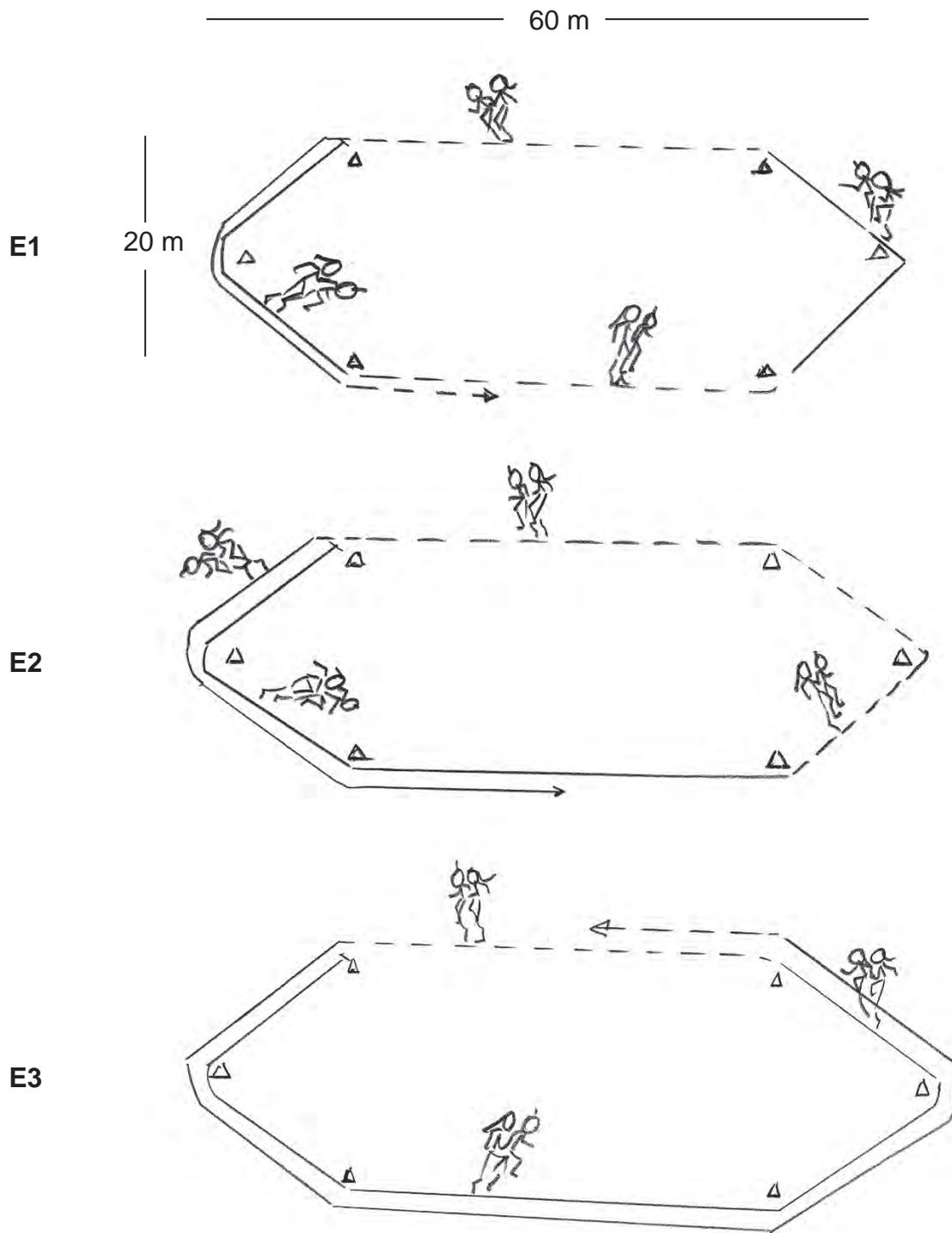
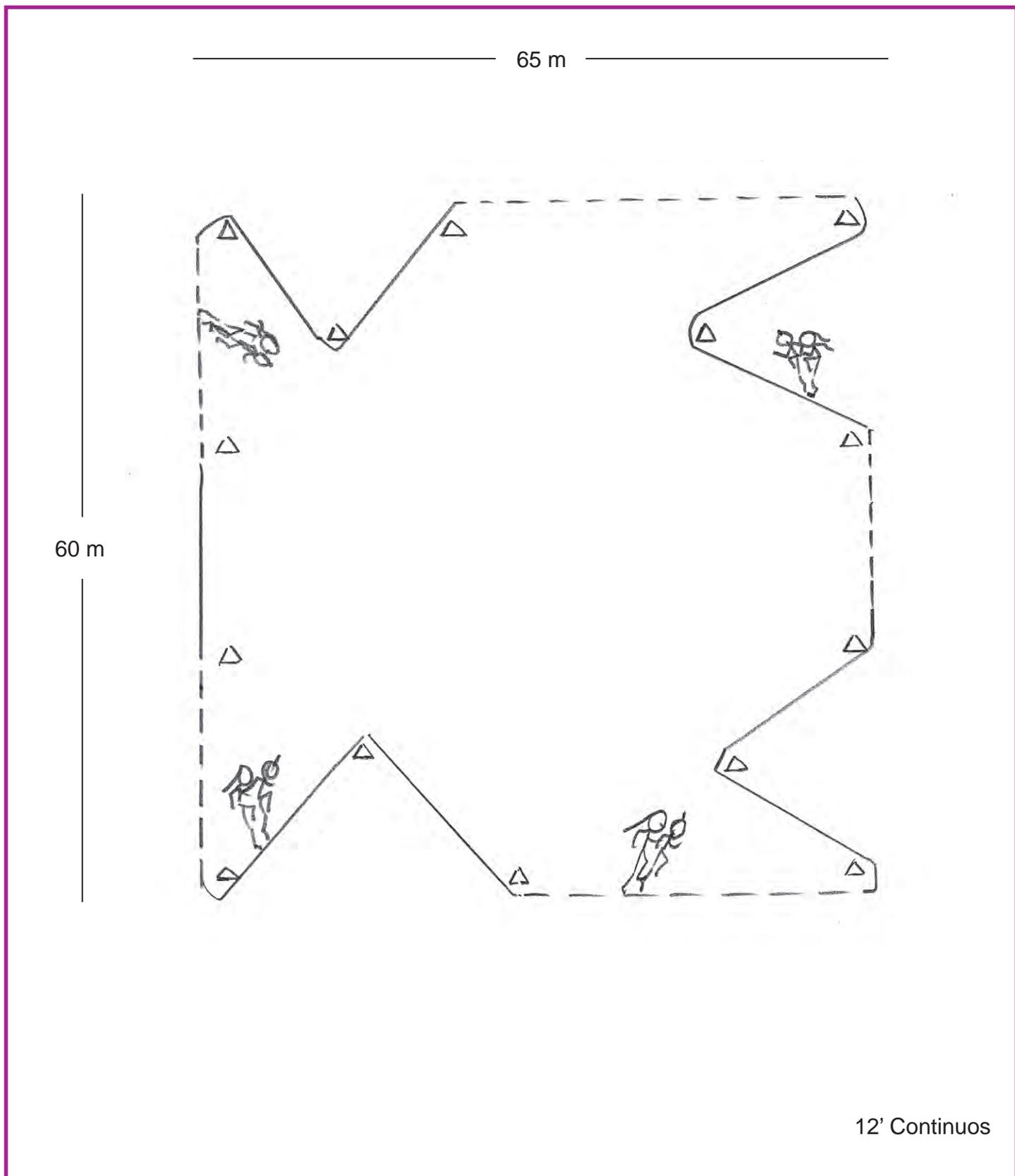


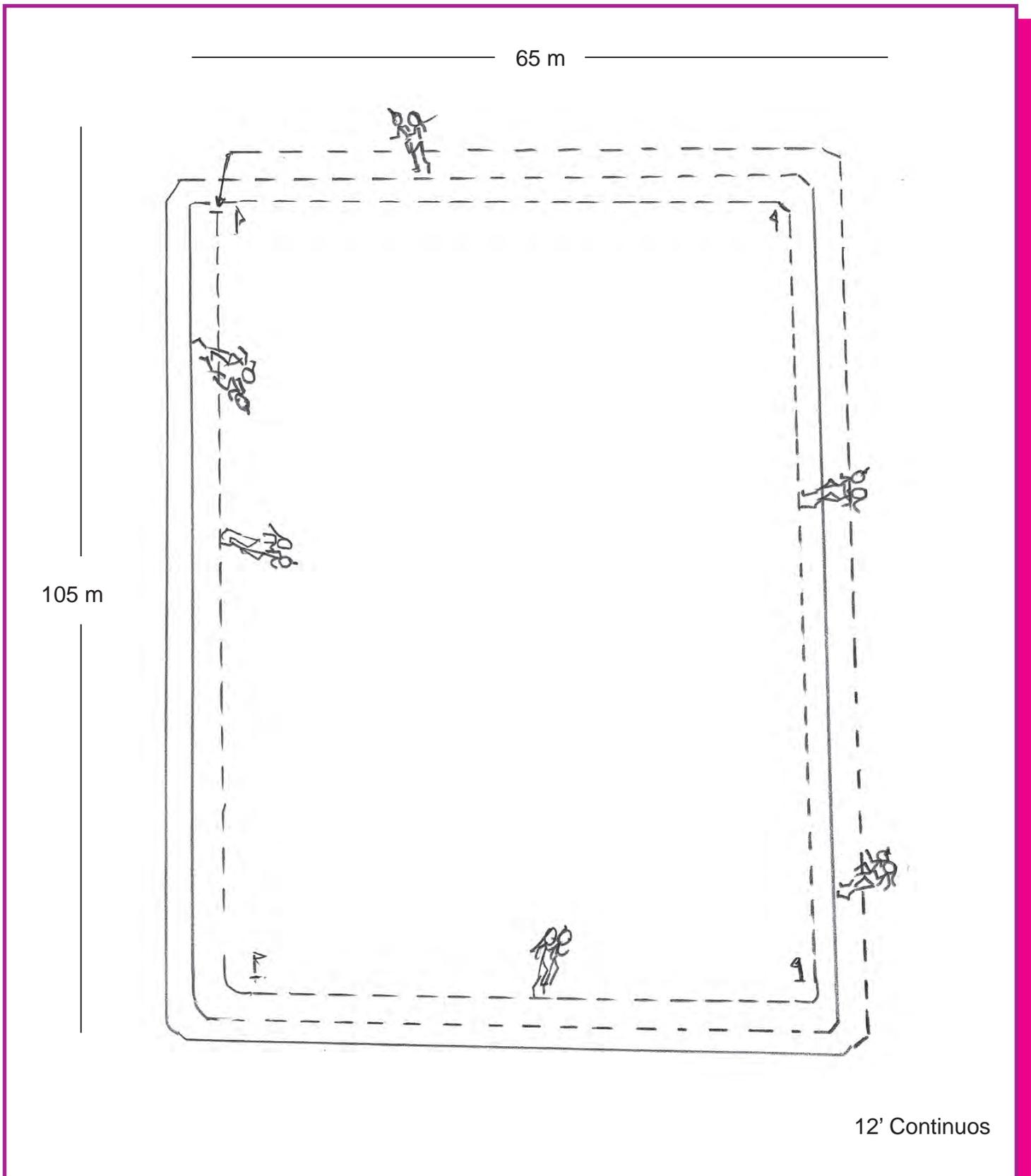
2'30" Balón + 1'30" Trote libre x E1 - E2 - E3

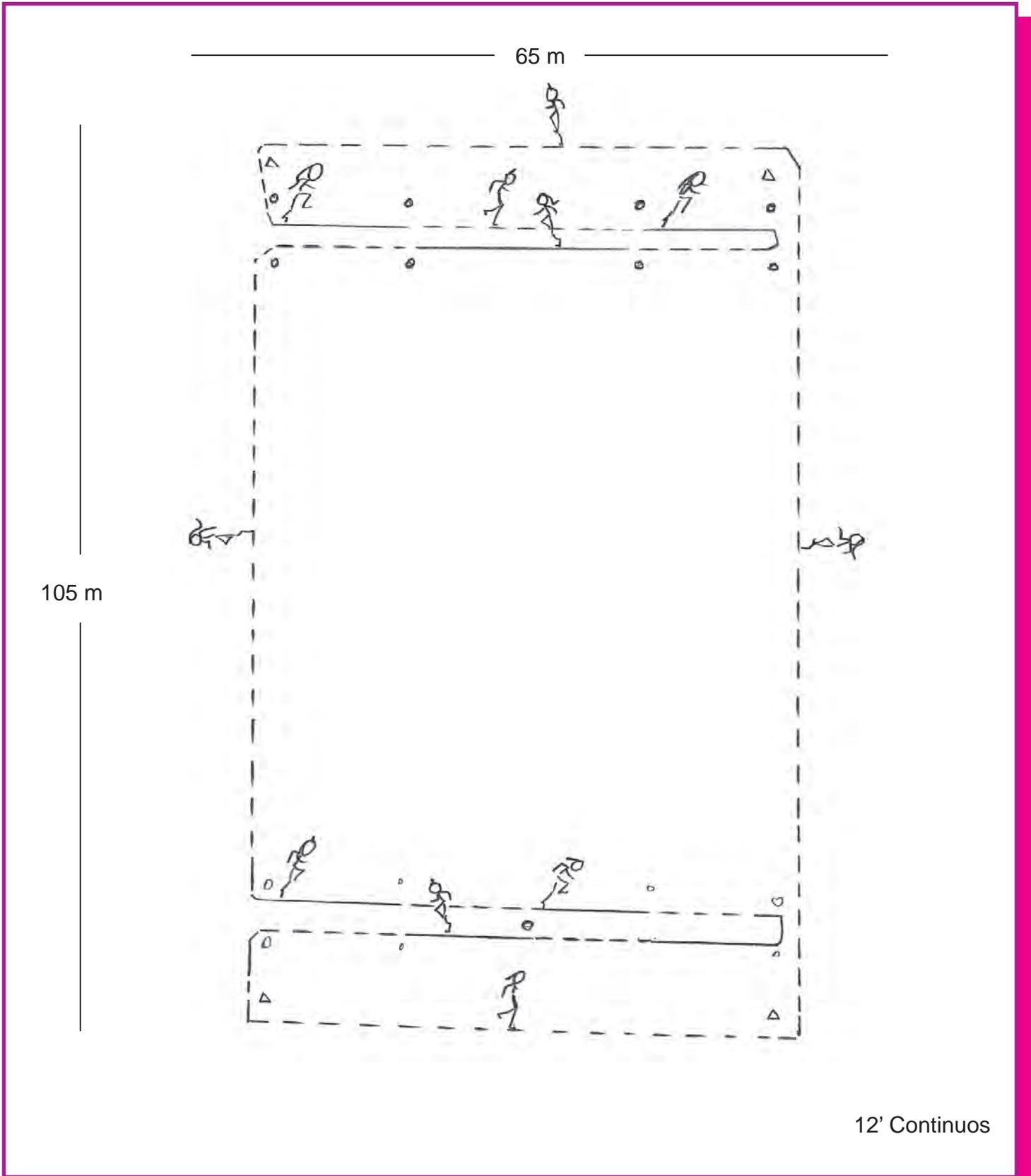
12' Continuos

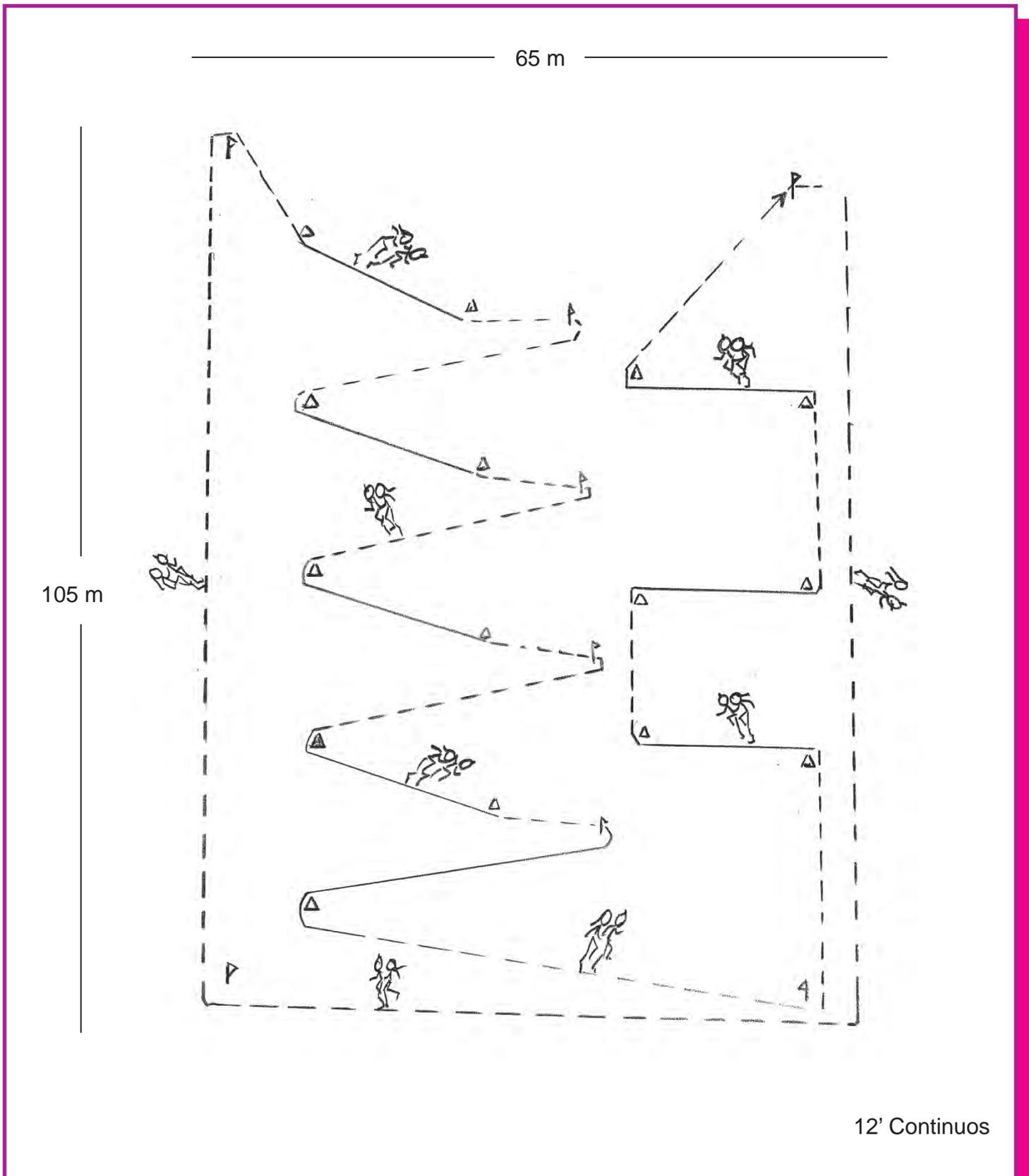


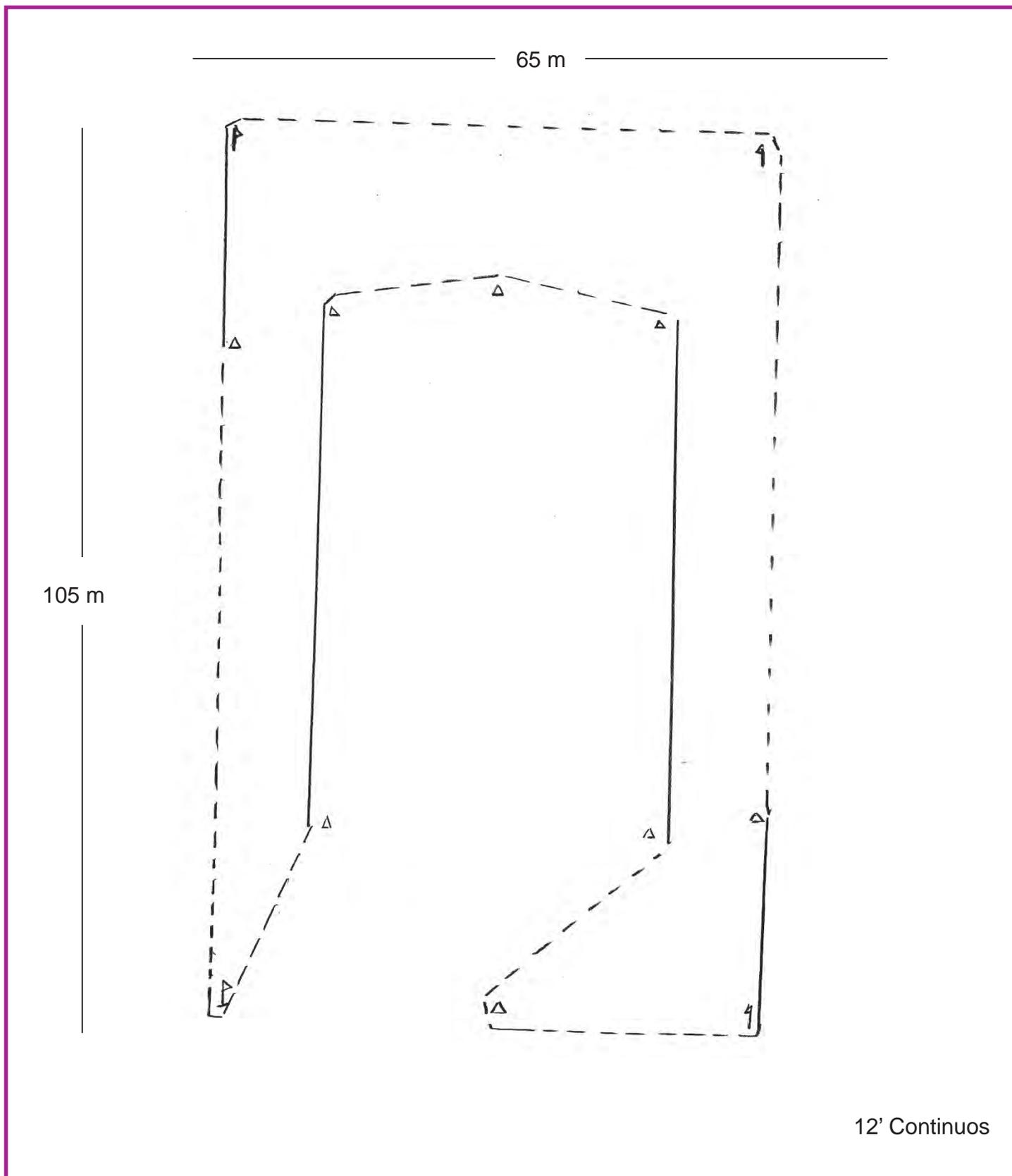
4' de carrera + 1' de pausa x E1 - E2 - E3

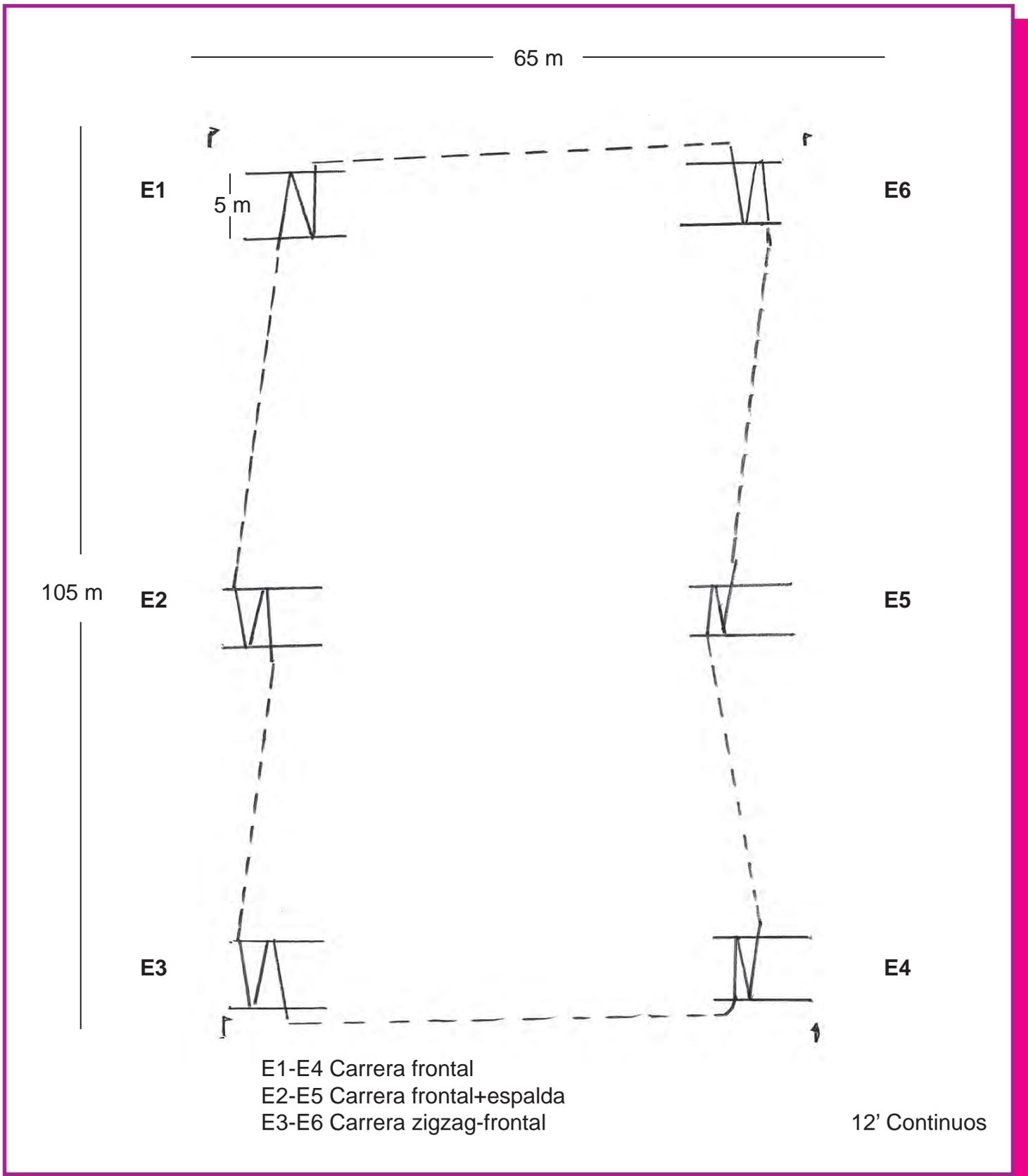


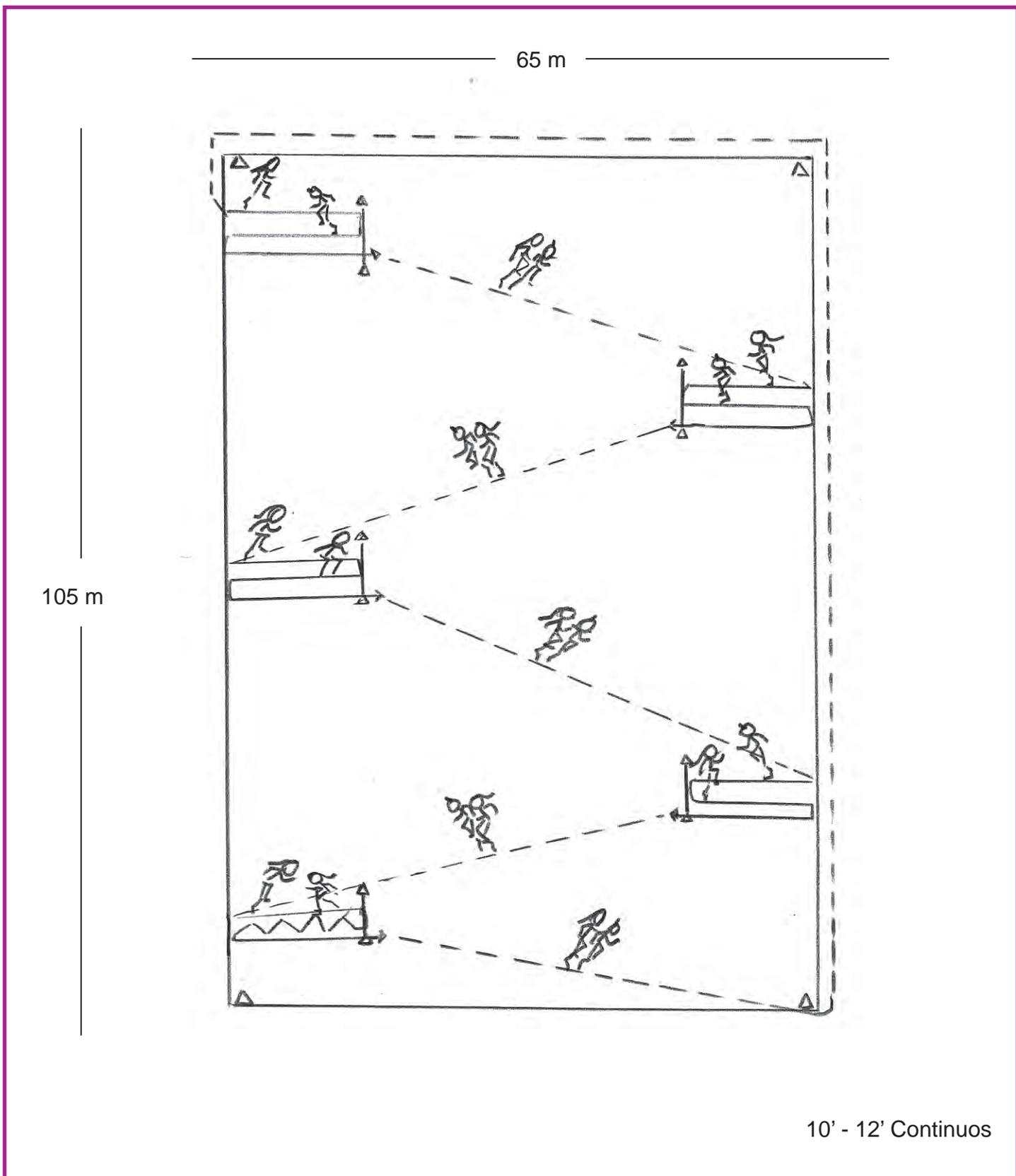




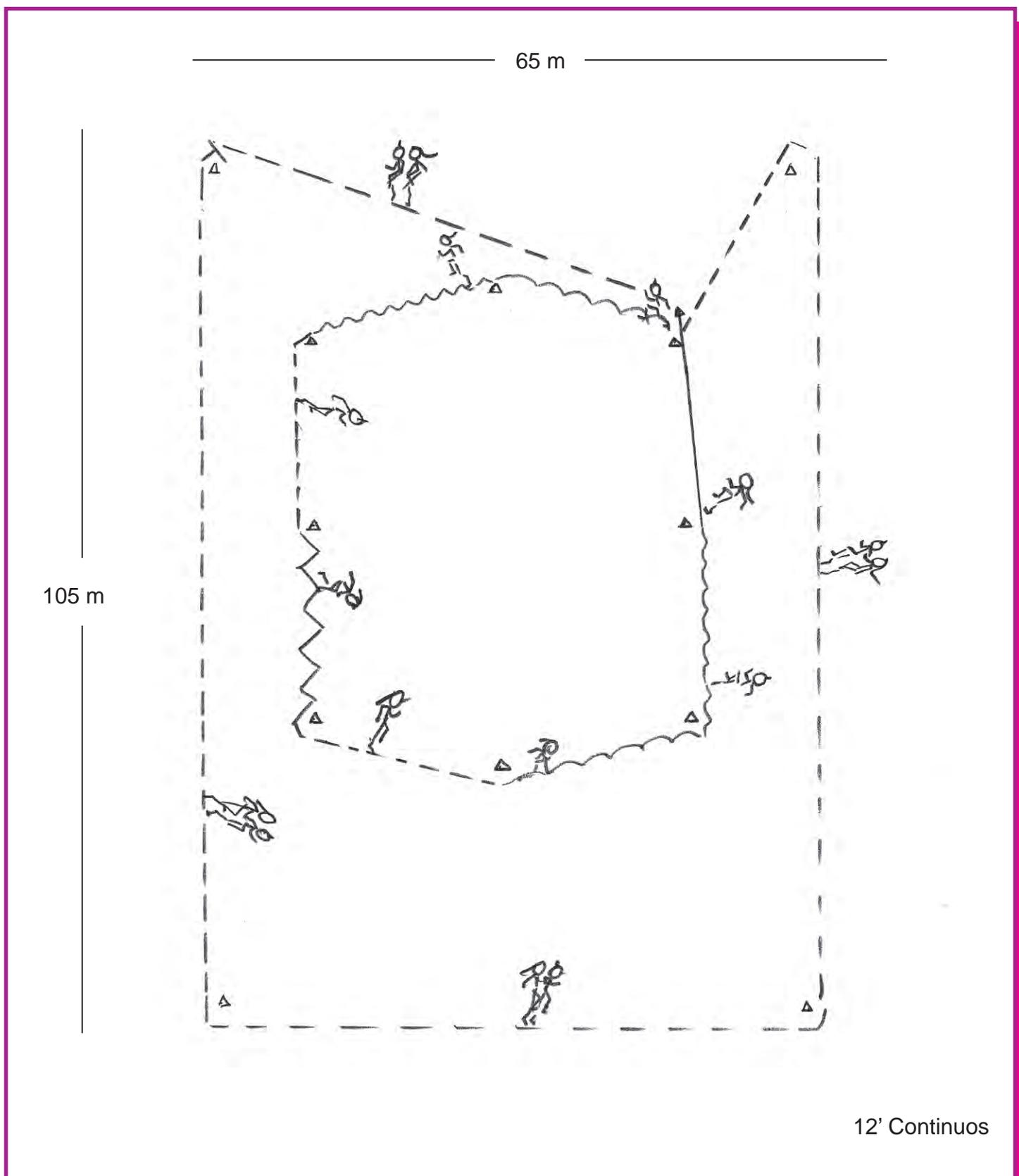


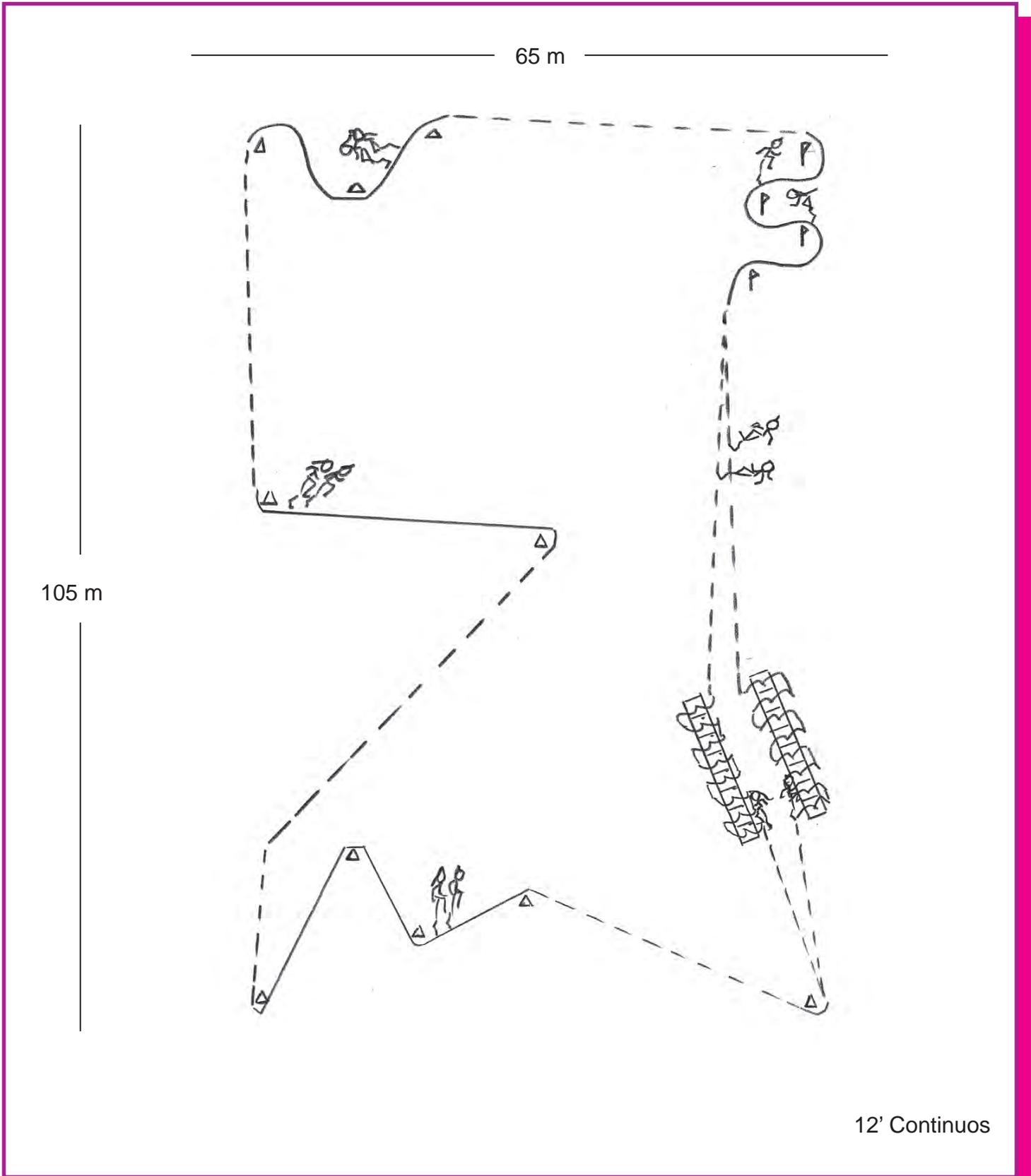


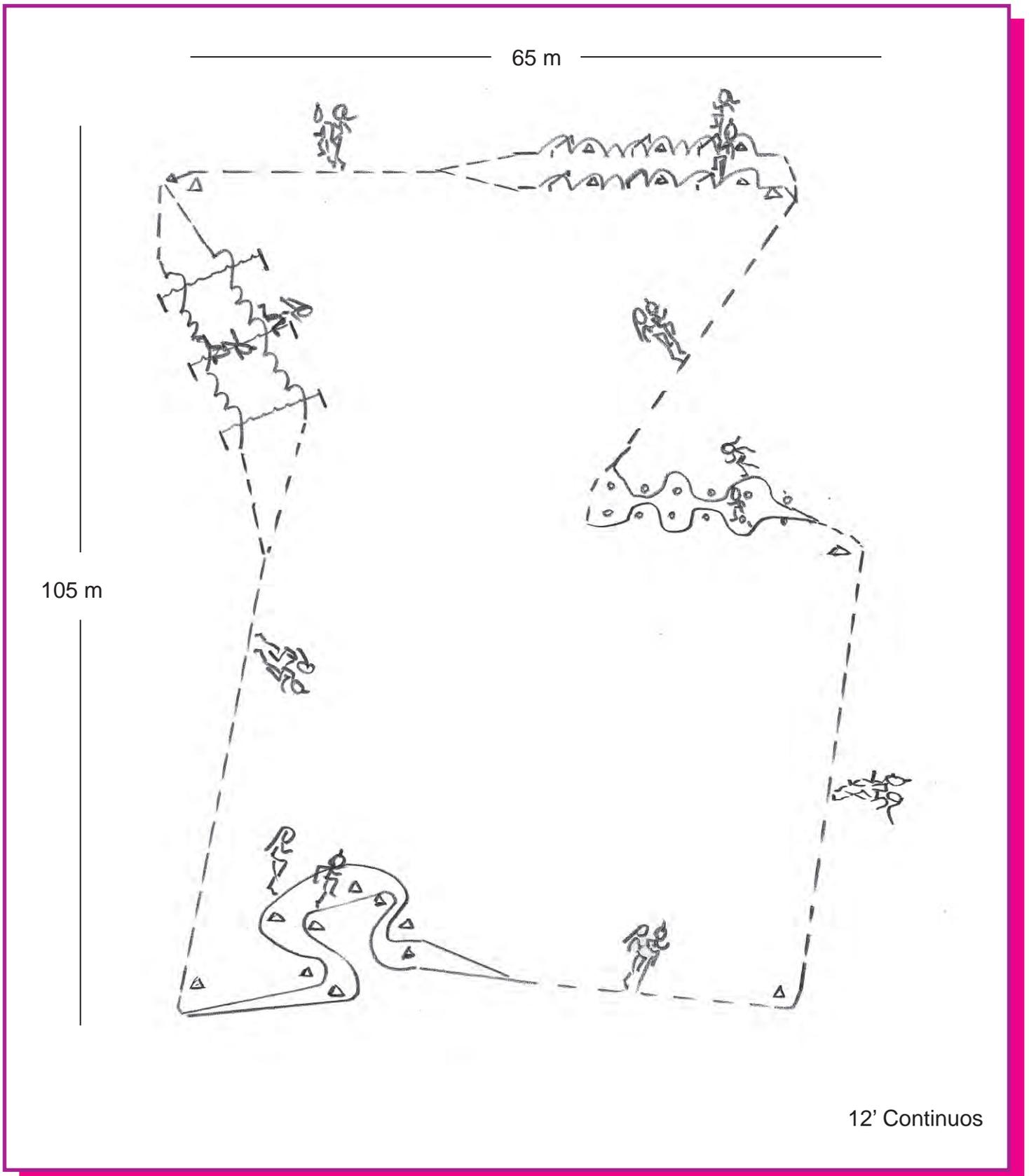


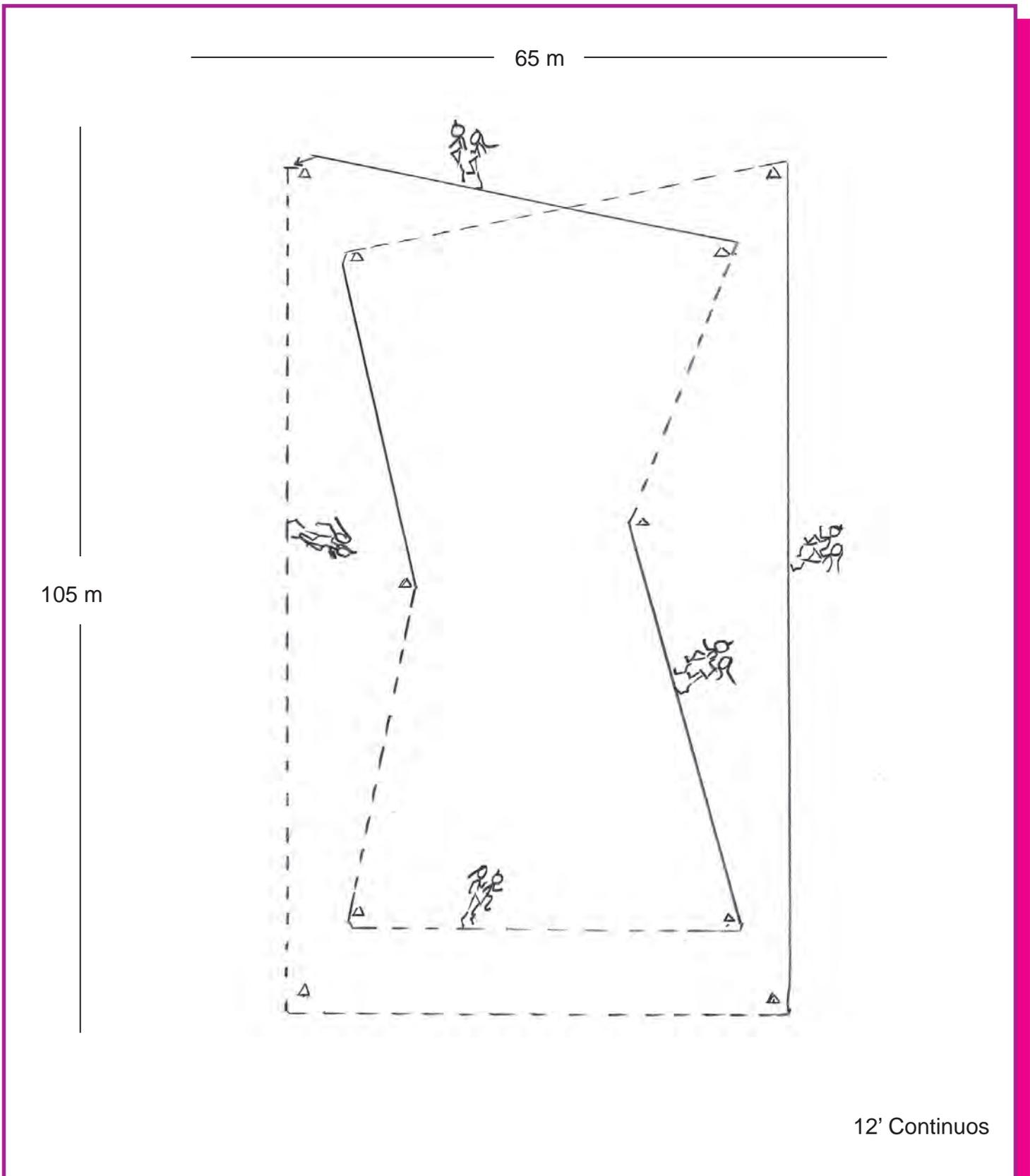


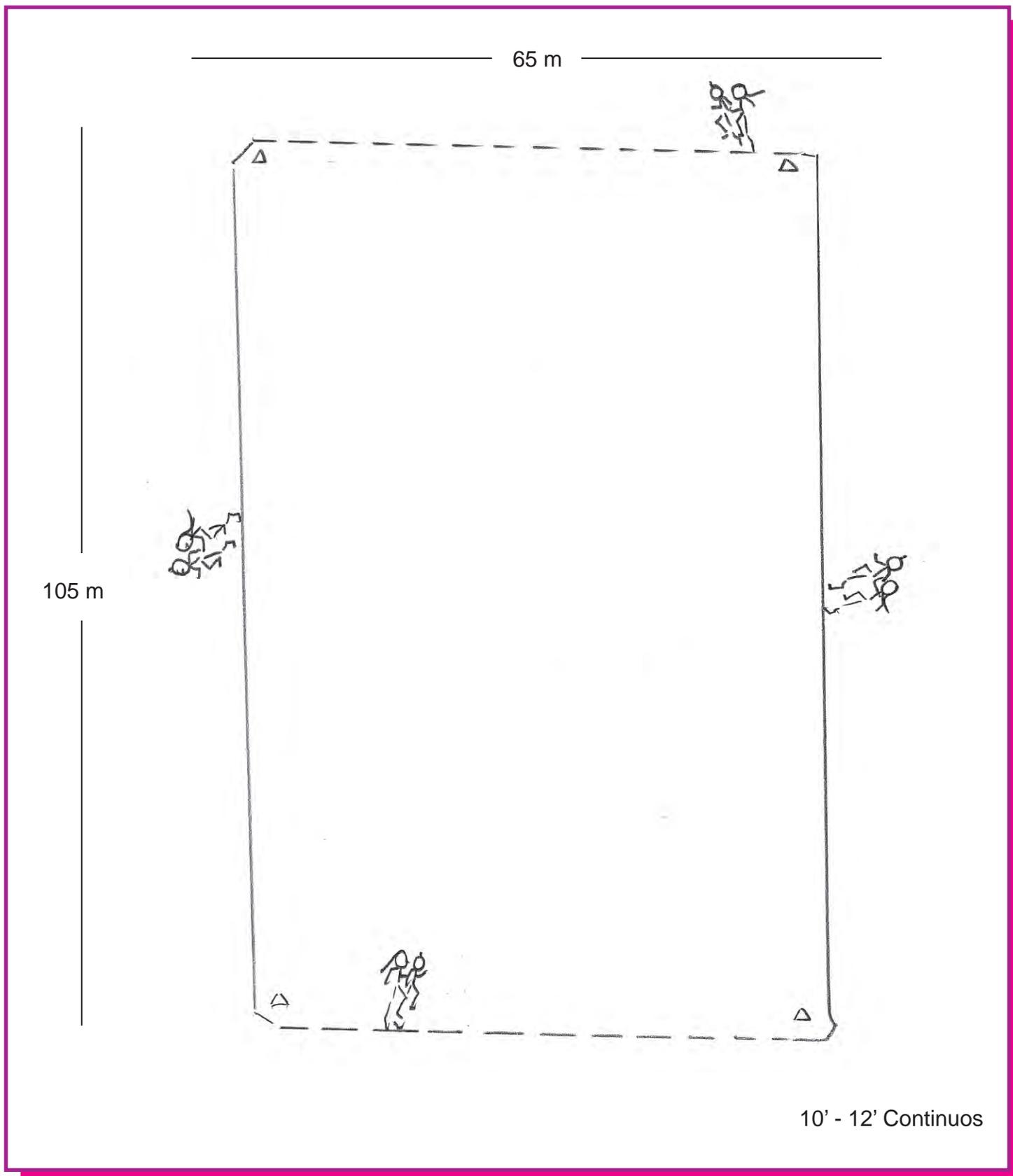
10' - 12' Continuos

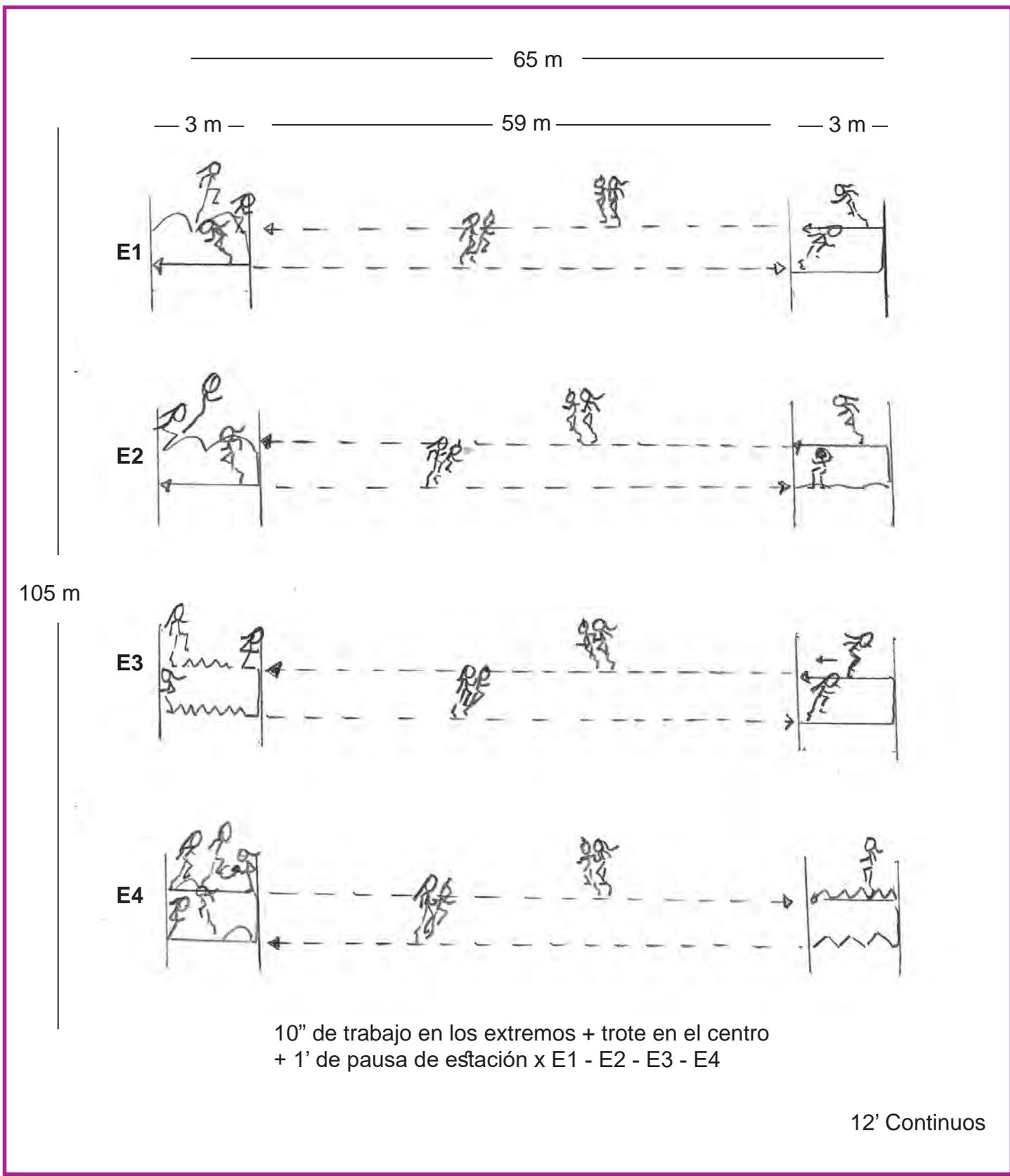


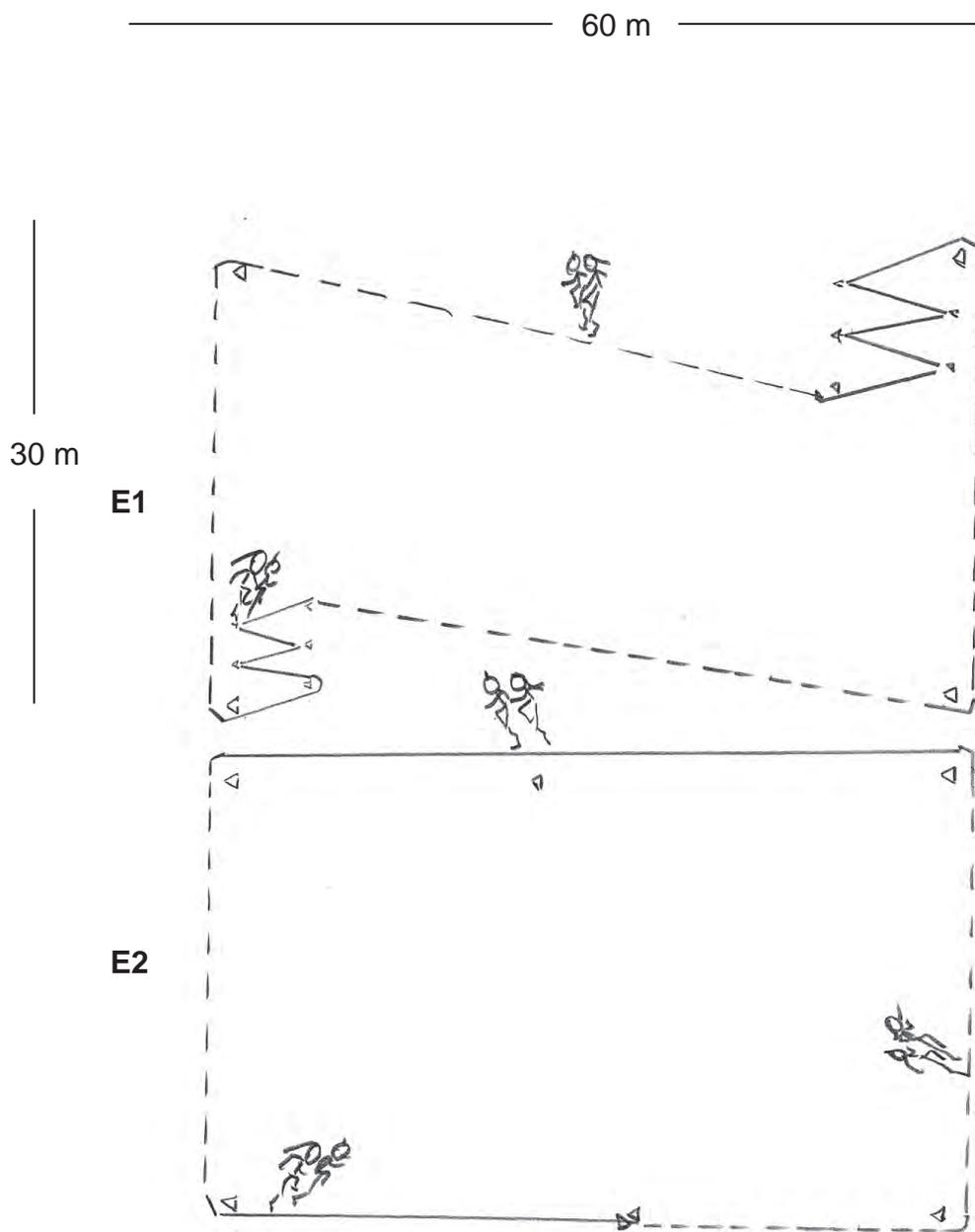




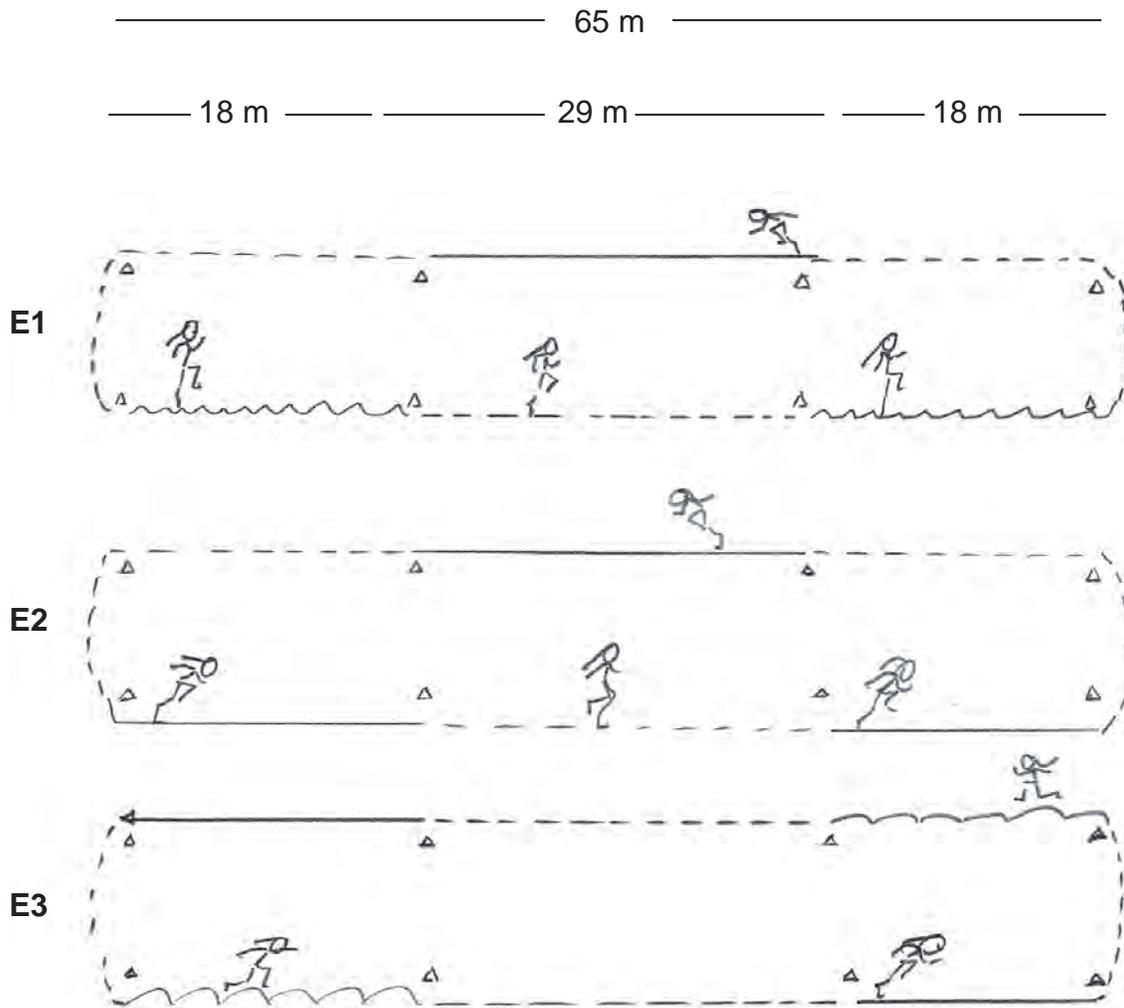






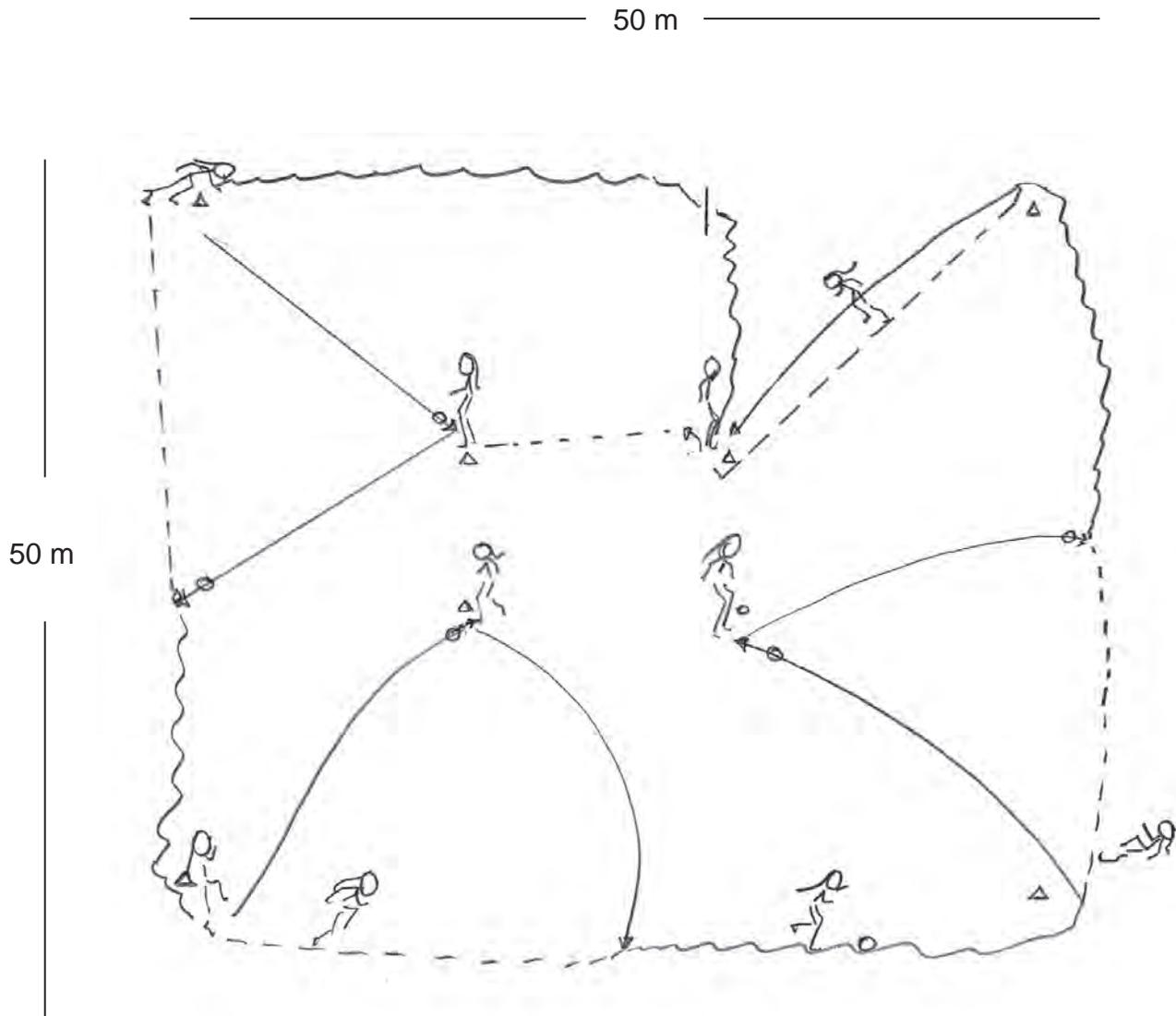


E1 - E2 x 5' + 1' de pausa de estación



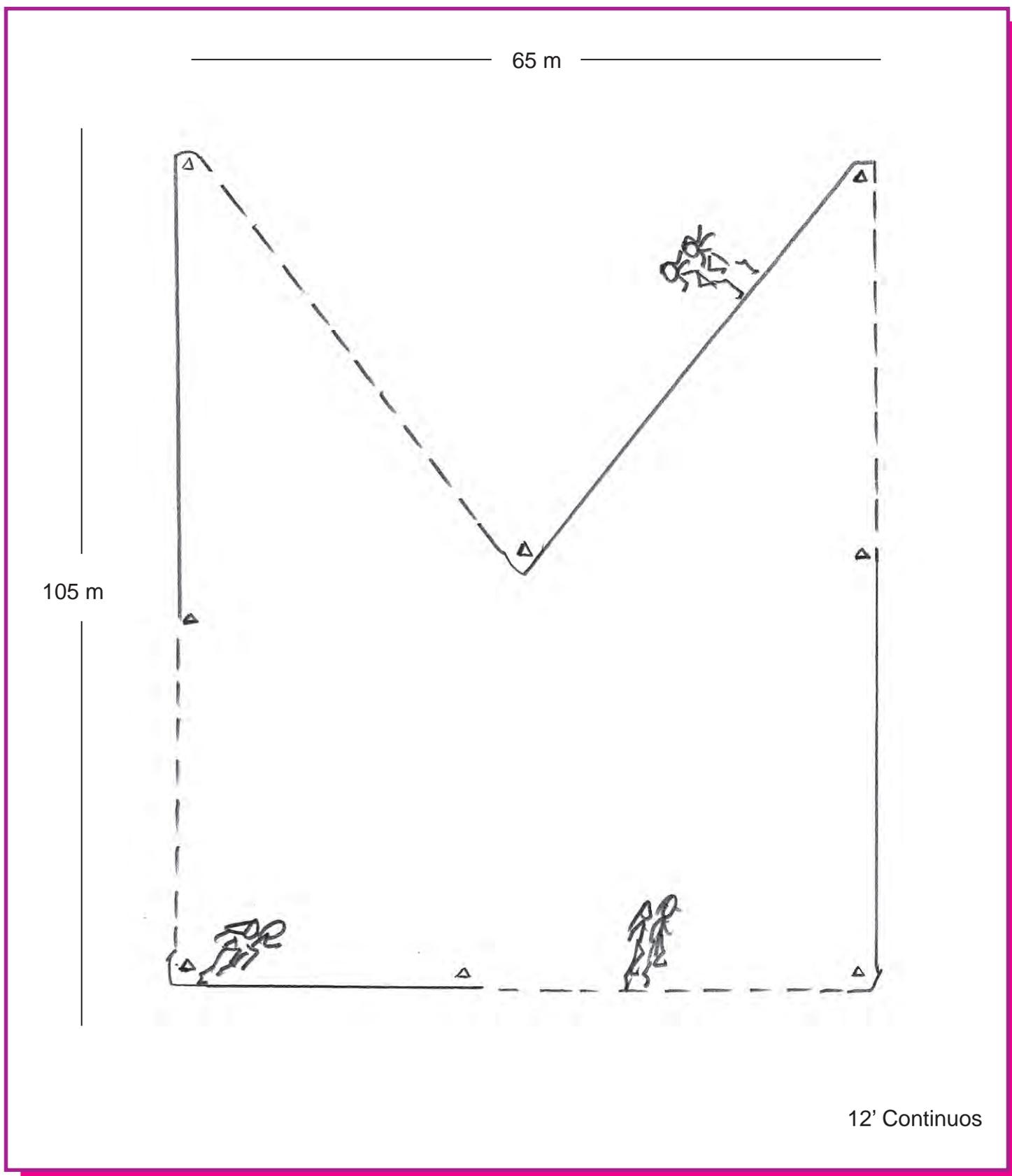
3' continuos + 1' de pausa de estación x E1 - E2 - E3

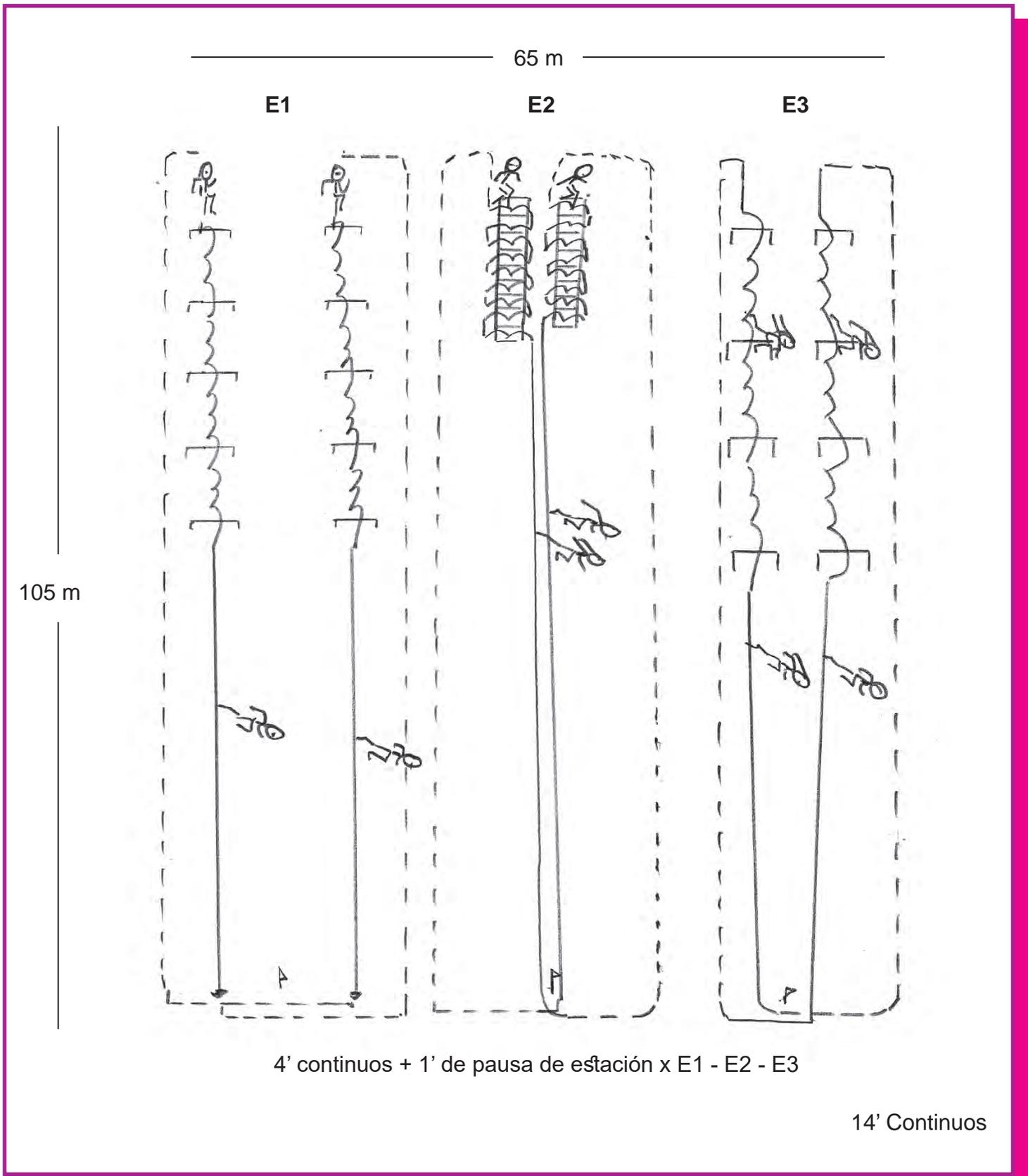
11' Continuos

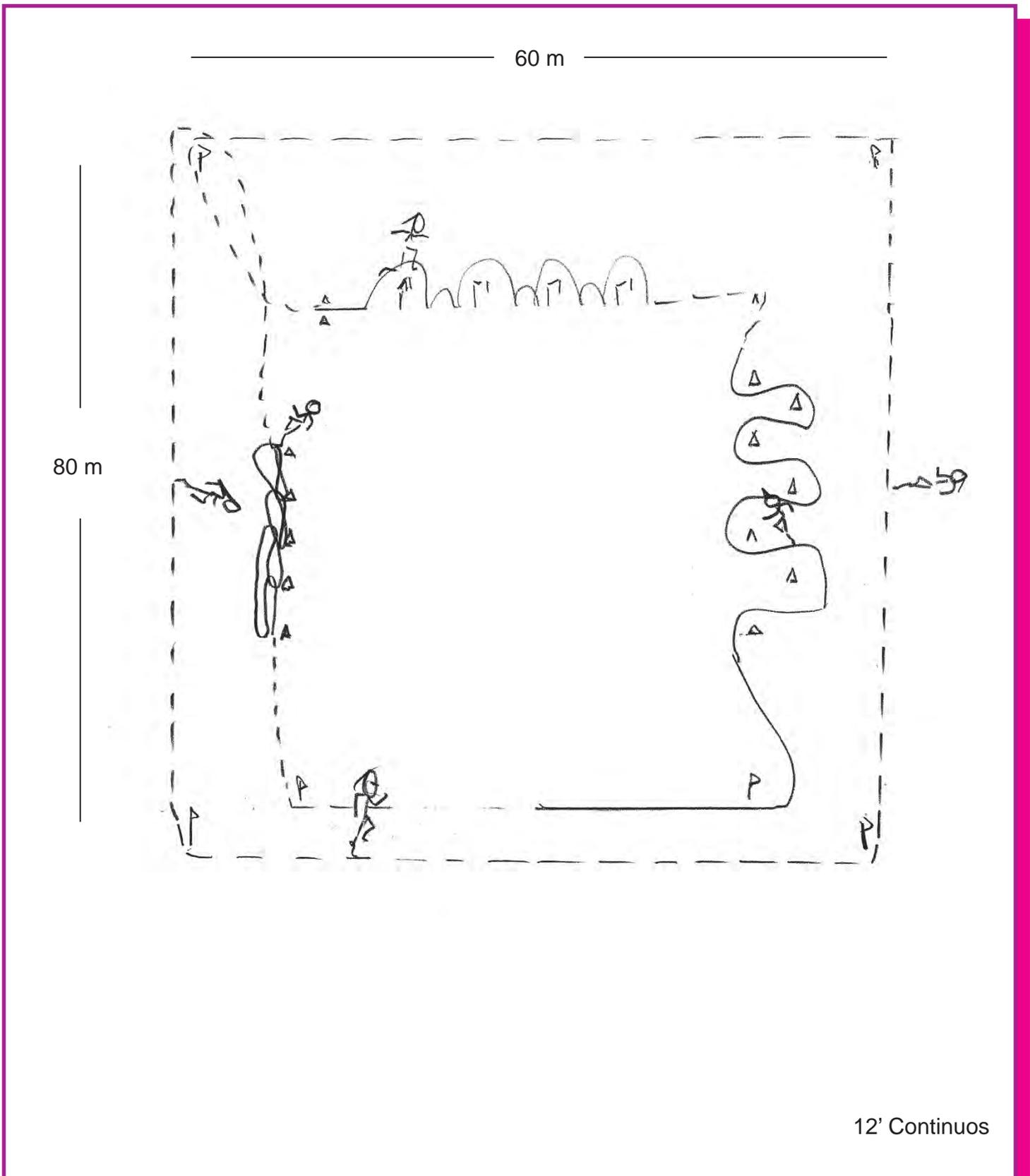


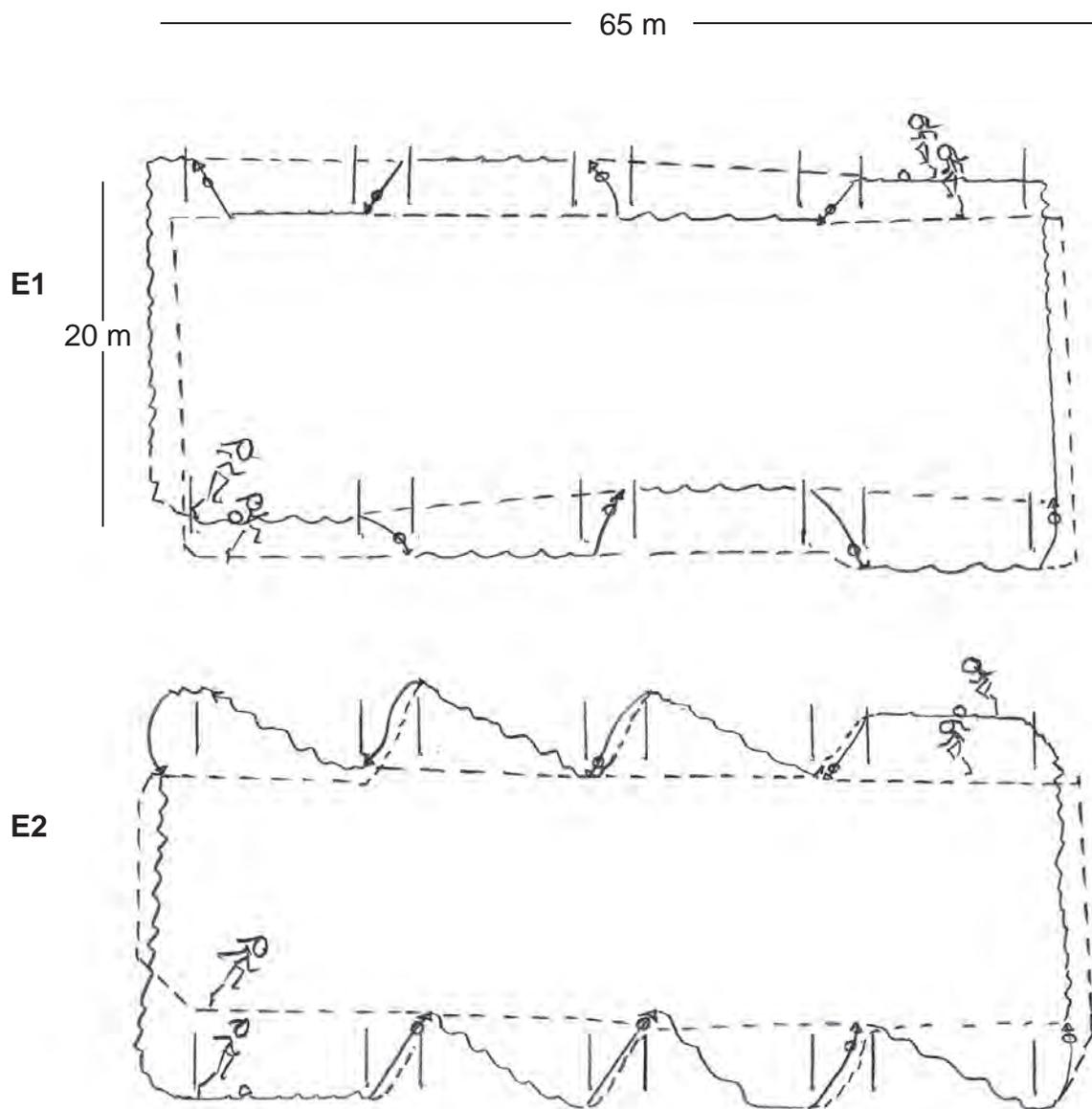
Cambio de los postes cada 3'

12' Continuos







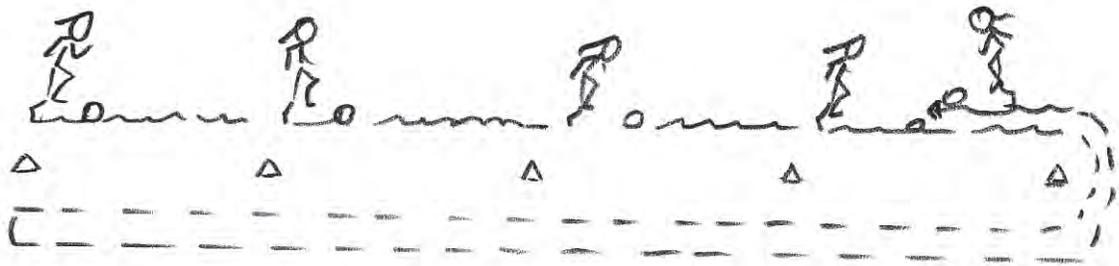


4' continuos + 1' de pausa de estación x E1 - E2

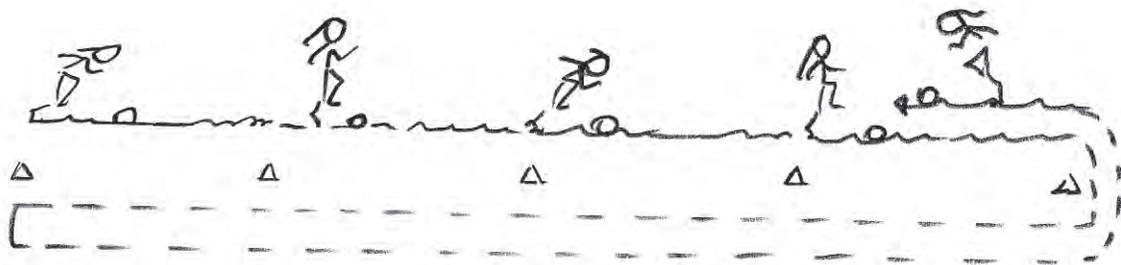
11' Continuos

65 m

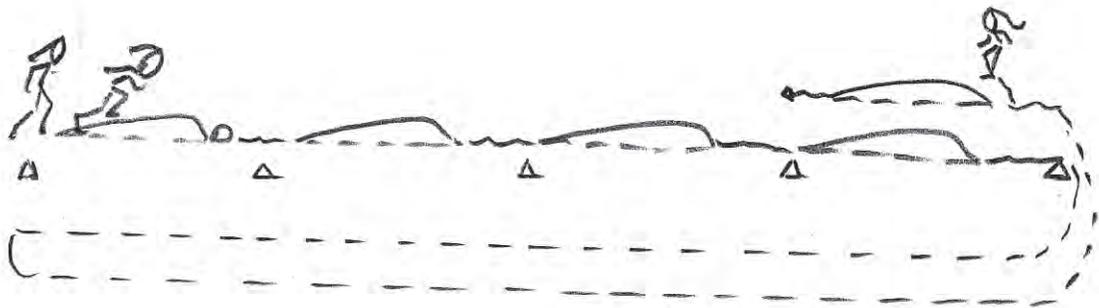
E1



E2



E3



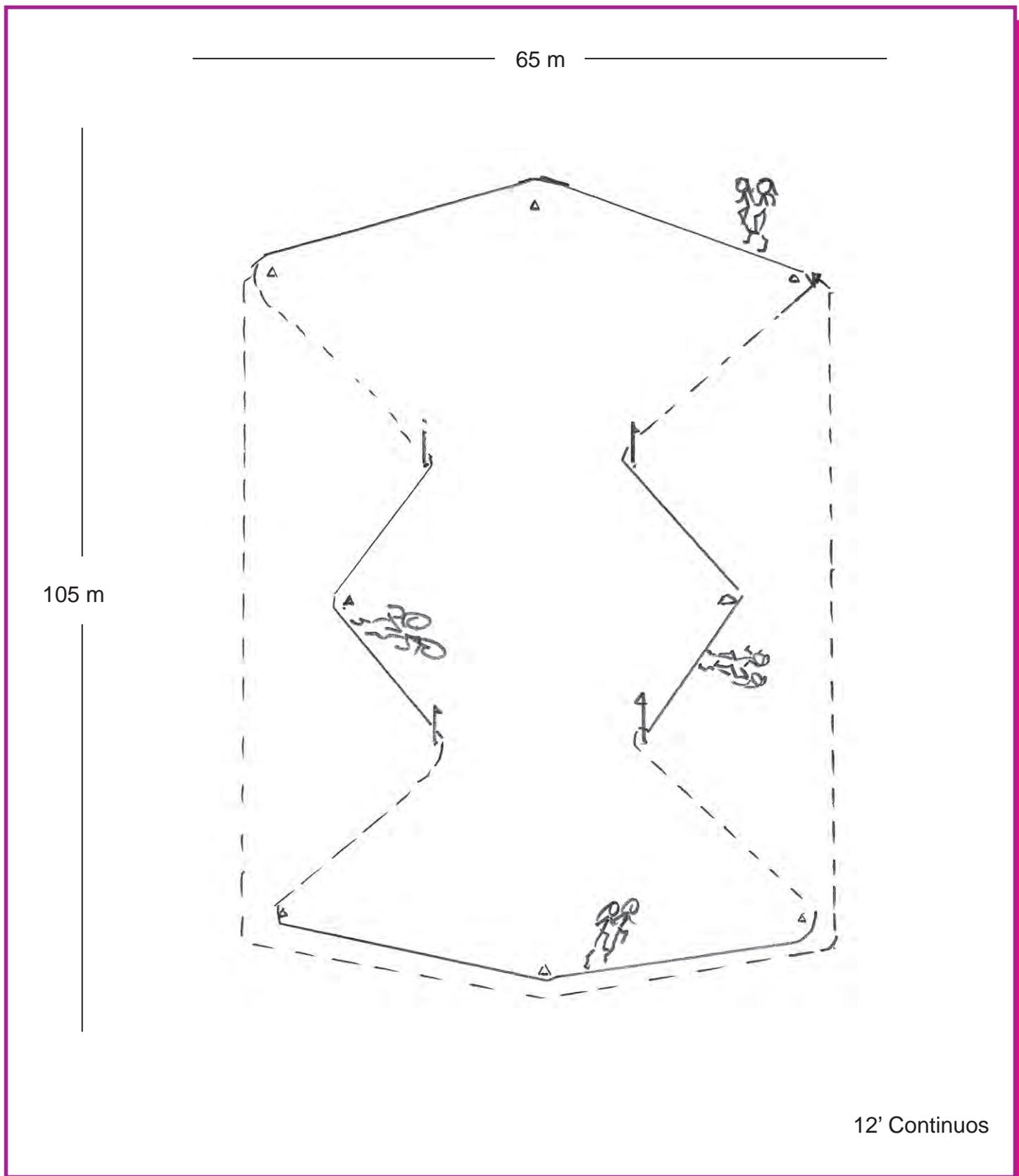
E1. Conducción con derecha, conducción con izquierda.

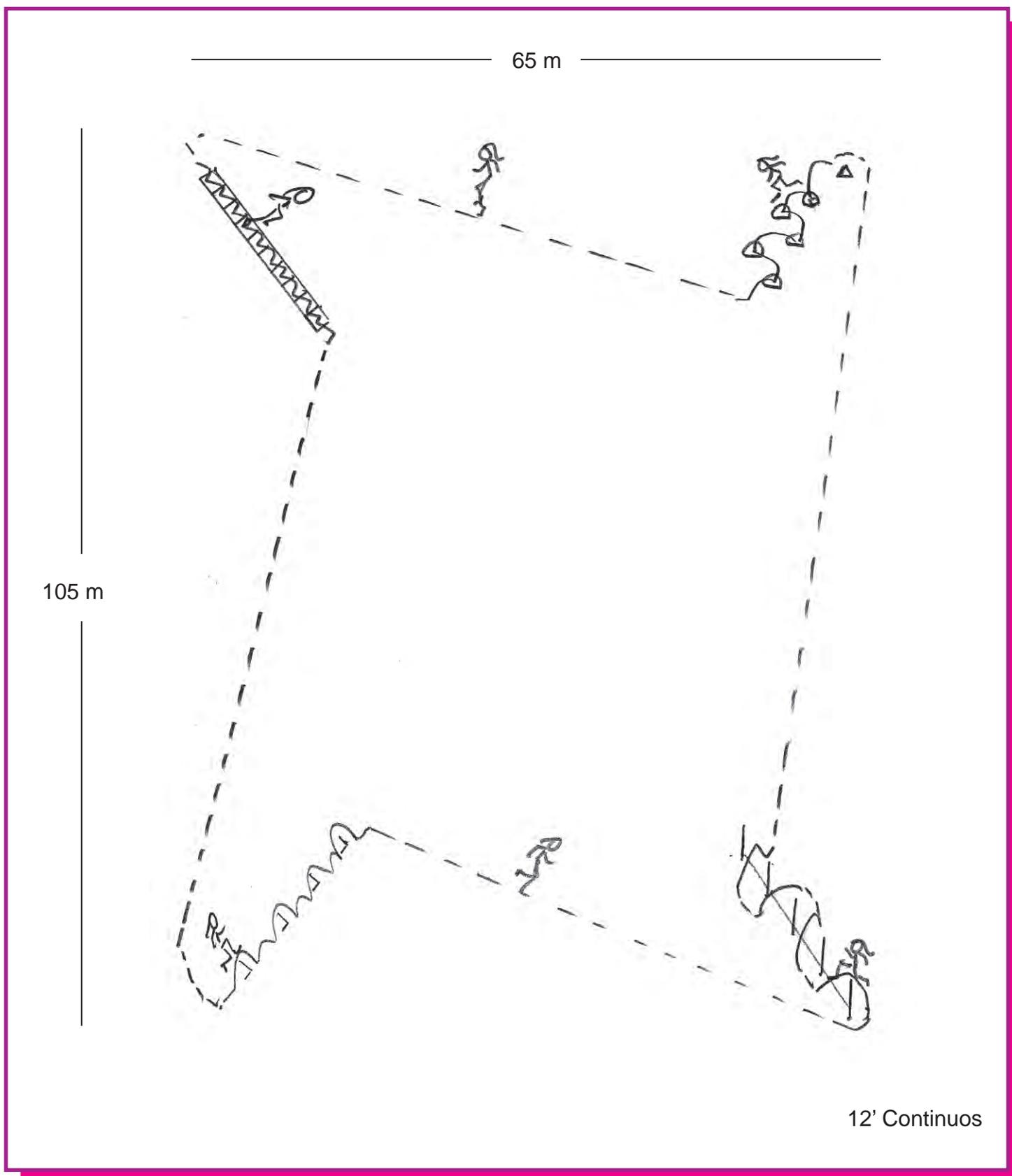
E2. Conducción rápida, conducción lenta.

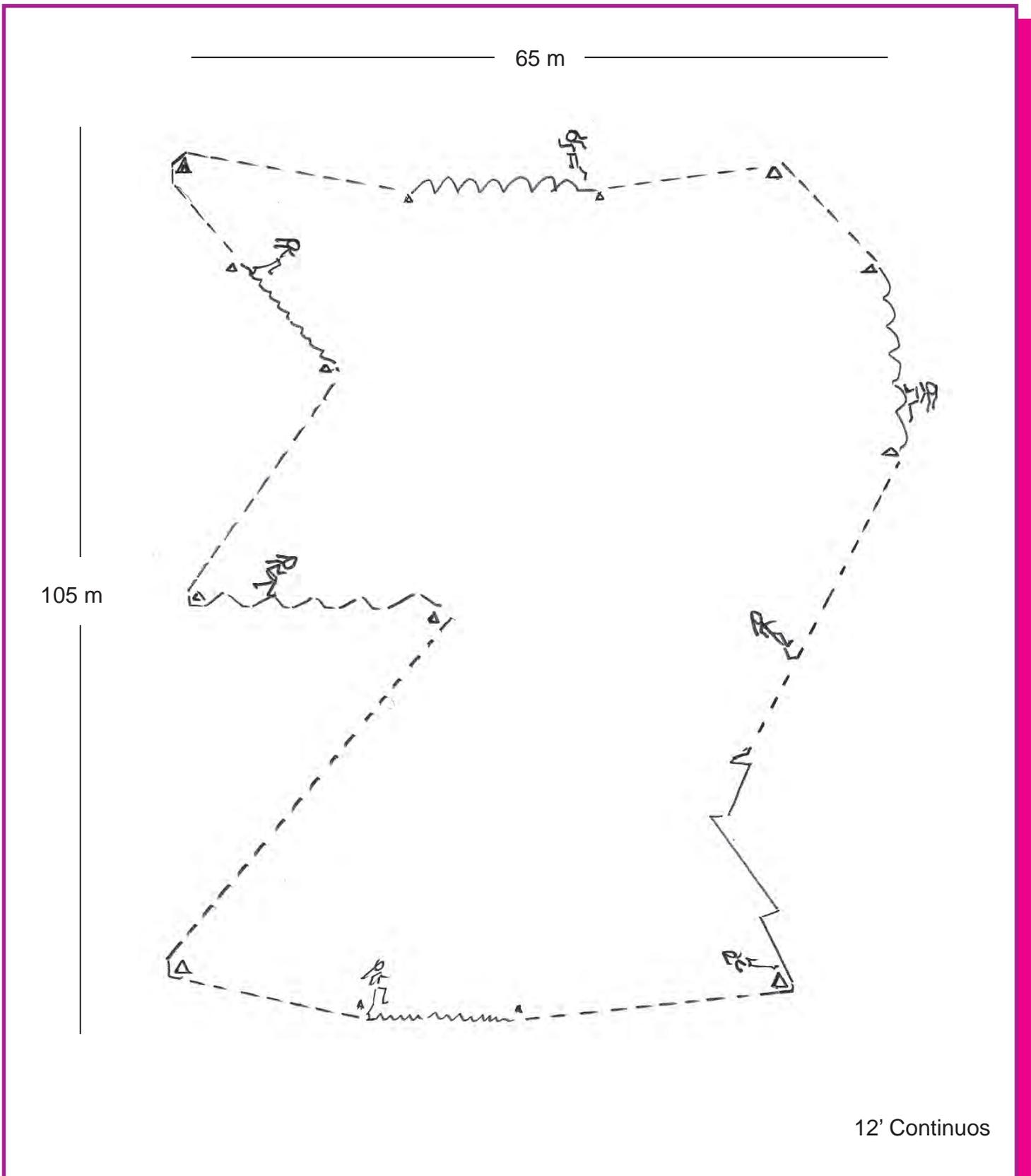
E3. Autopase y sprint detrás del balón.

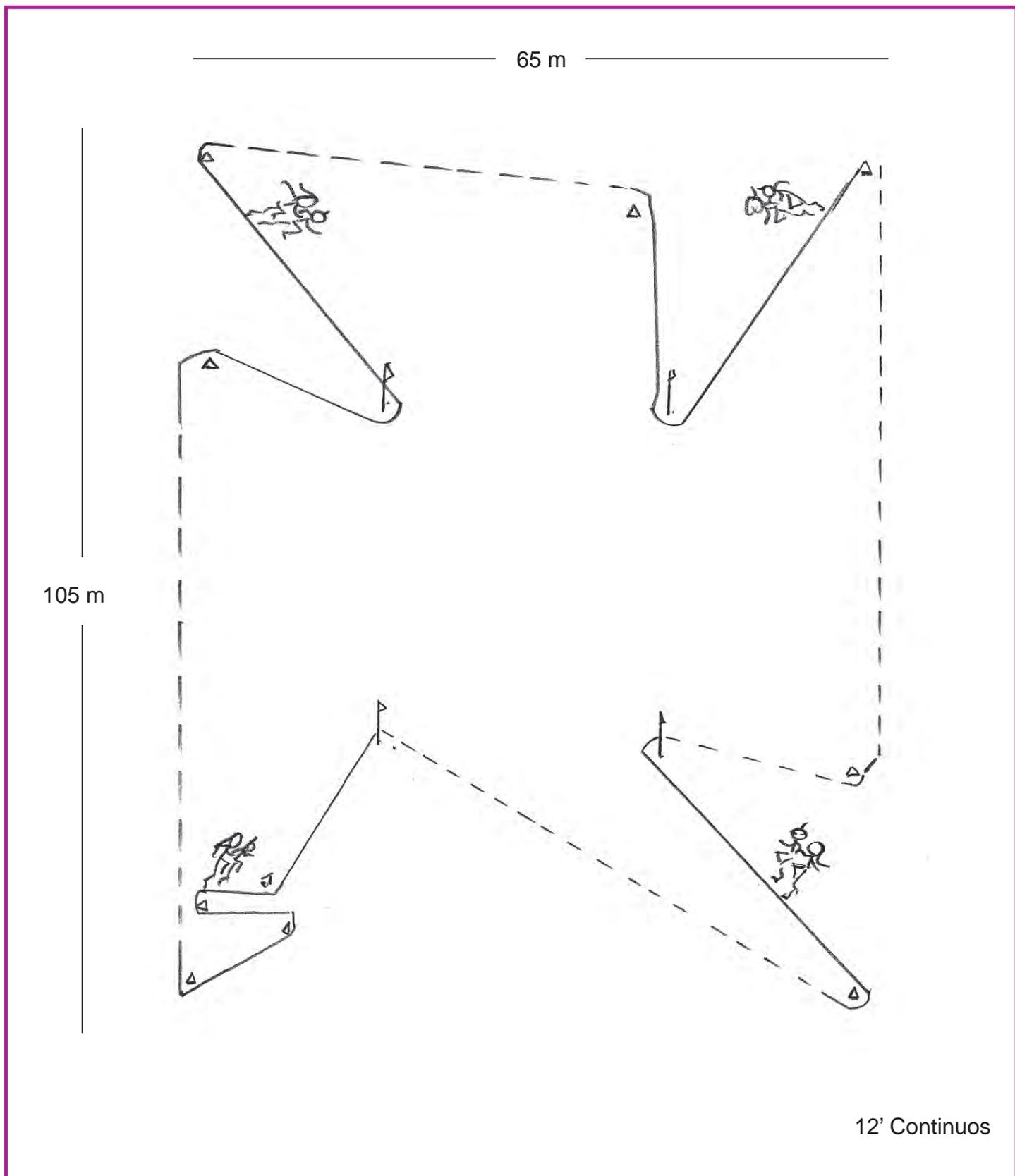
3' continuos + 1' de pausa de ejercicio x E1 - E2 - E3

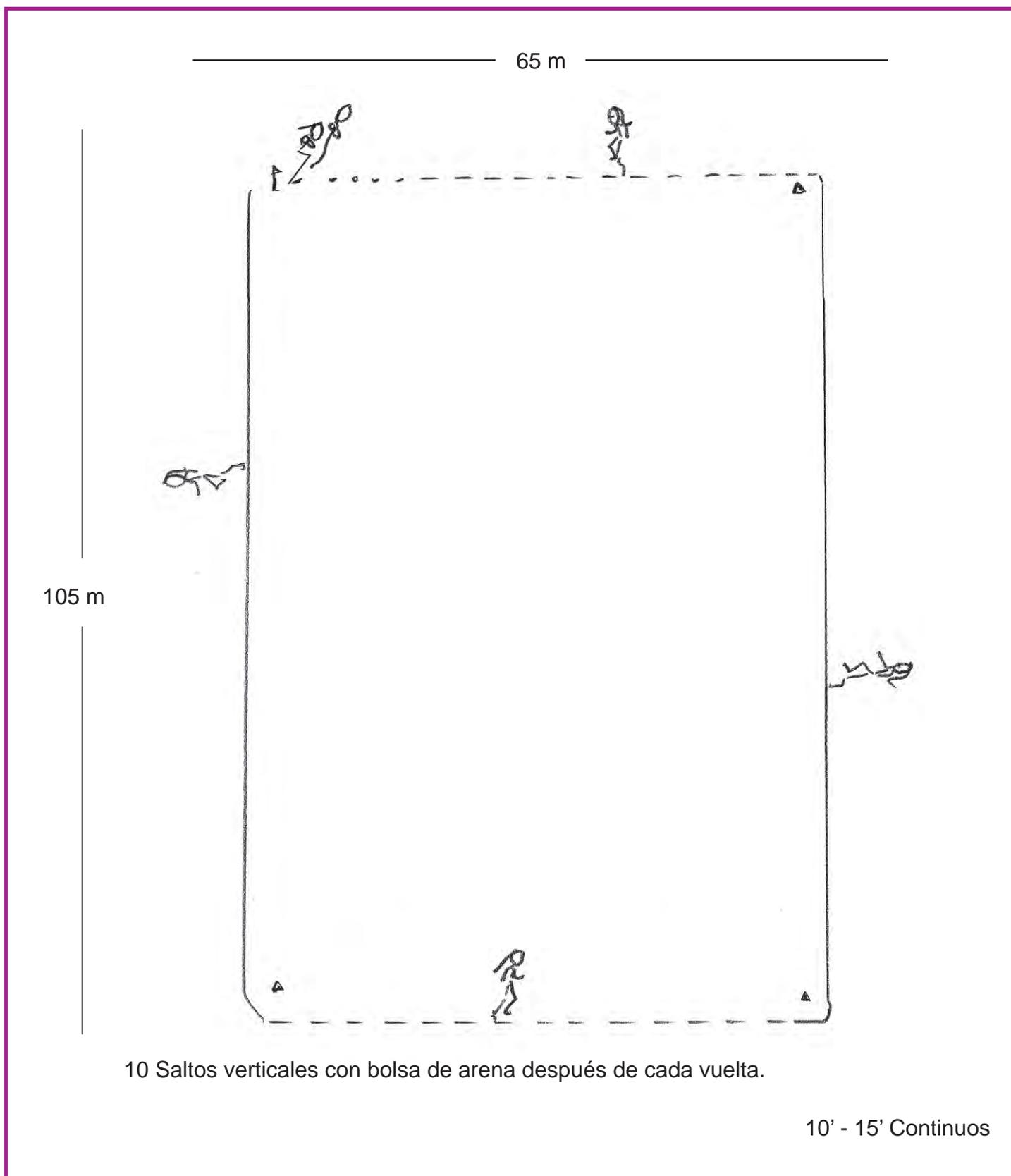
11' Continuos

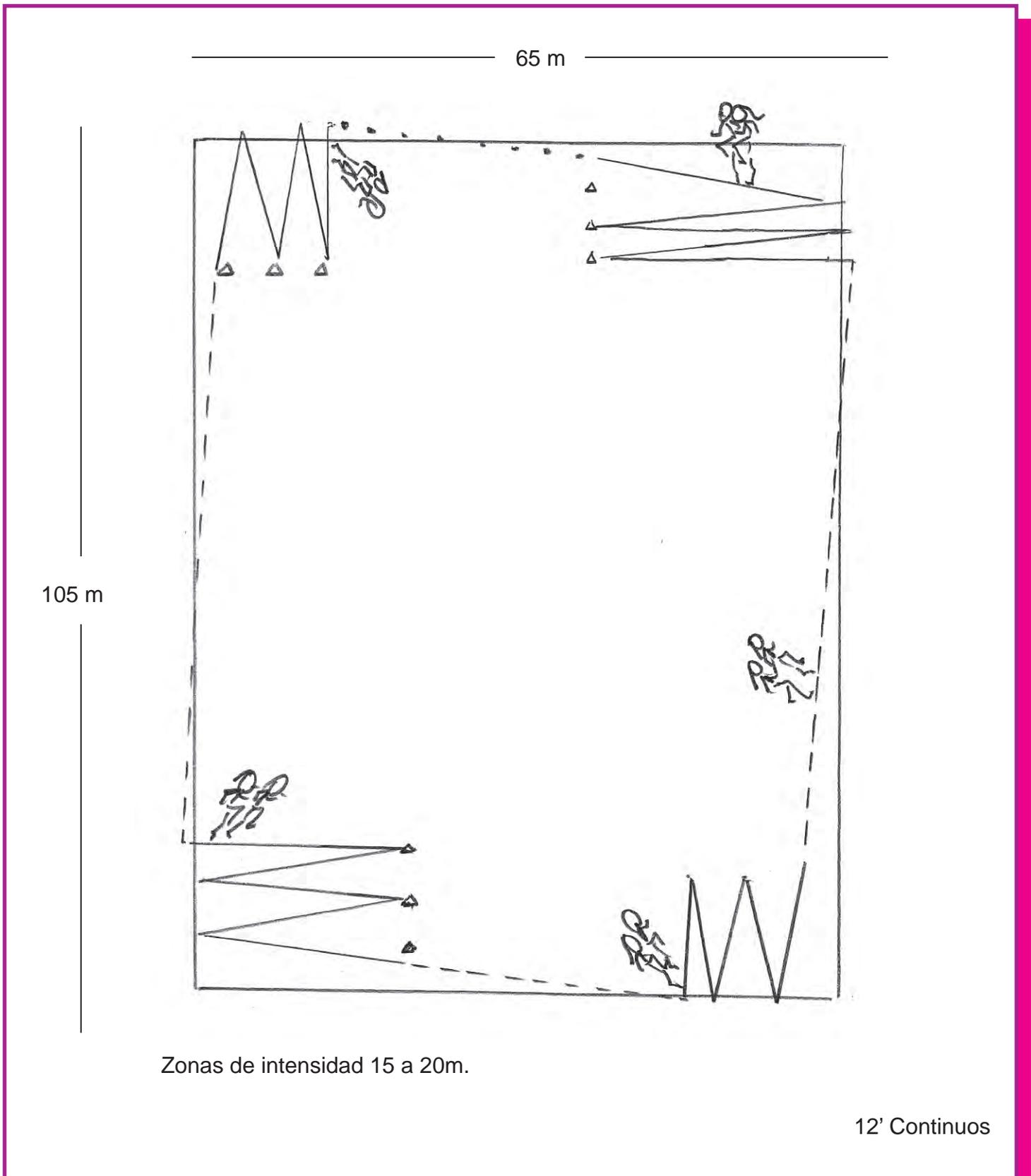


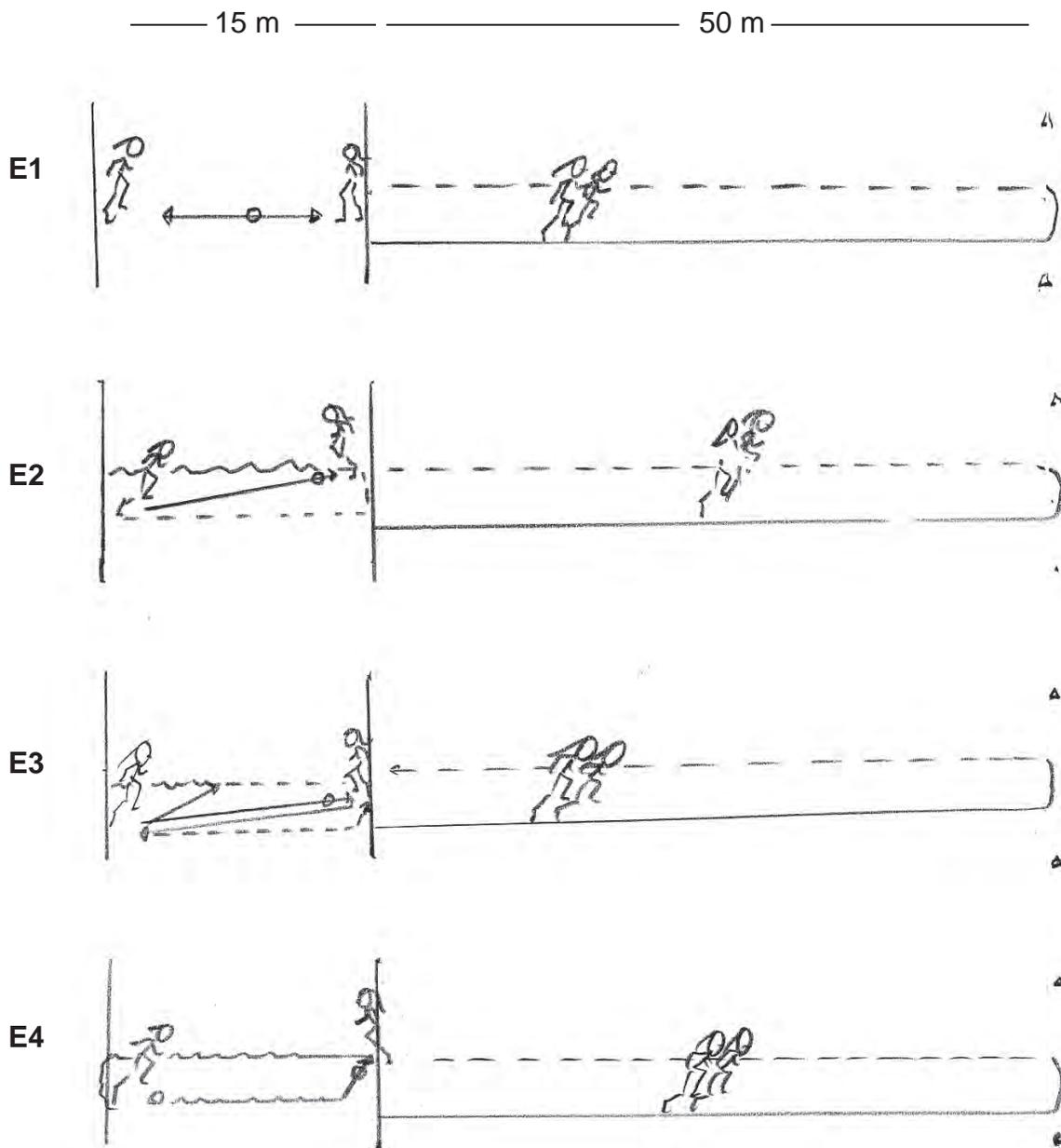






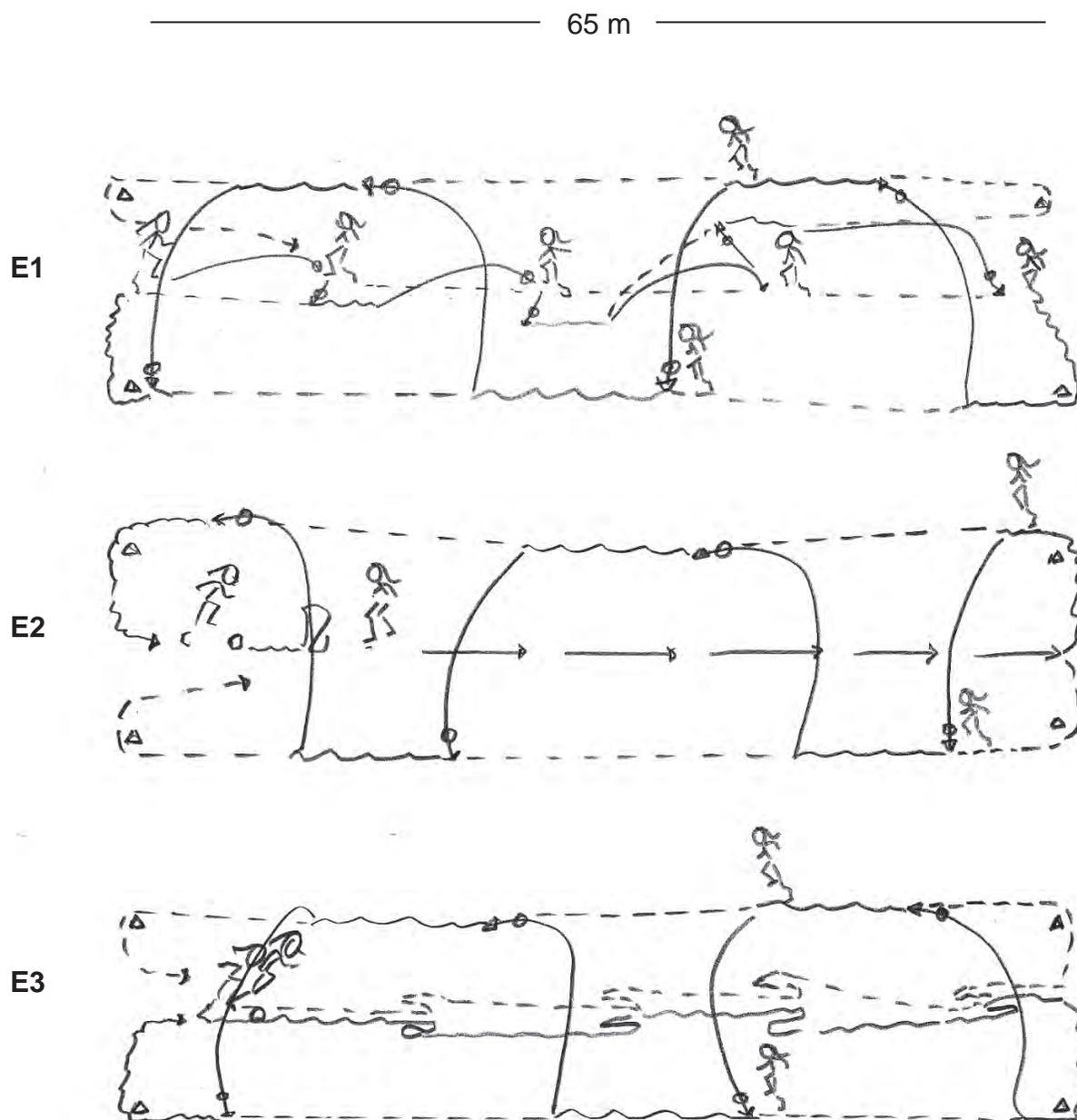






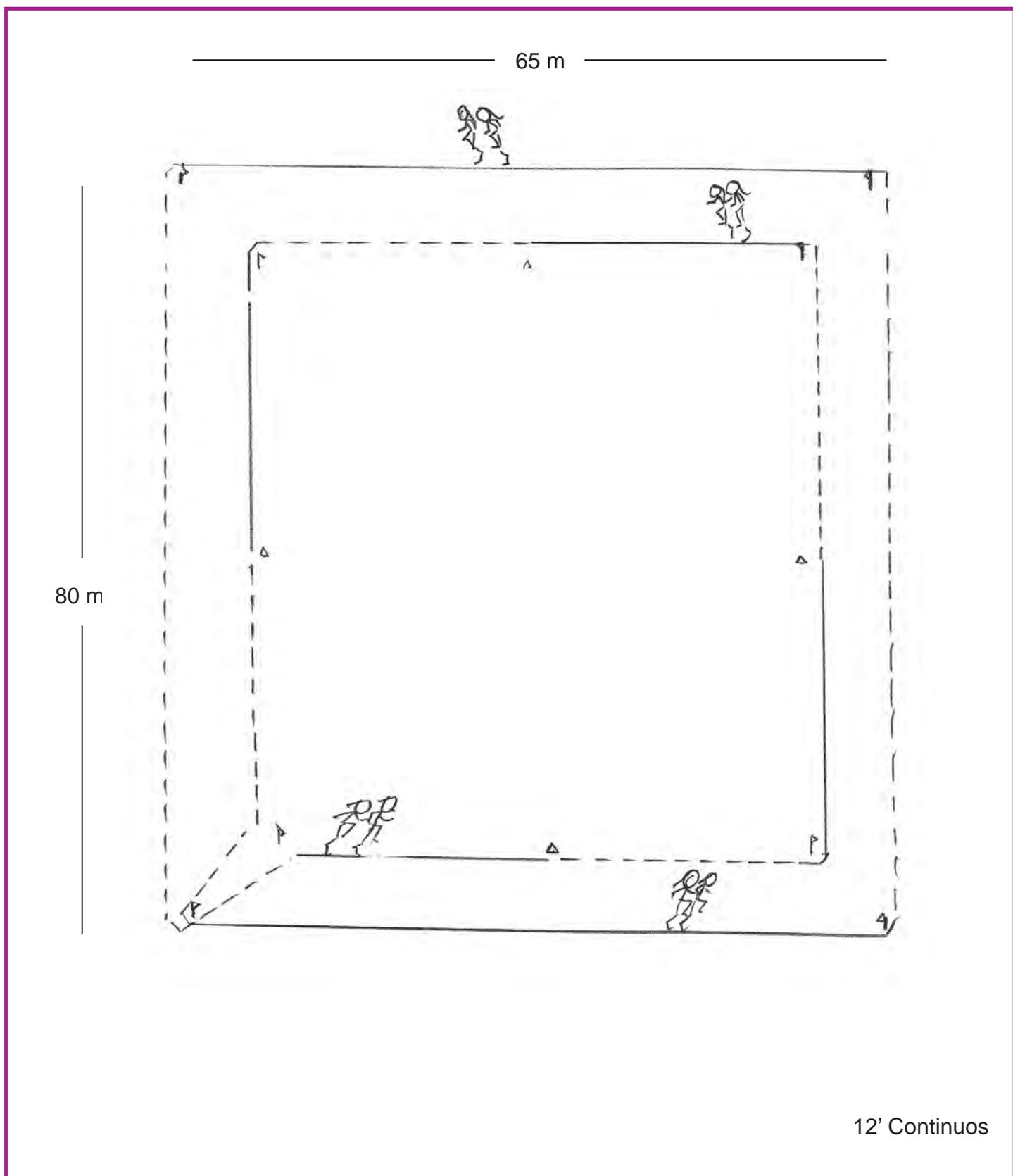
3' Continuos + 1' pausa de ejercicio x E1 - E2 - E3 - E4

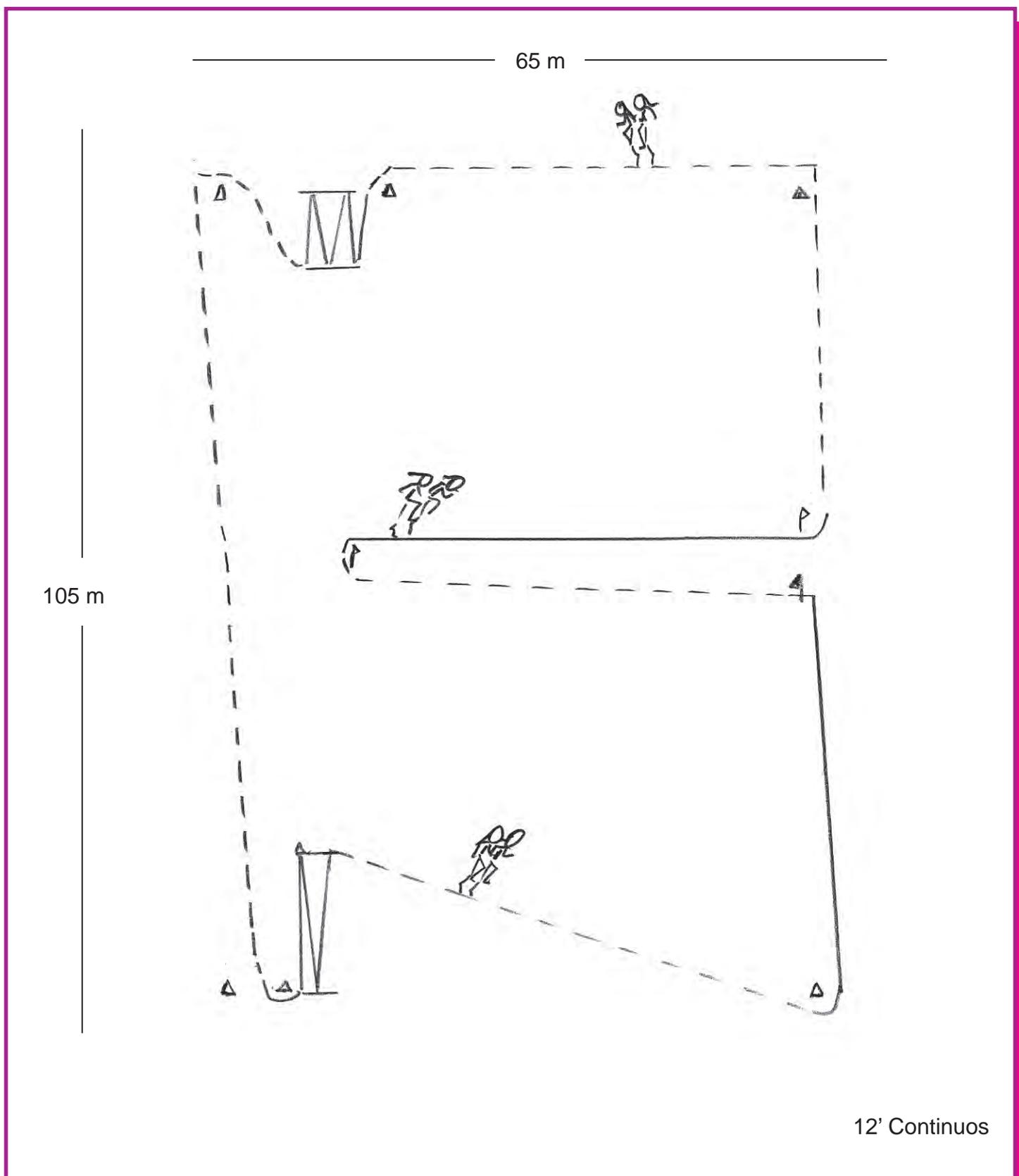
15' Continuos

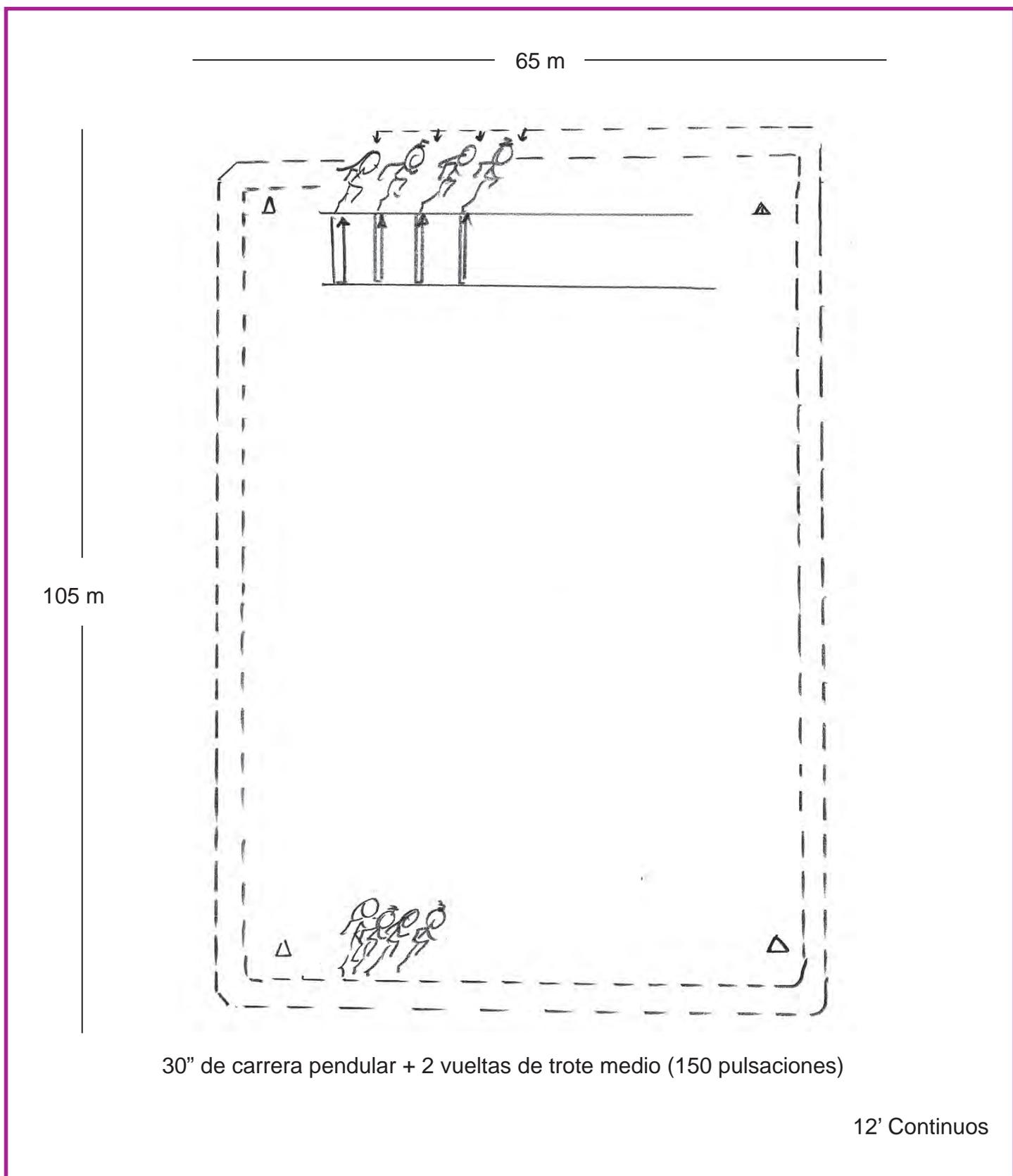


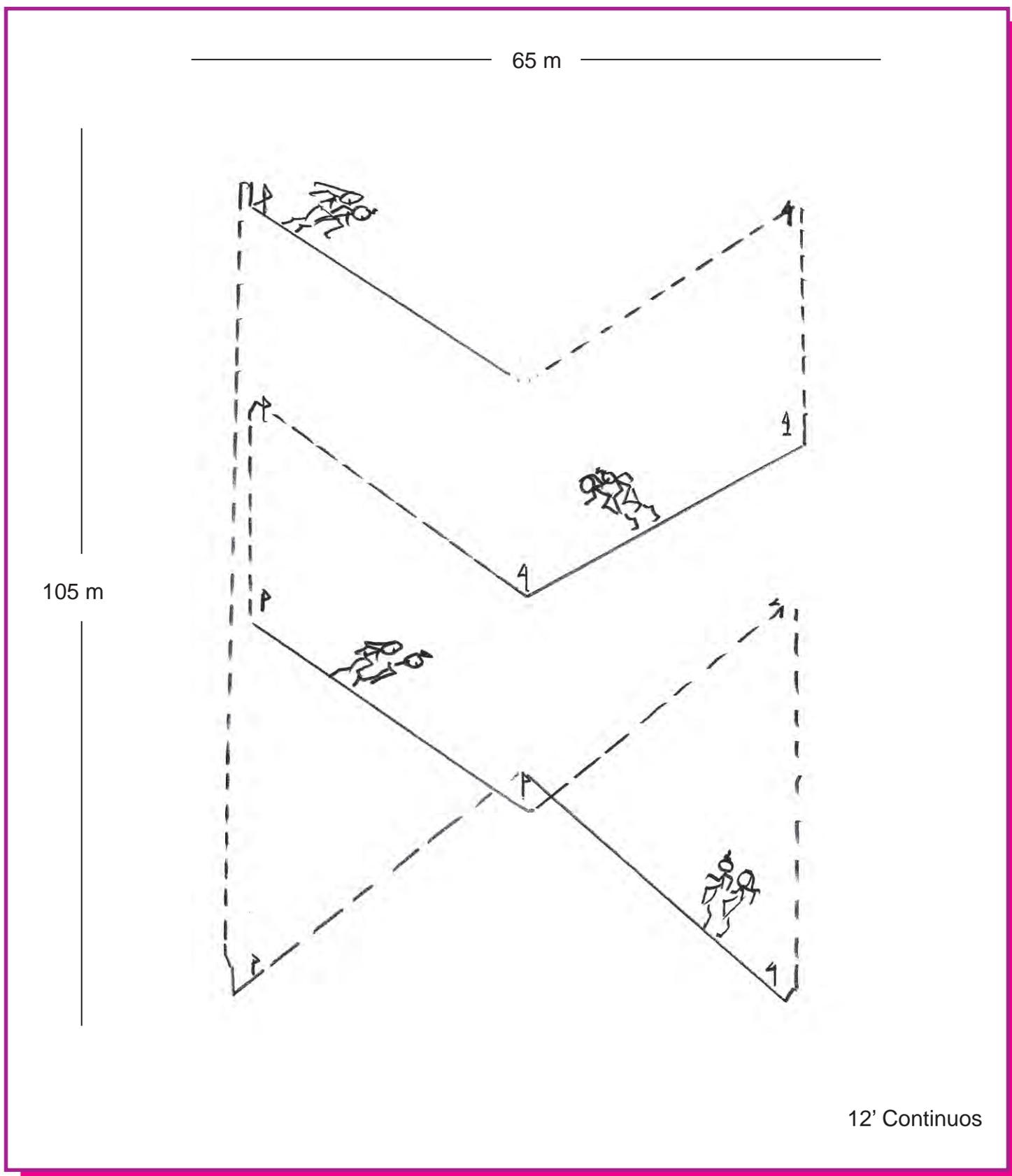
3' Continuos + 1' pausa de ejercicio x E1 - E2 - E3

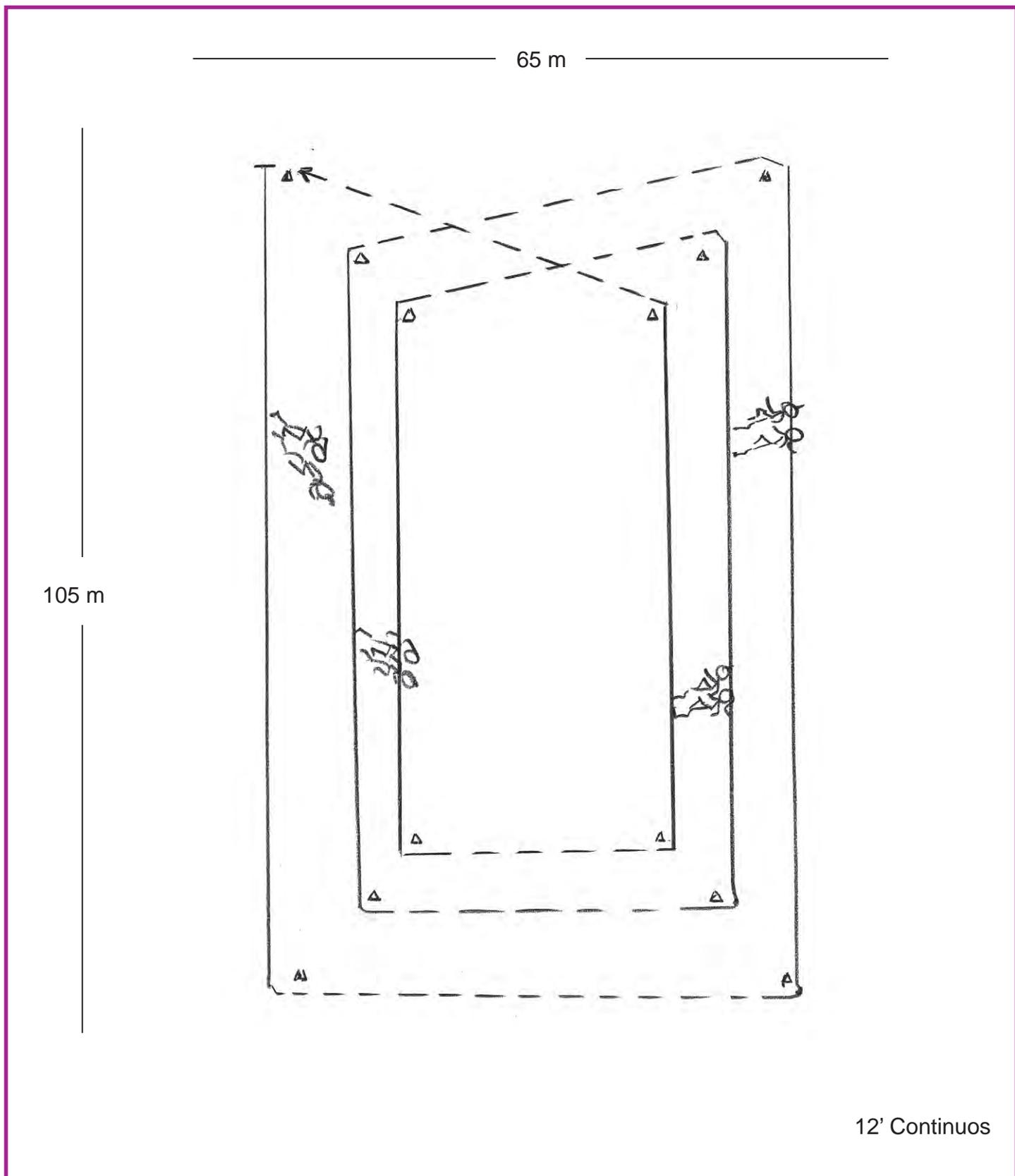
11' Continuos





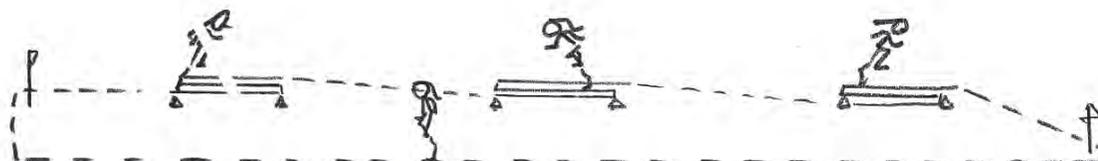






— 15 m — — 5 m — — 15 m — — 5 m — — 15 m — — 5 m —

E1



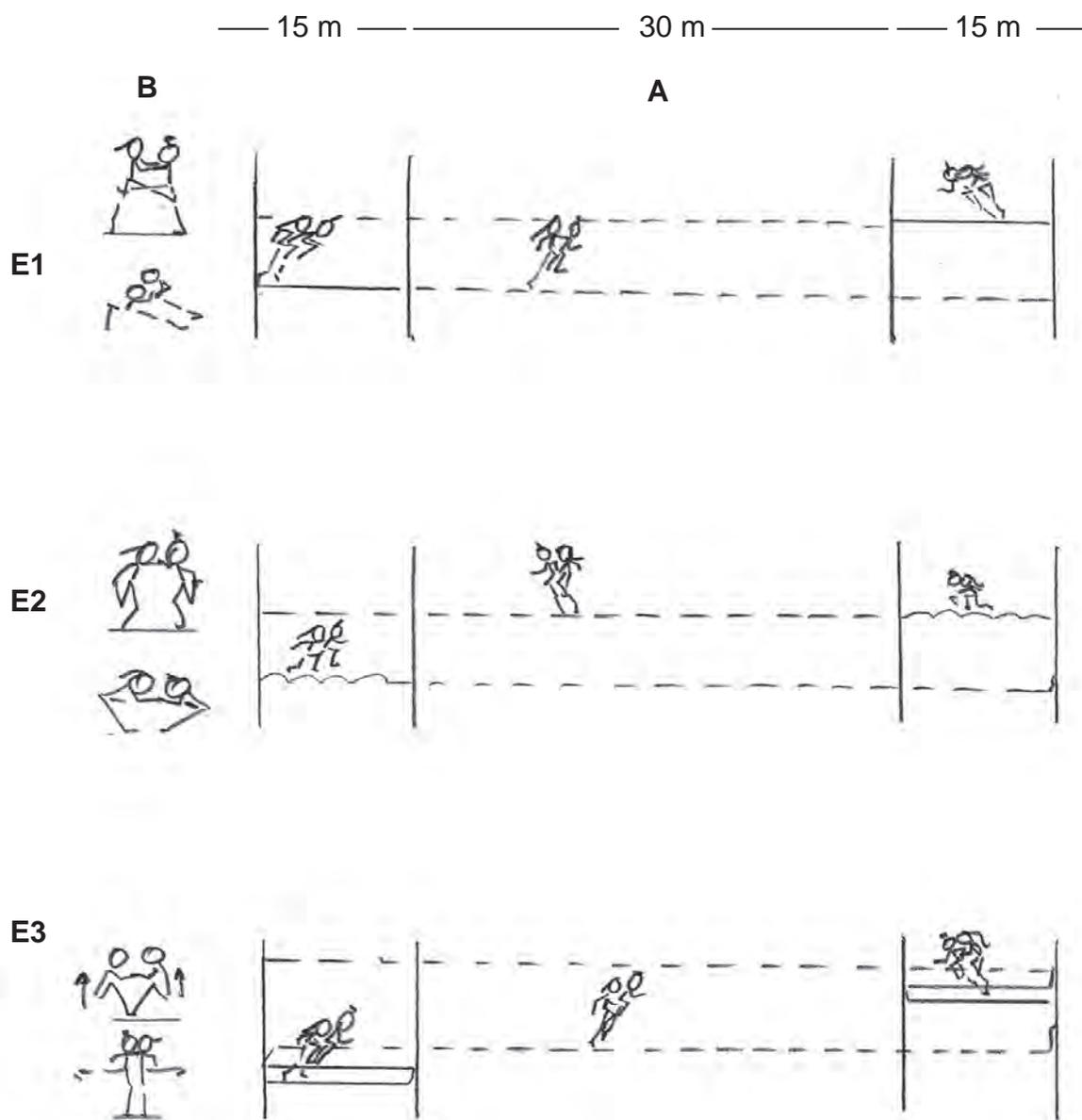
E2



E3

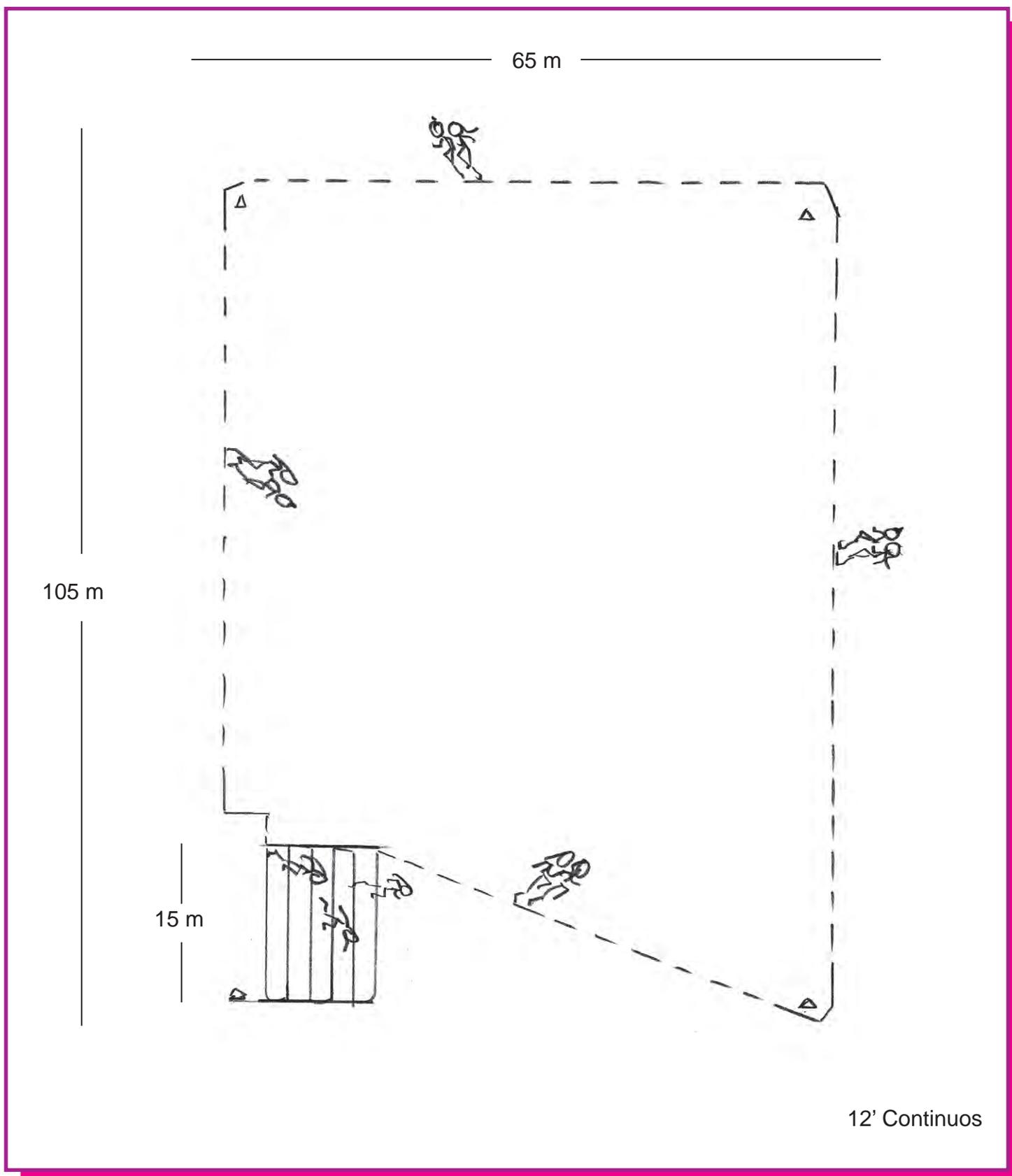


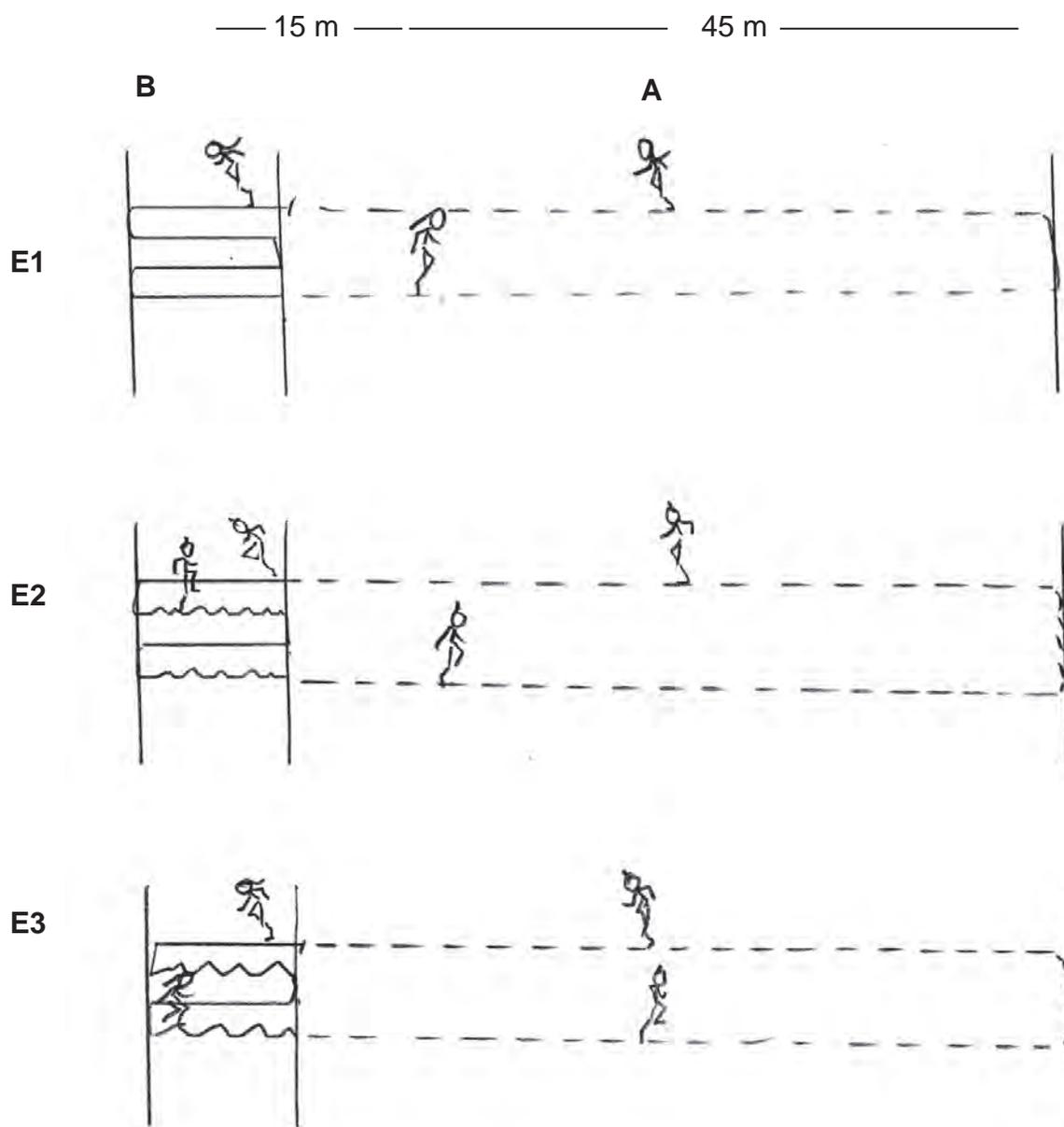
3' Trabajo + 1' pausa de ejercicio x E1 - E2 - E3



A. 4' Continuos.
B. 30" de cada ejercicio.

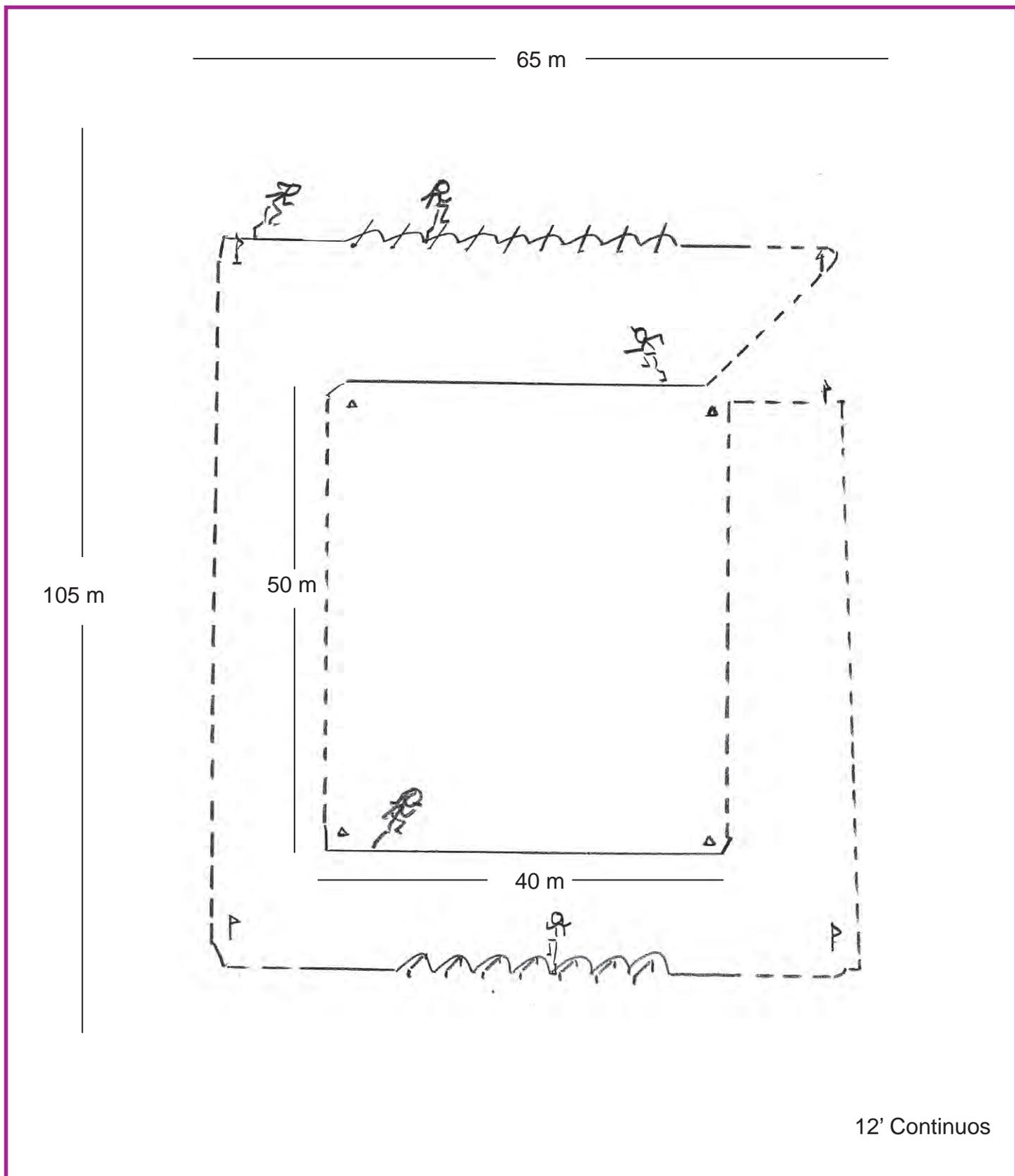
14' Continuos

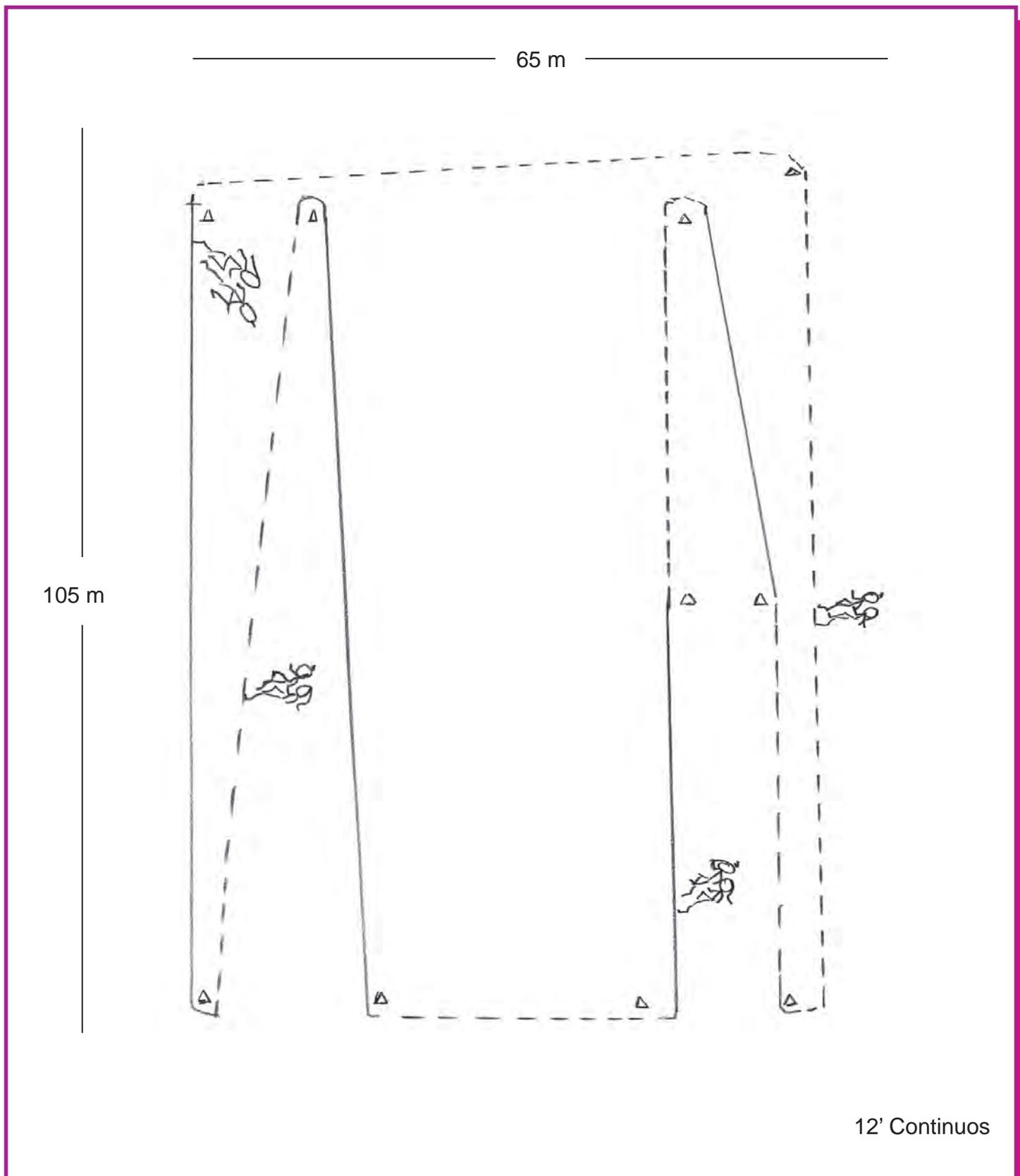


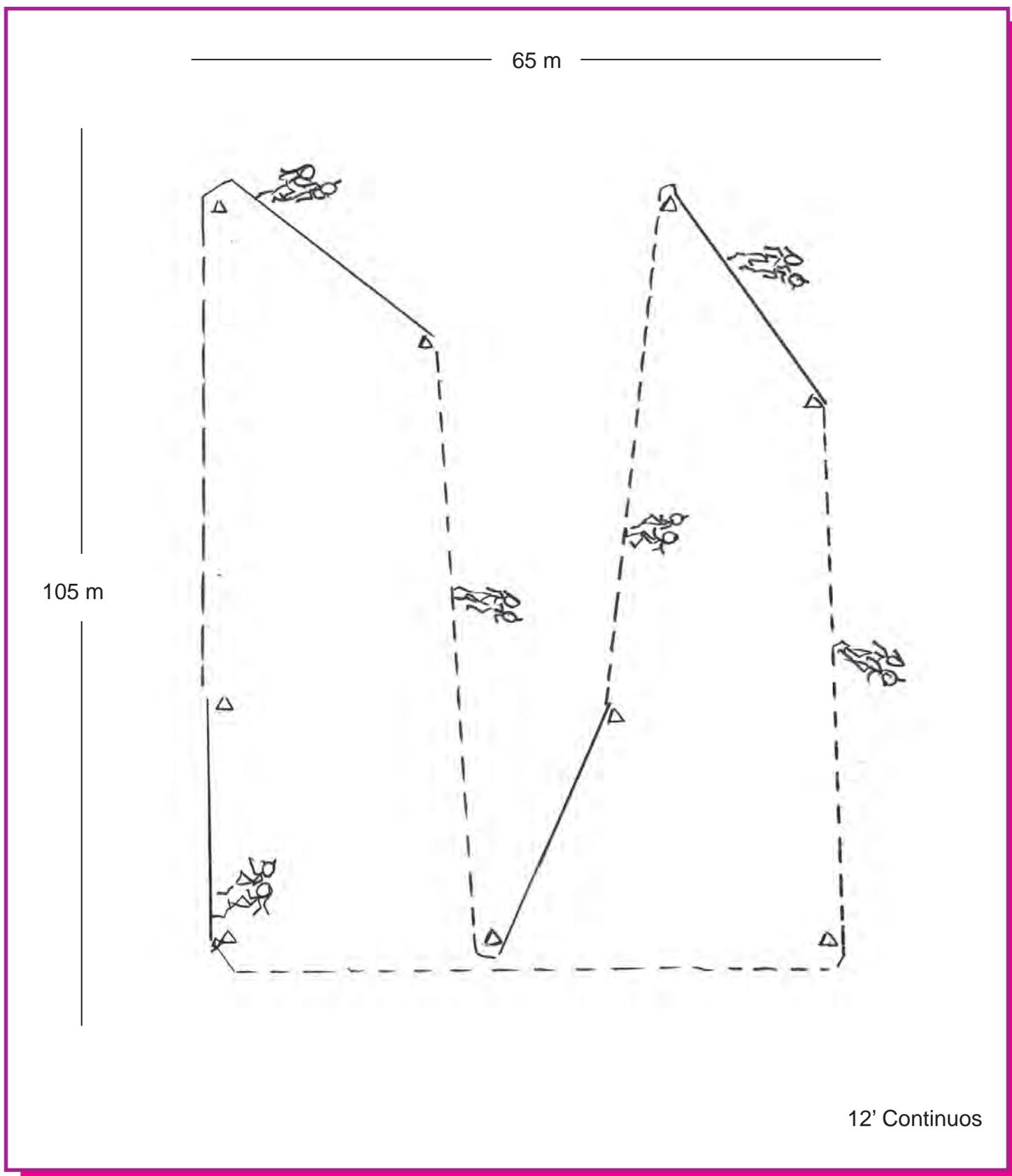


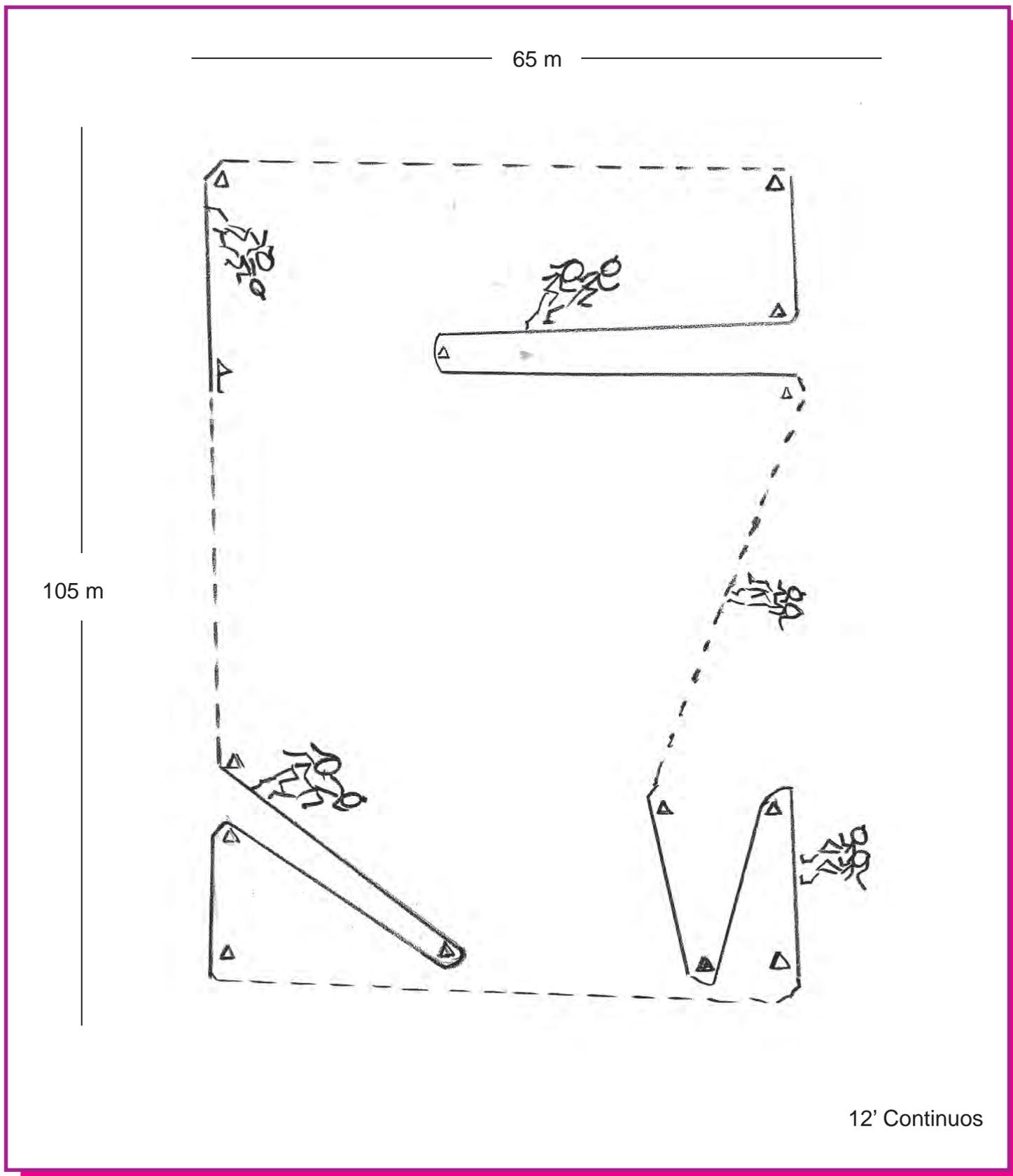
3' Trabajo 1' pausa x E1 - E2 - E3

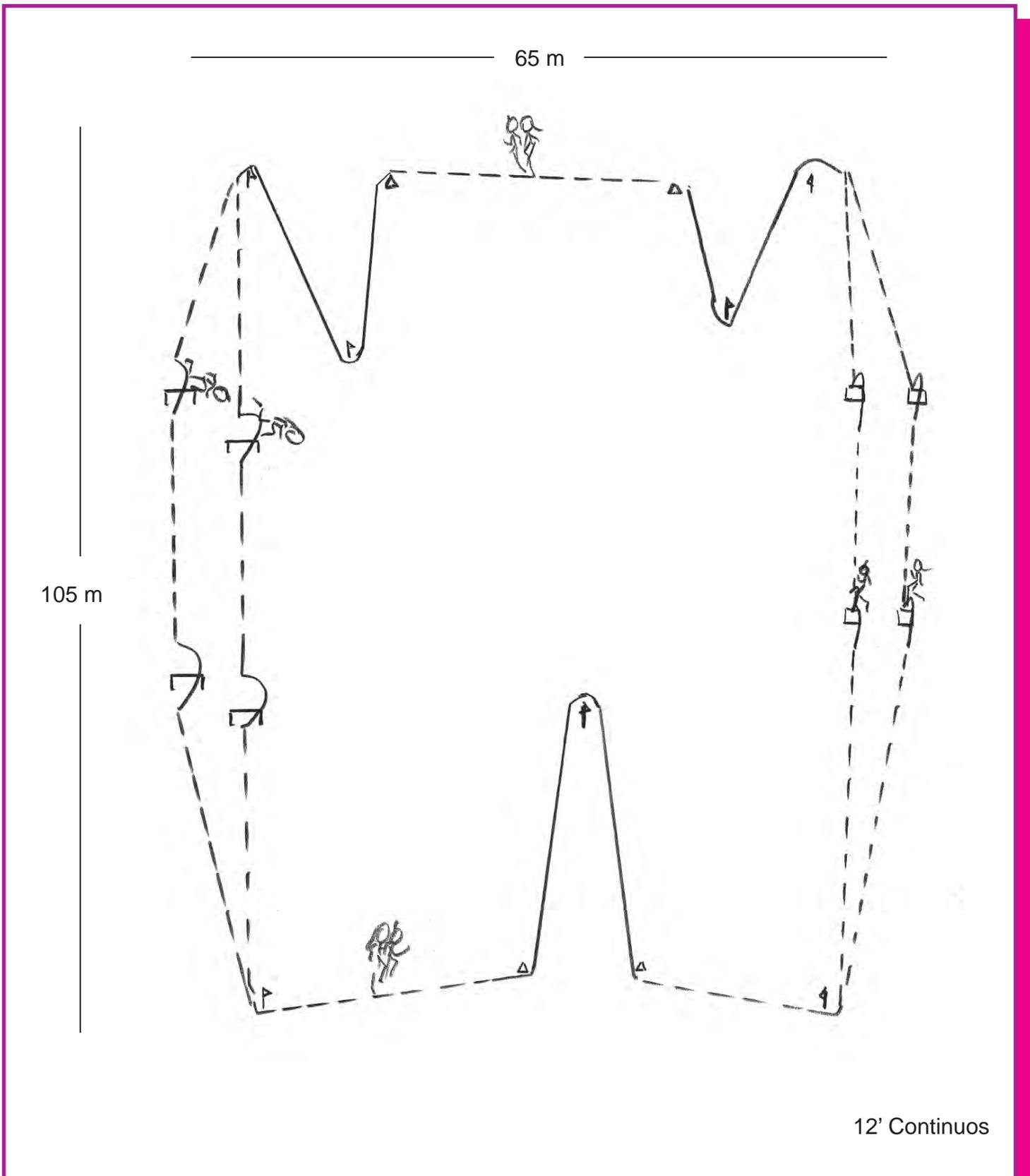
11' Continuos

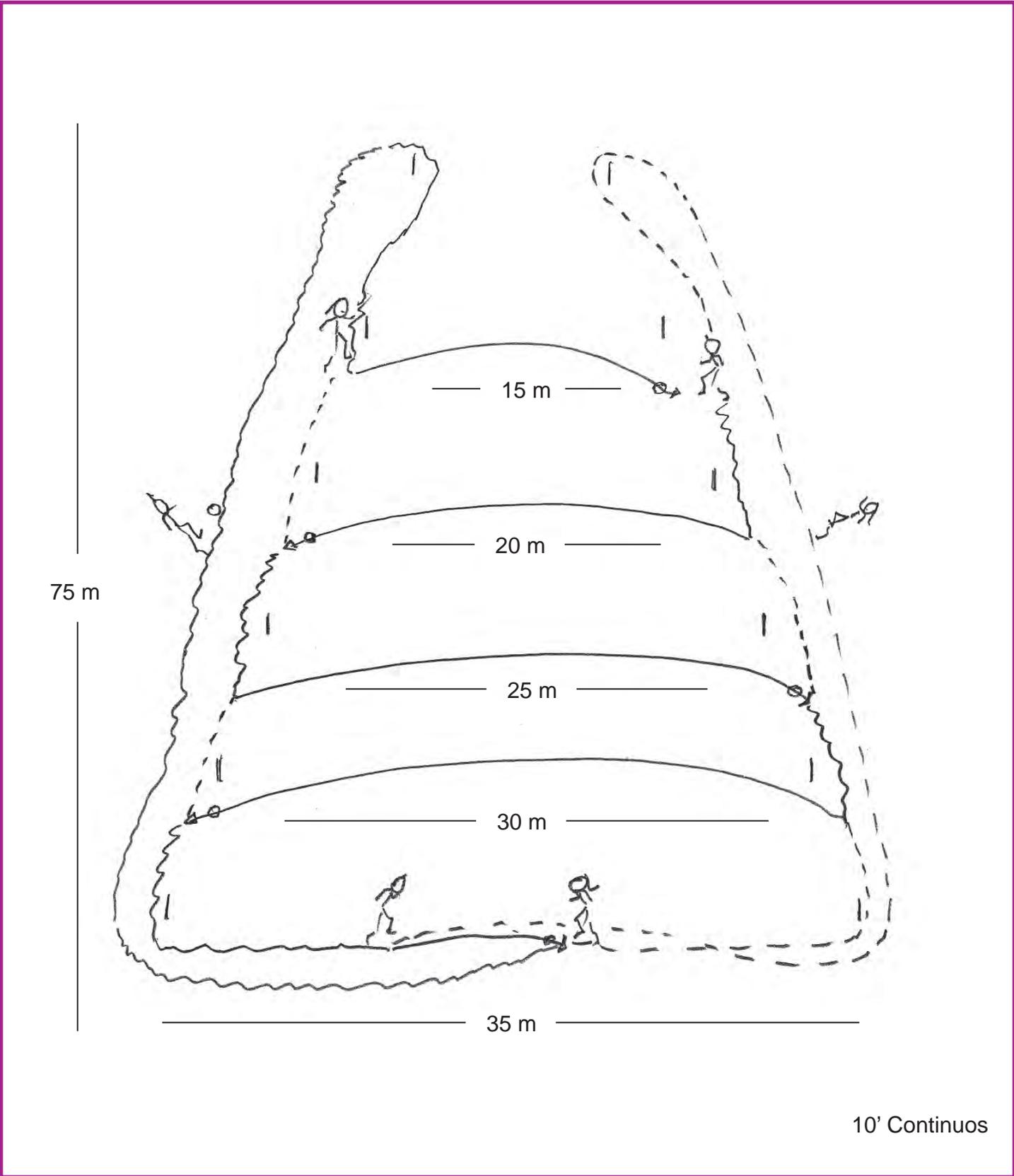


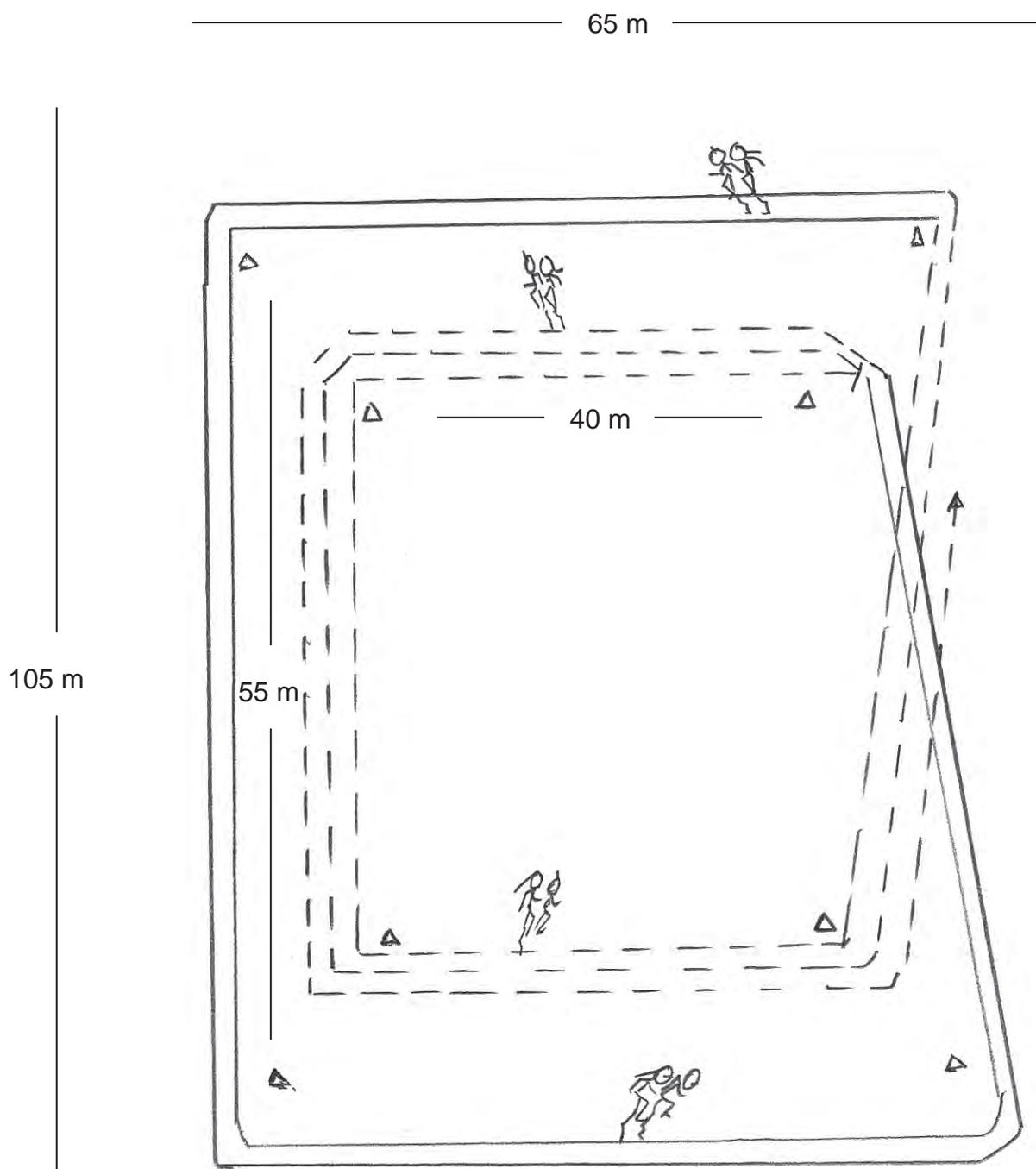






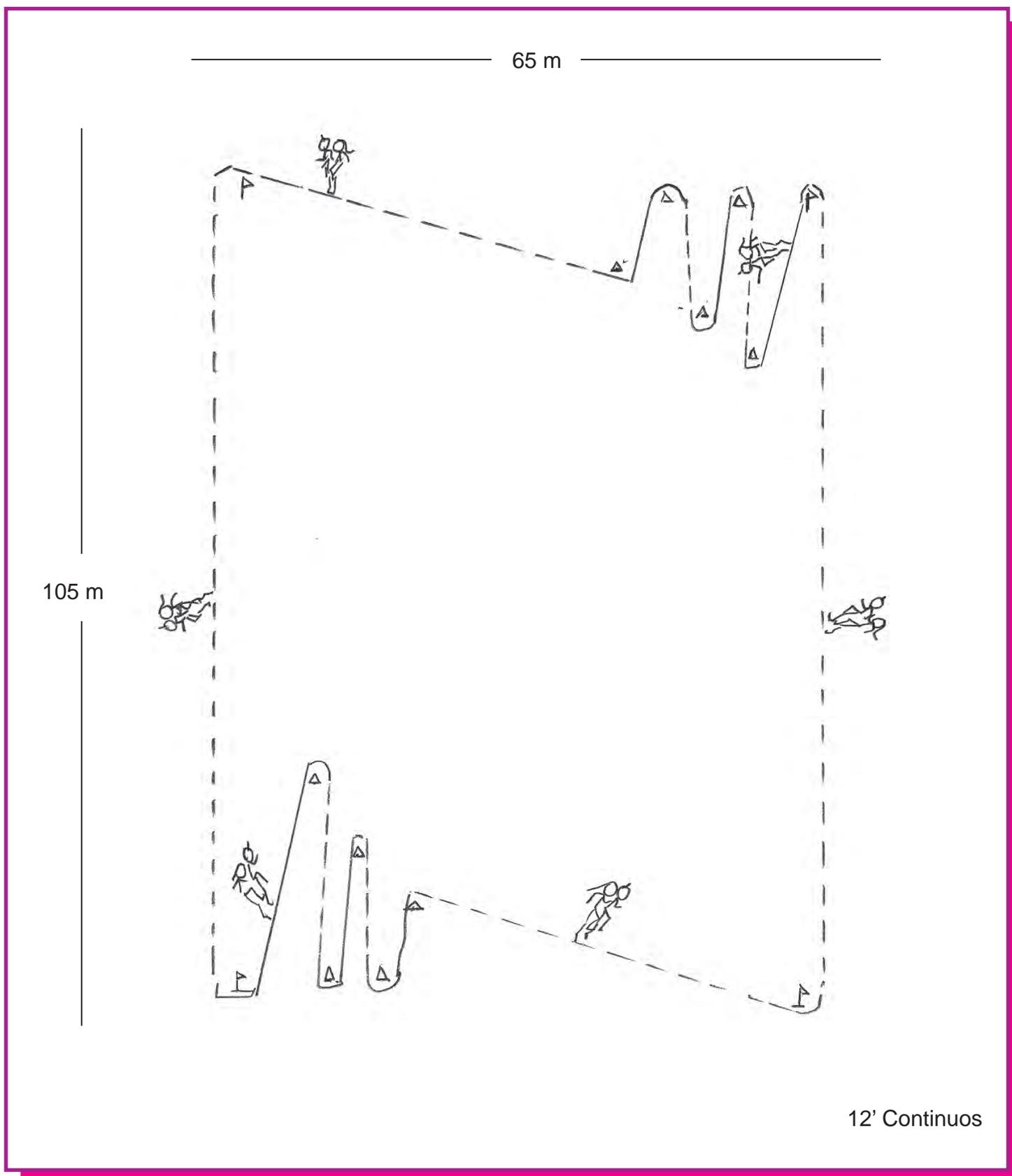


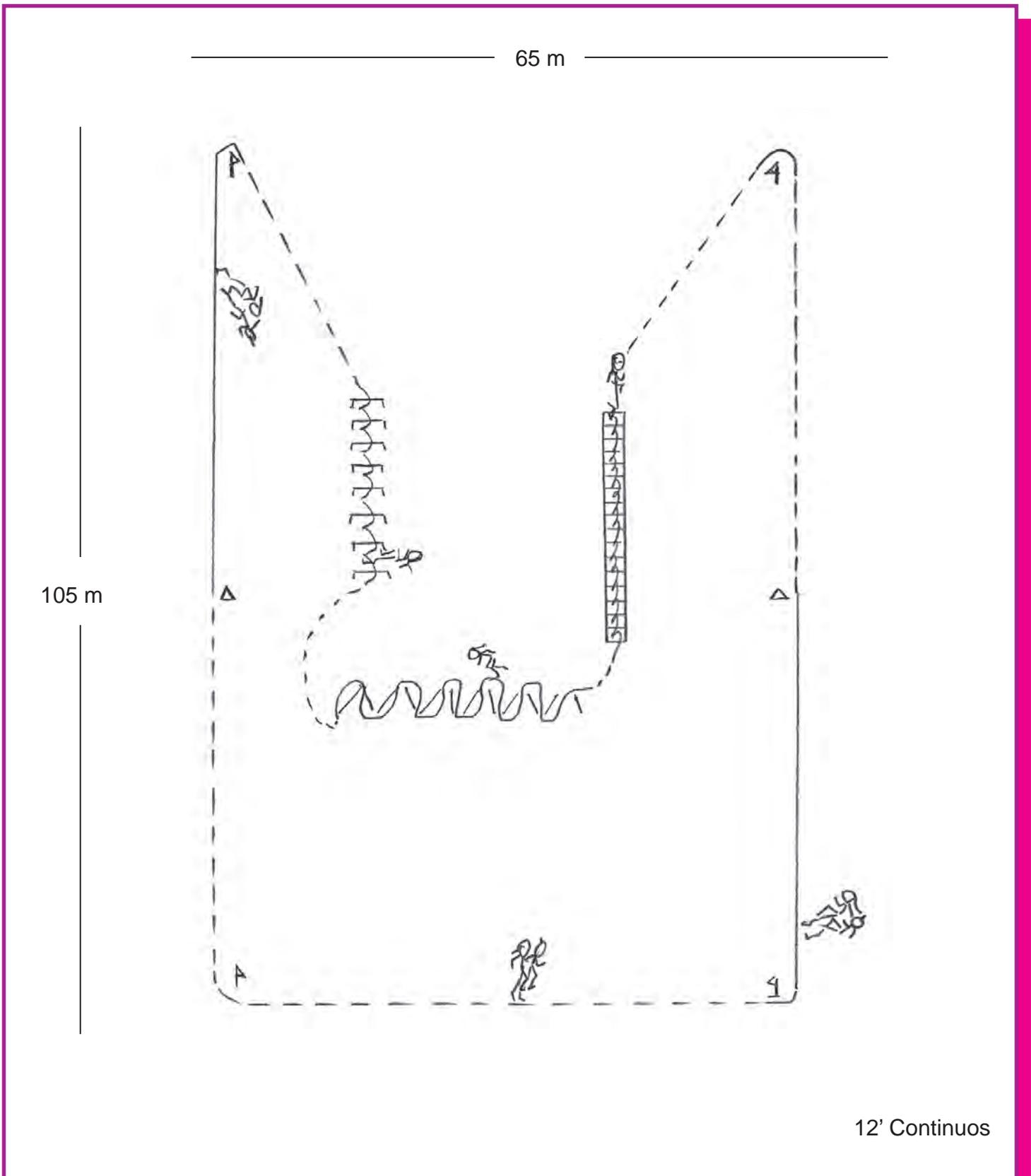




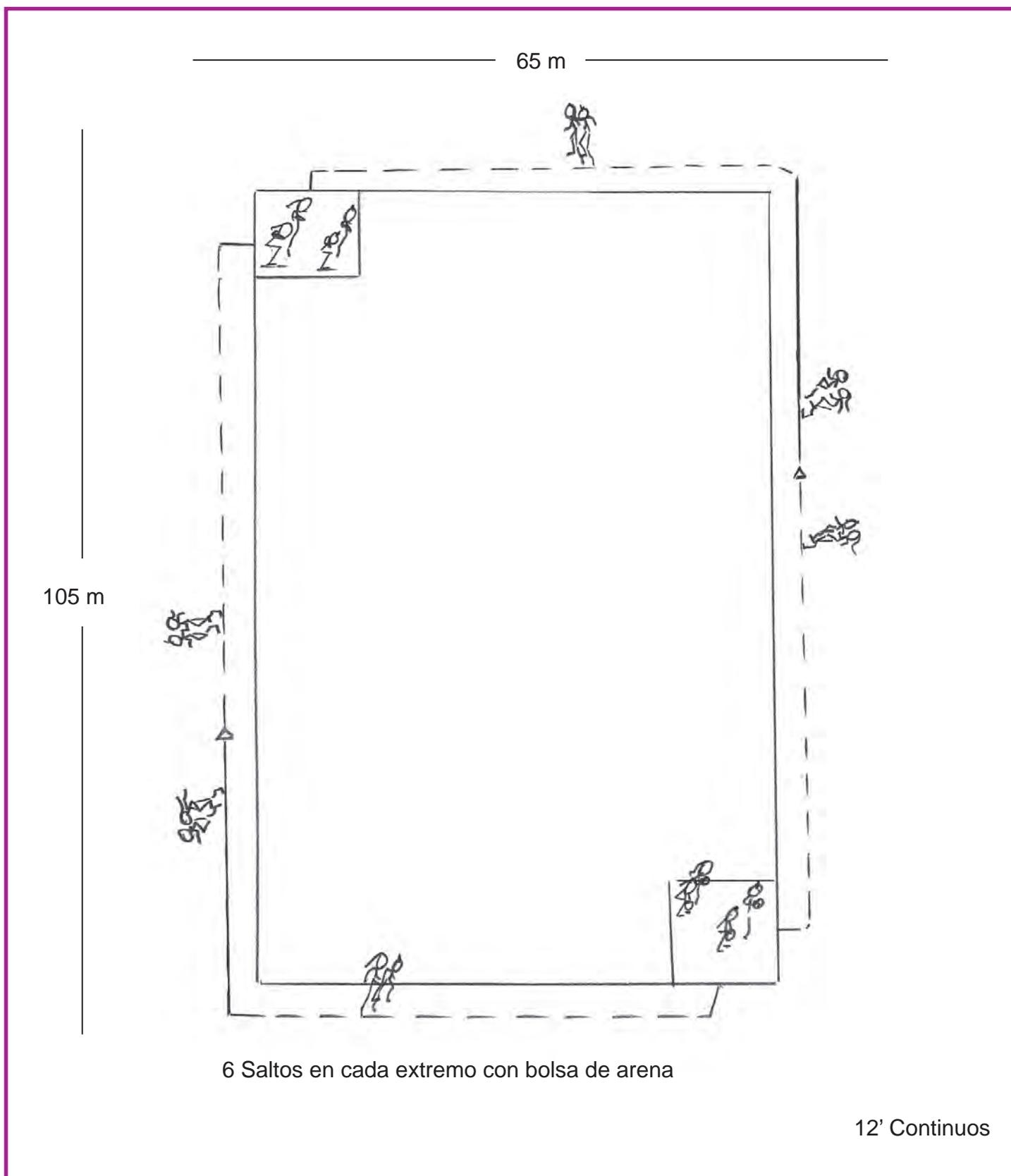
- 1 Ronda por dentro lenta
- 1 Ronda por fuera media
- 1 Ronda por dentro lenta
- 1 Ronda por fuera rápida

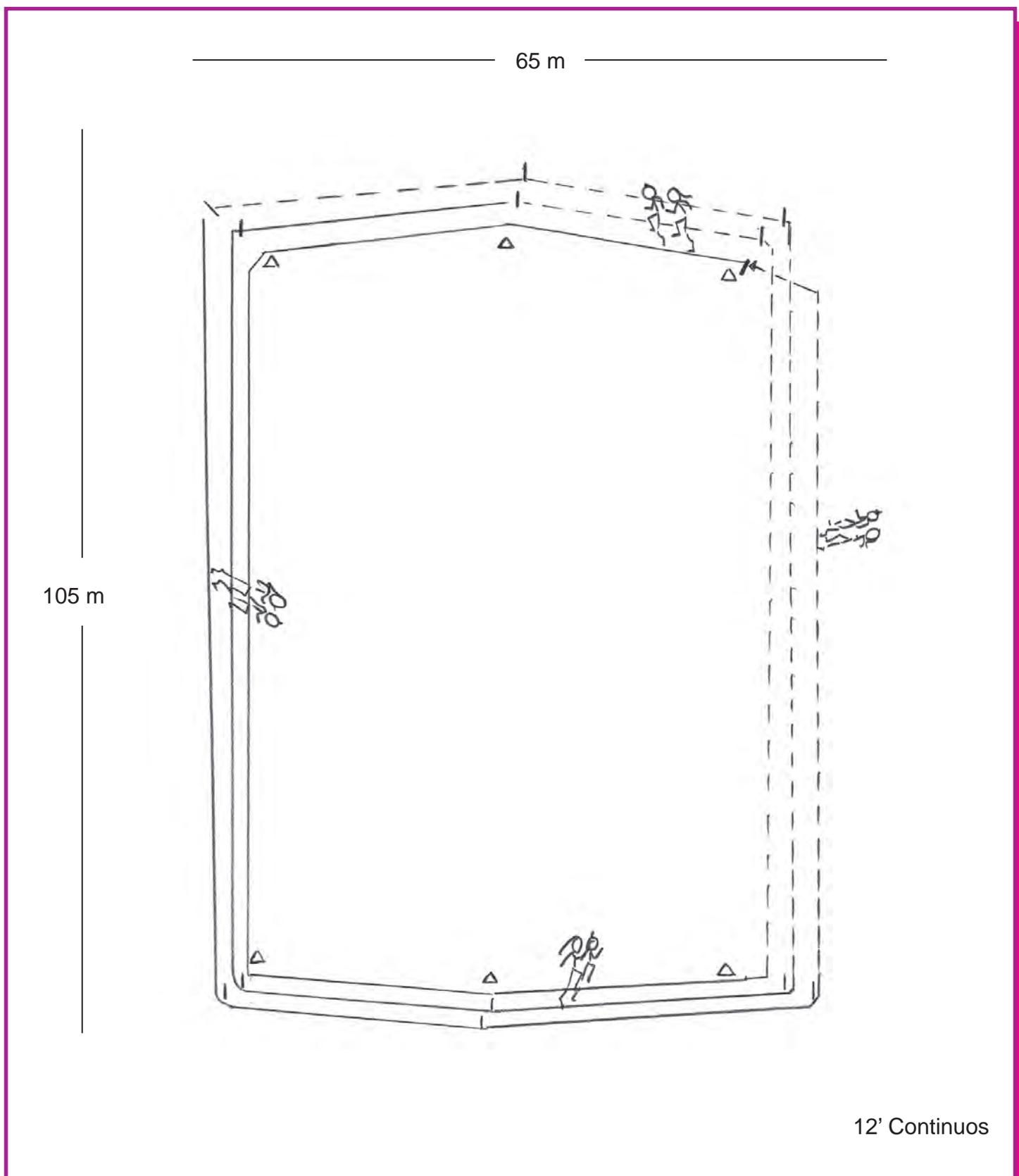
12' Continuos

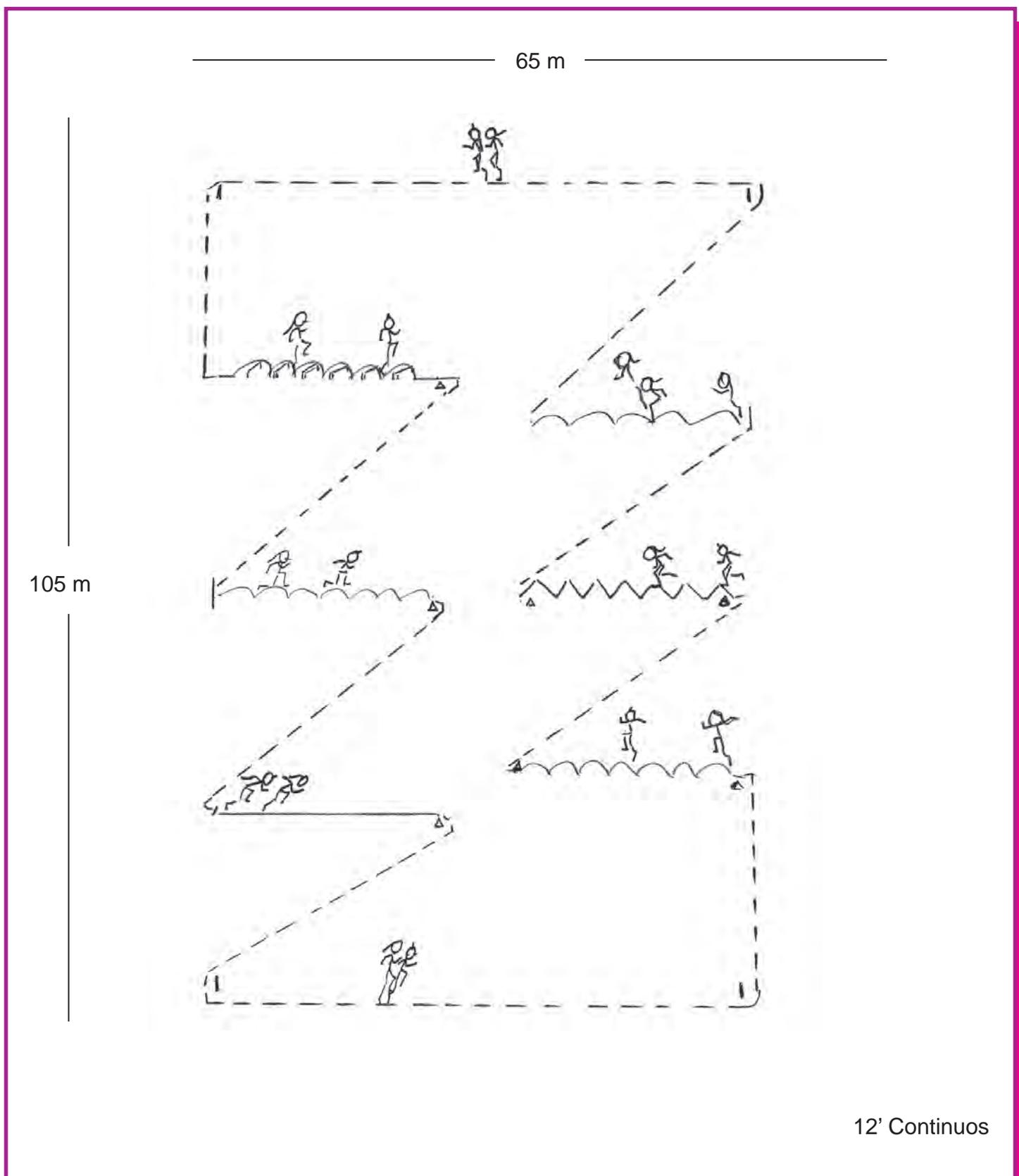


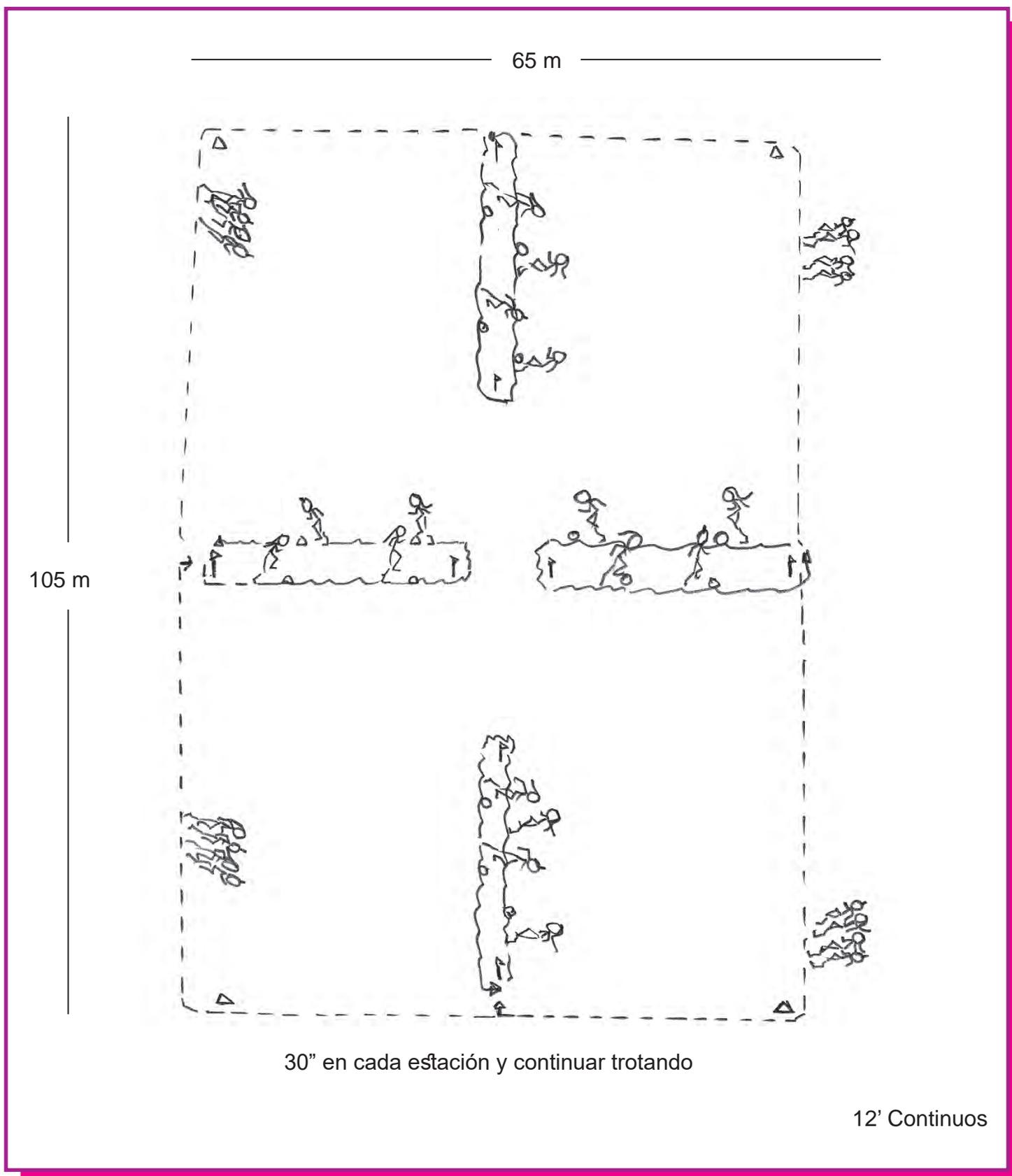


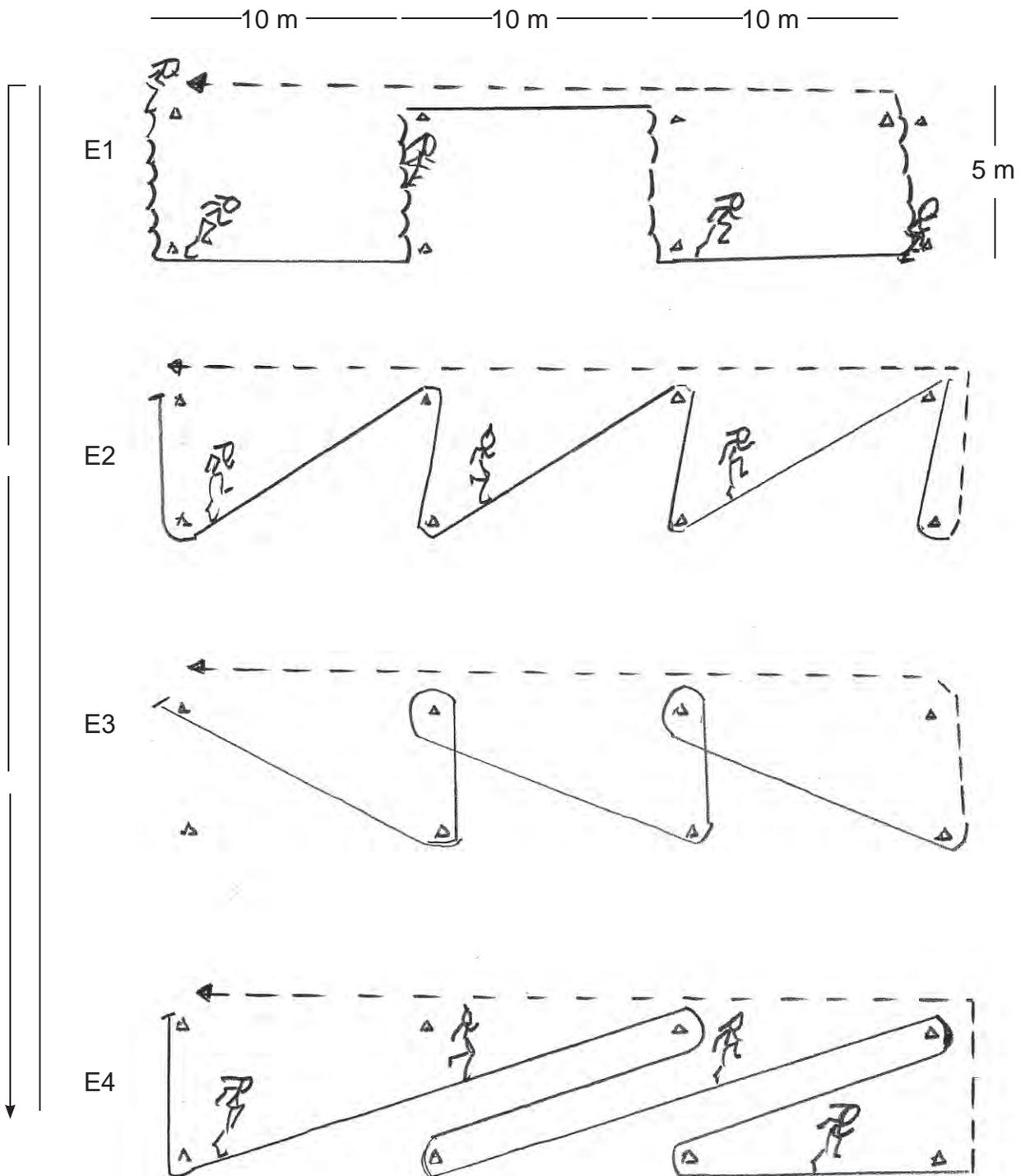
12' Continuos





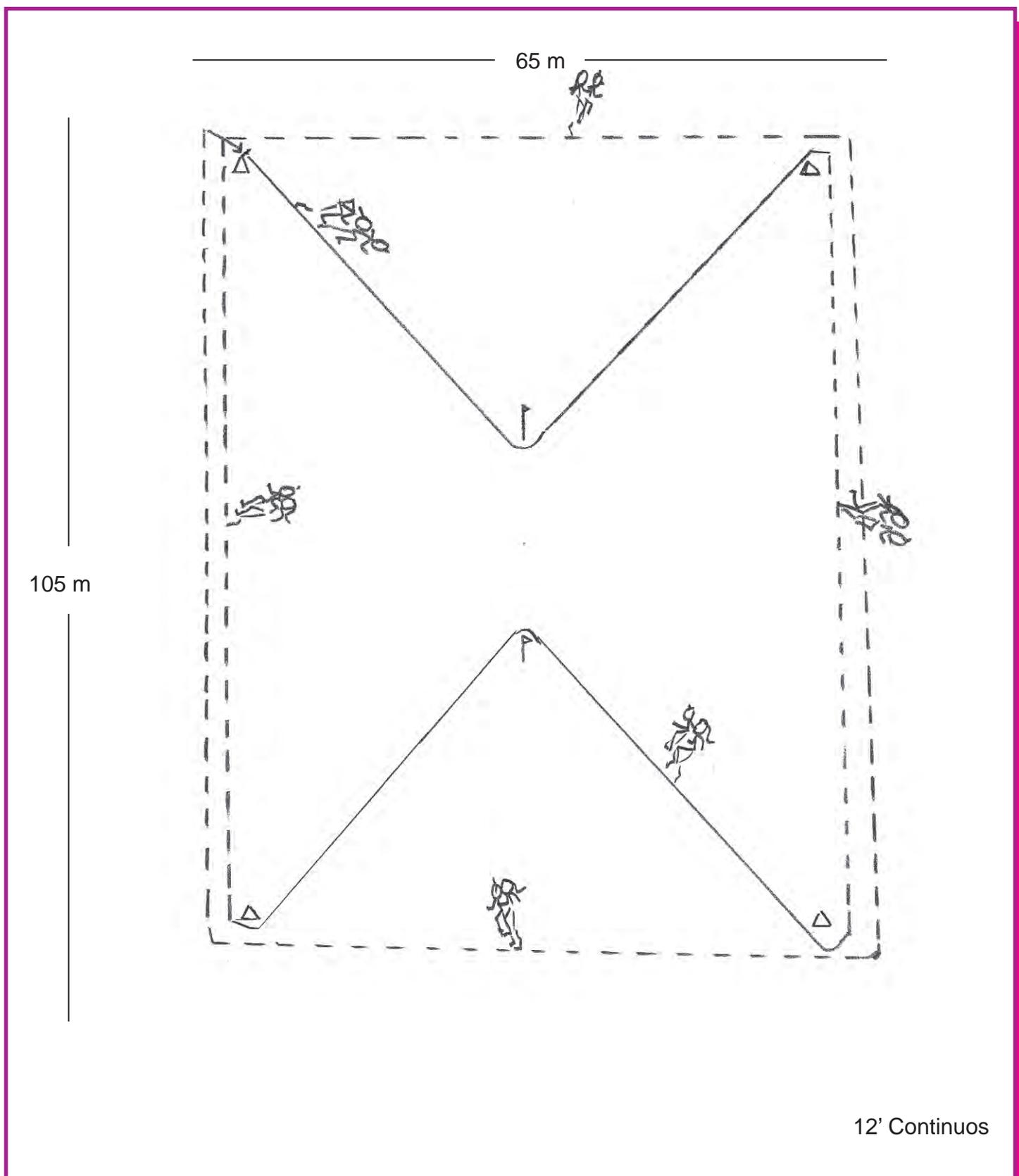


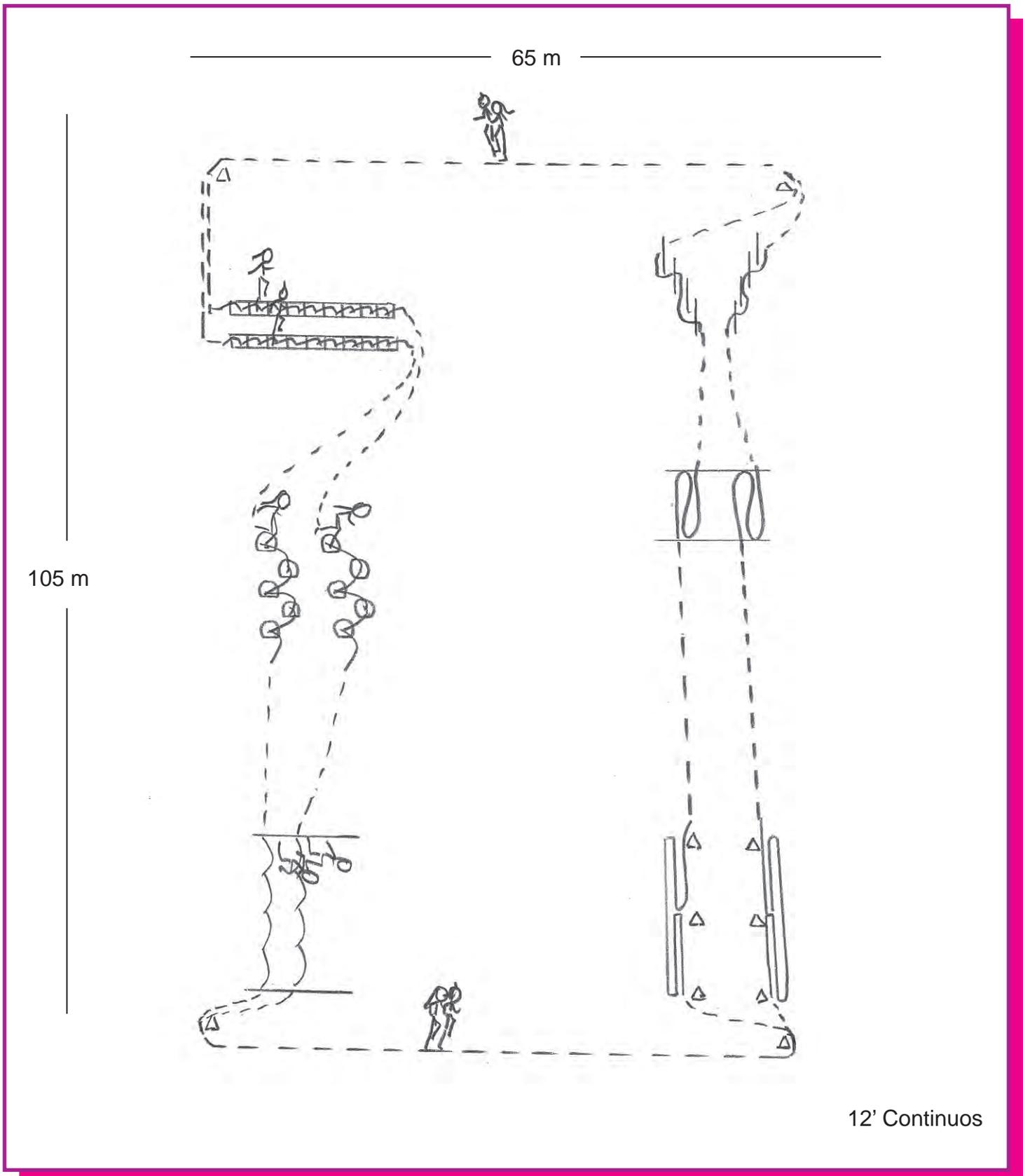


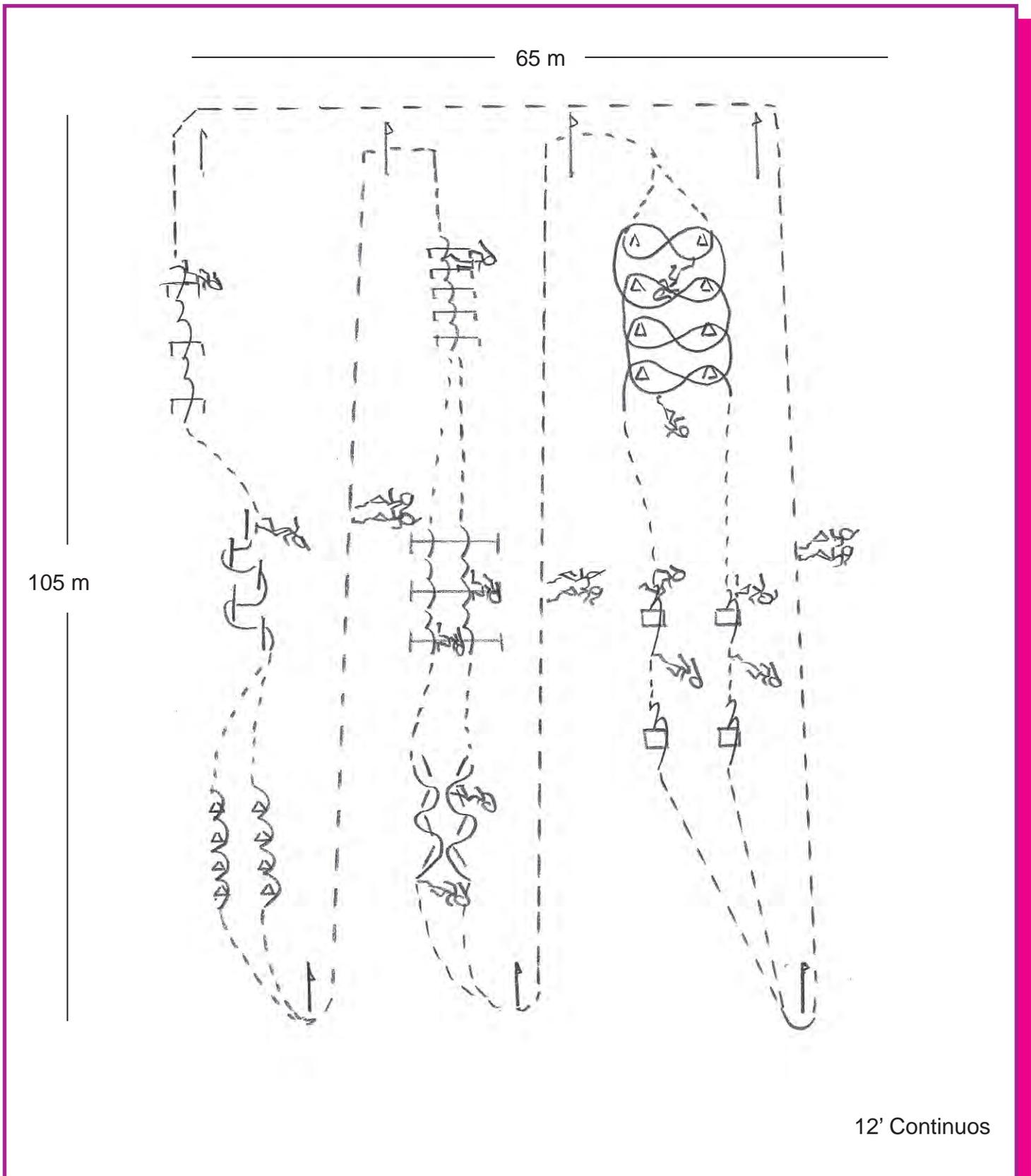


2'30" continuos + 1' Pausa de estación x E1 - E2 - E3 - E4

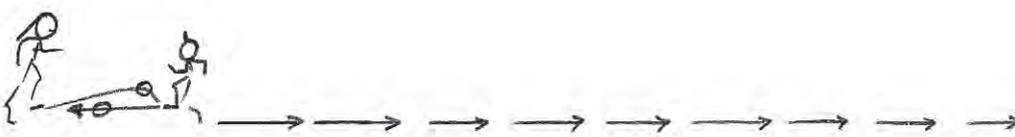
14' Continuos







60 m

E1  2 Rep.

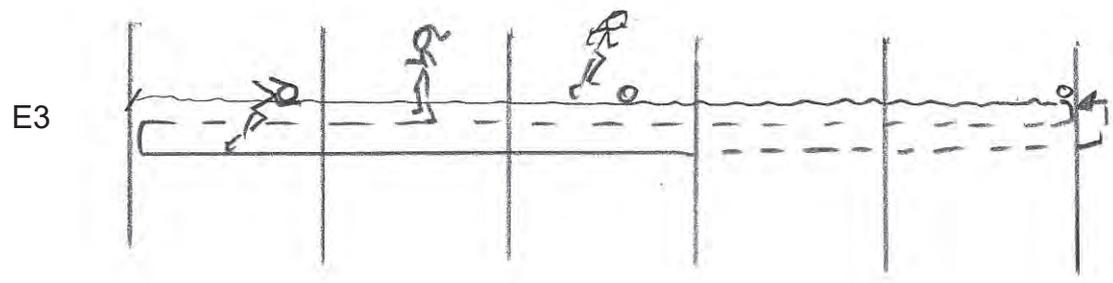
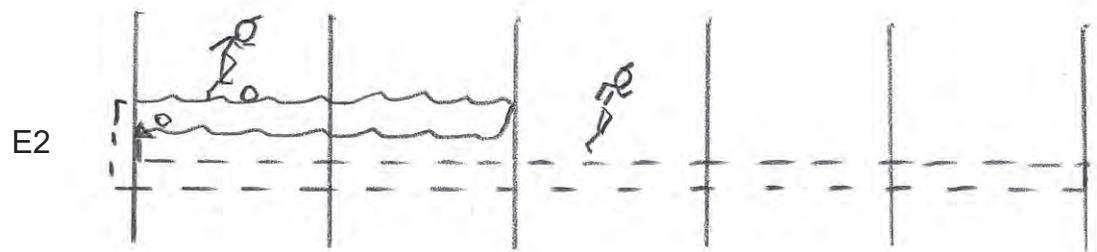
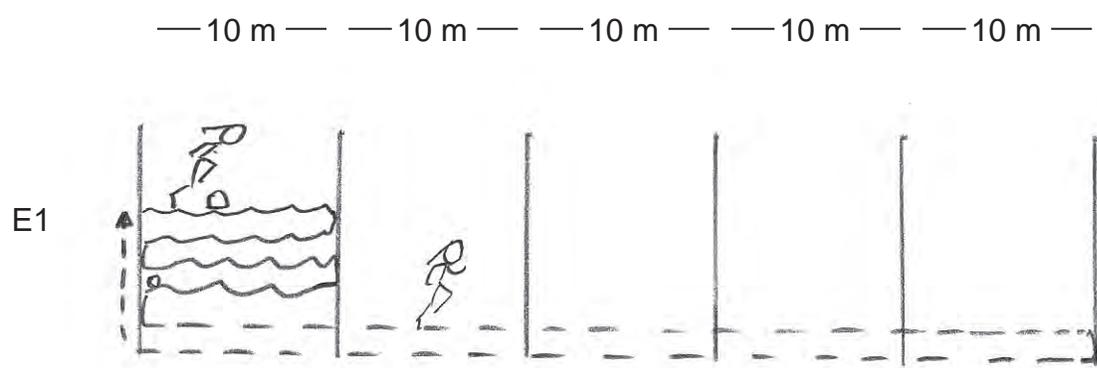
E2  2 Rep.

E3  2 Rep.

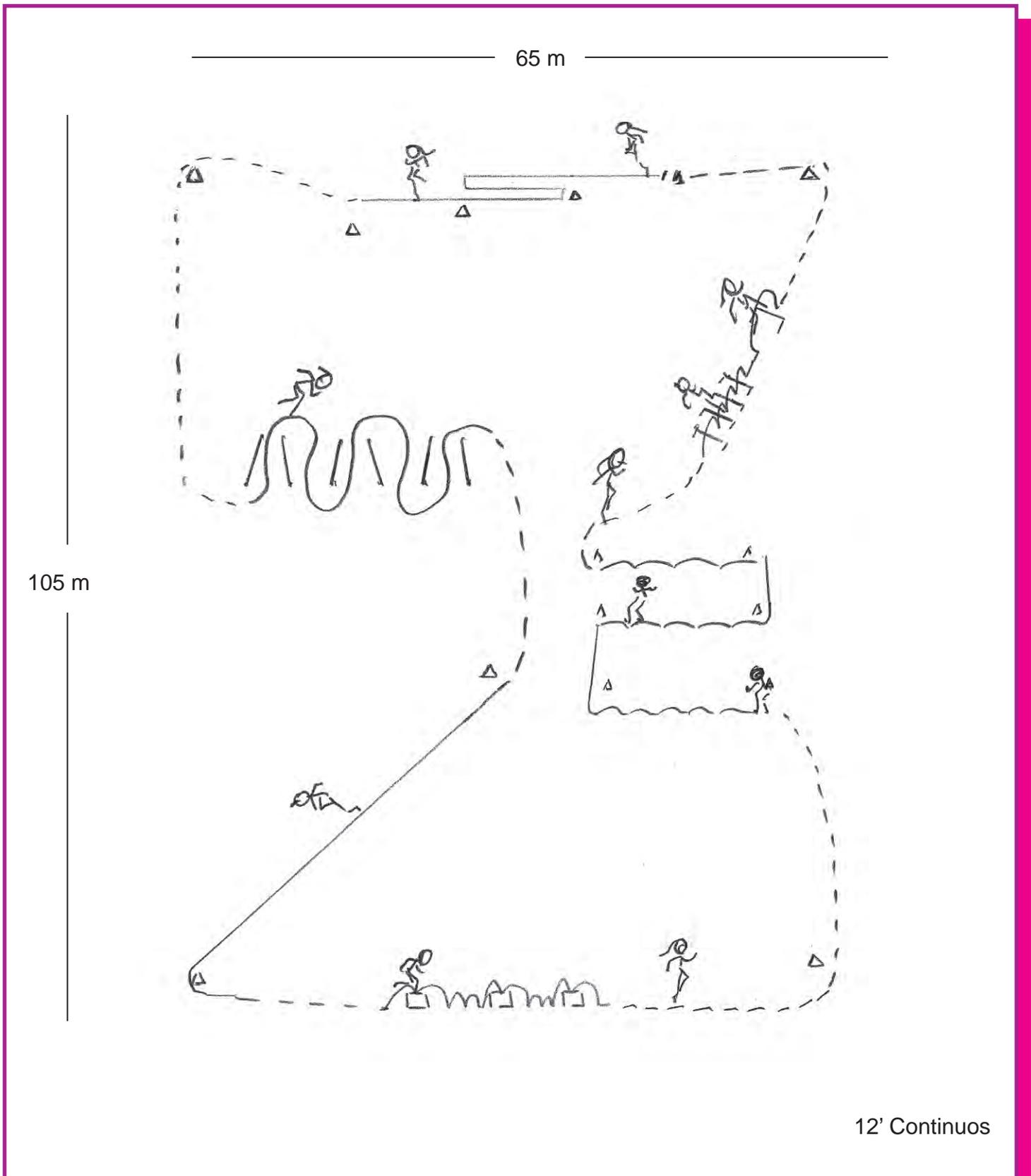
E4  2 Rep.

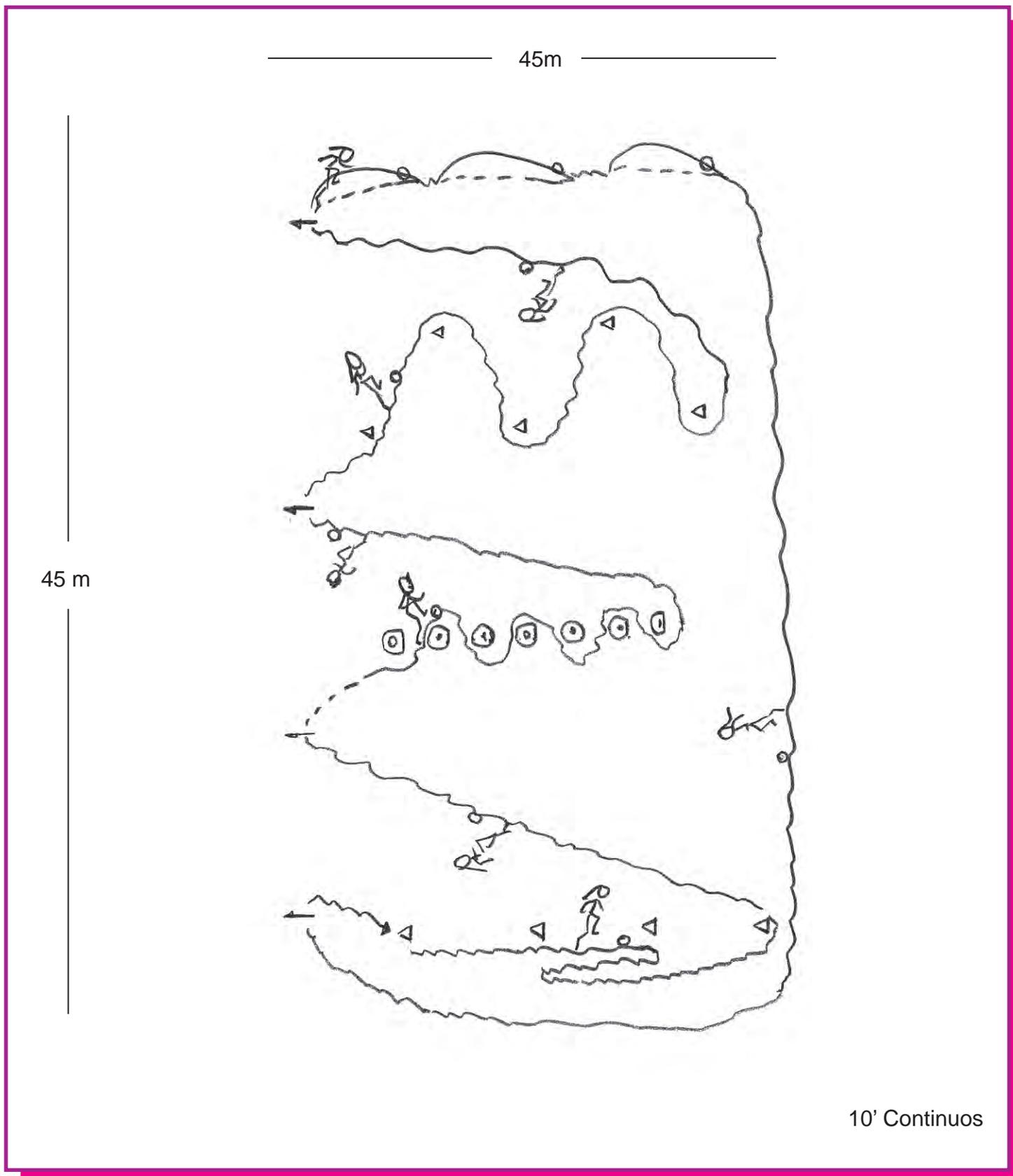
E5  2 Rep.

10' - 11' Continuos

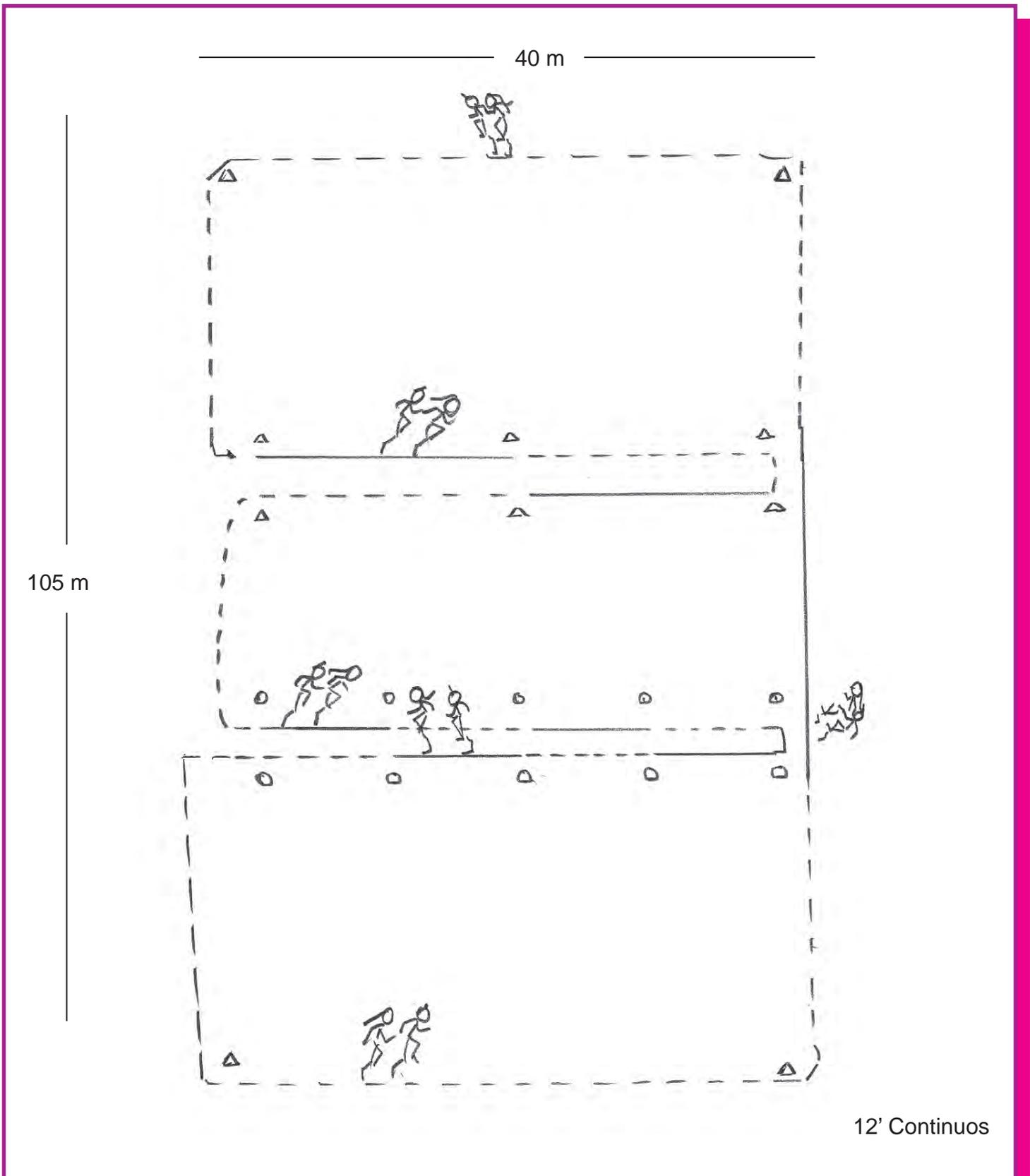


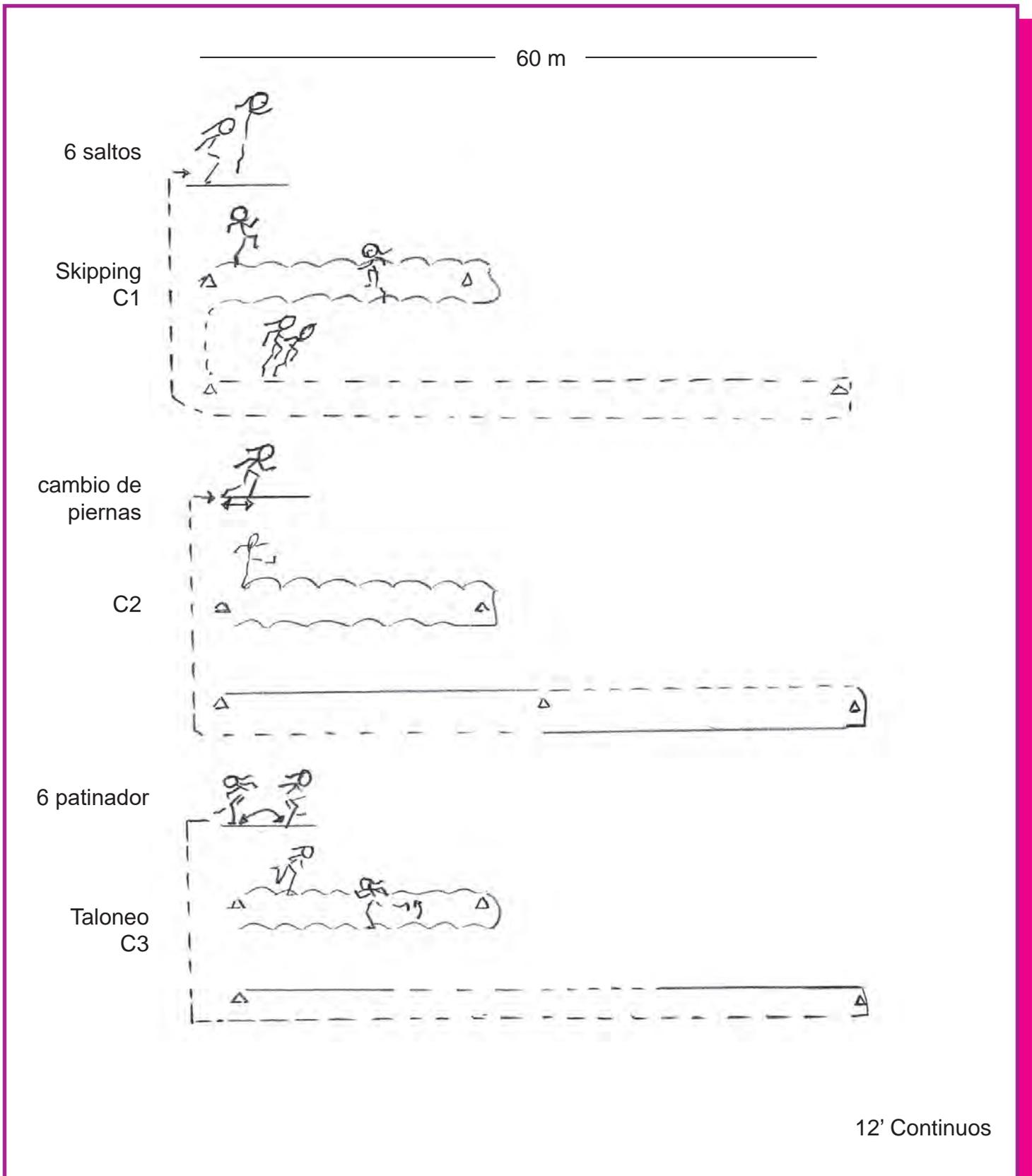
4' continuos x E1 - E2 - E3

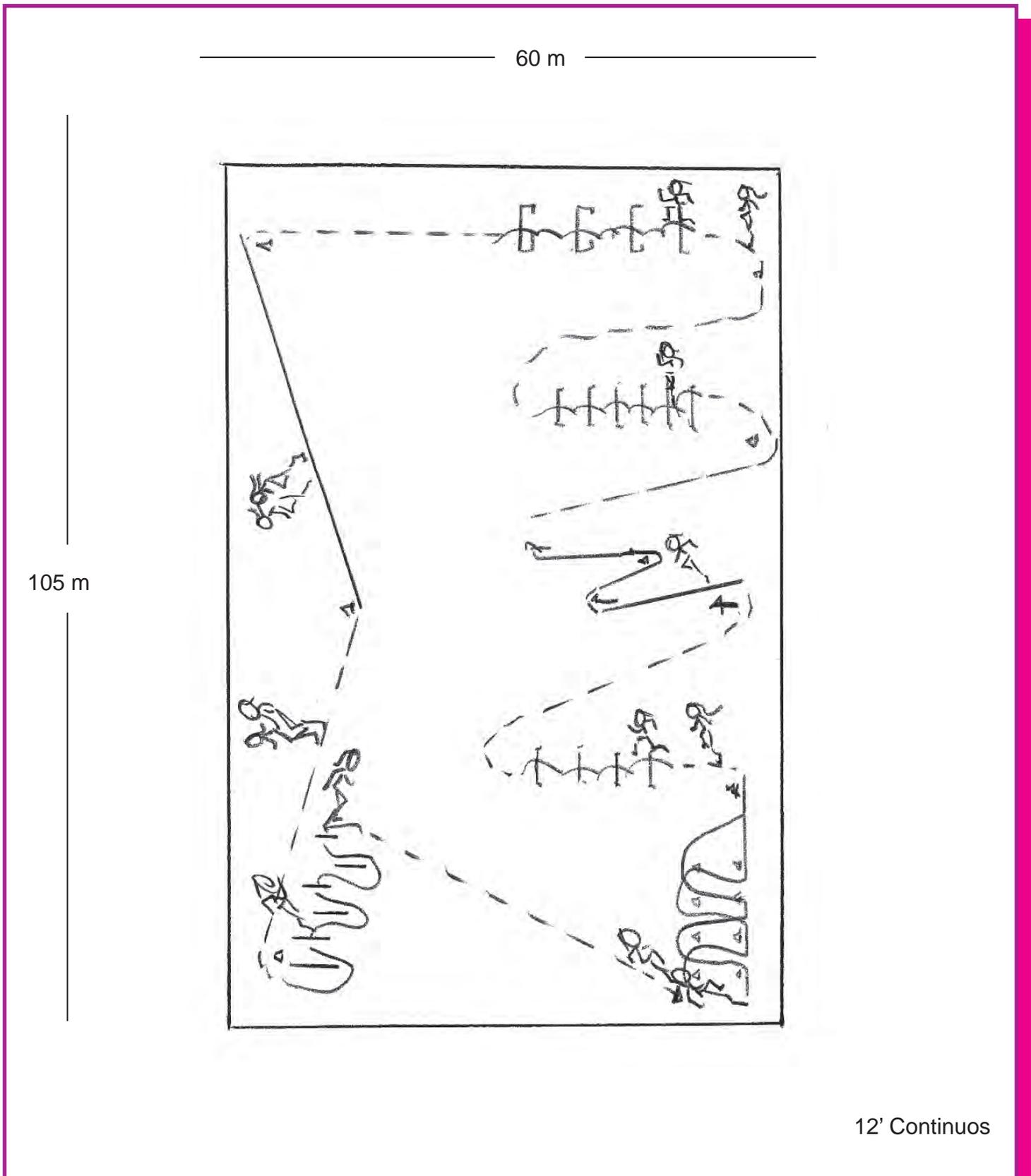


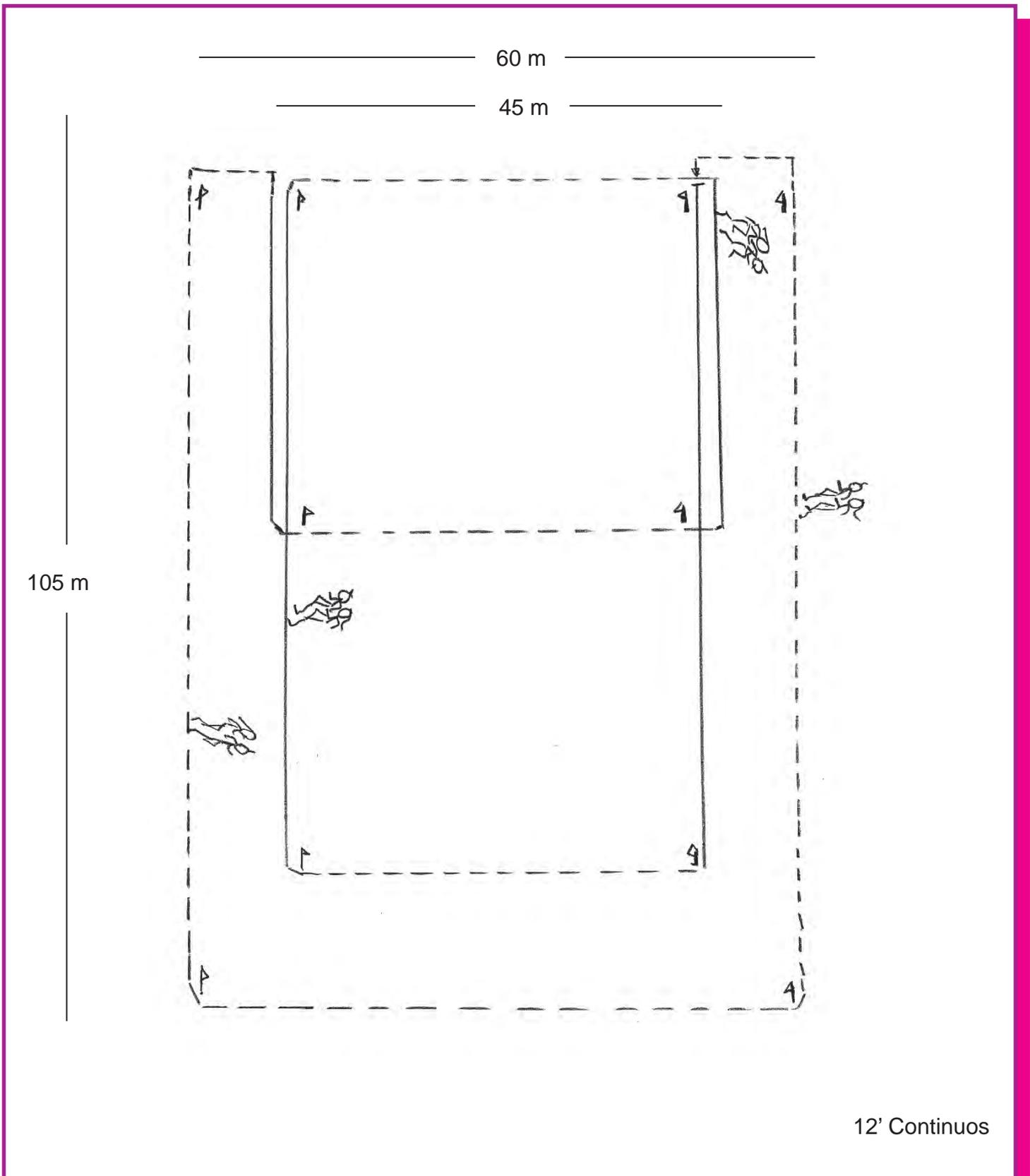


10' Continuos



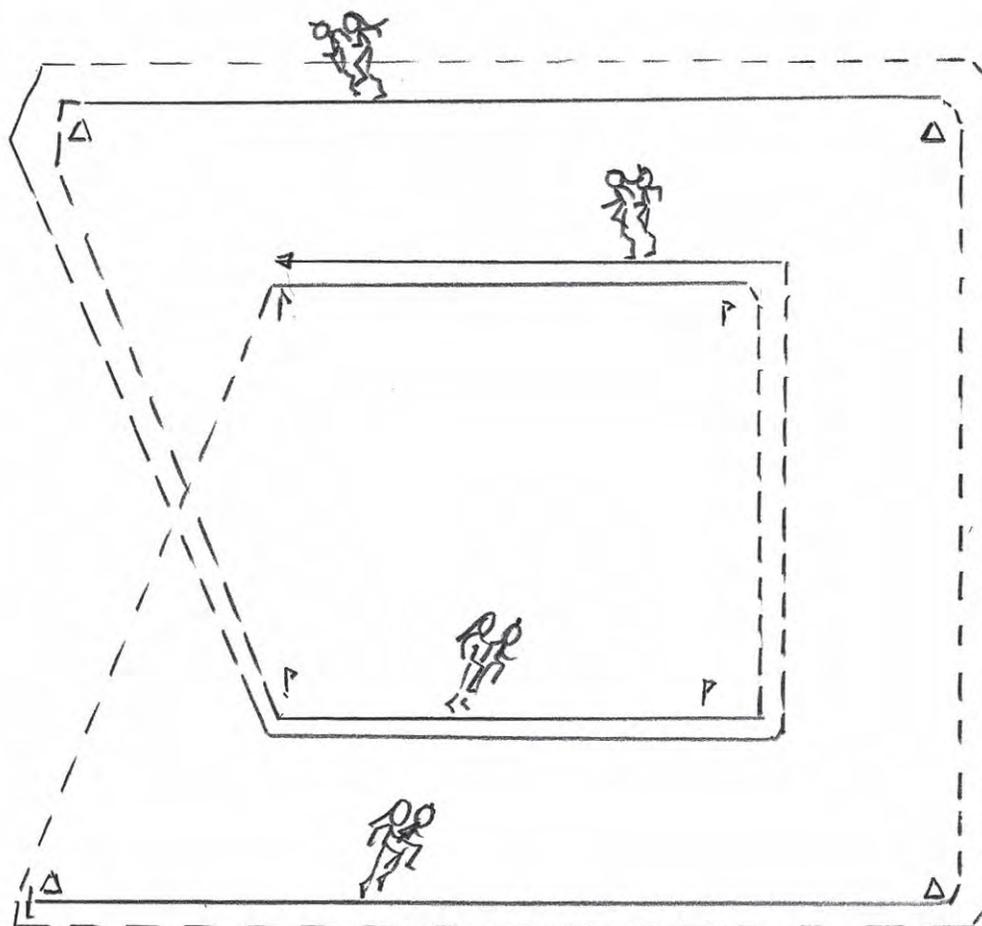




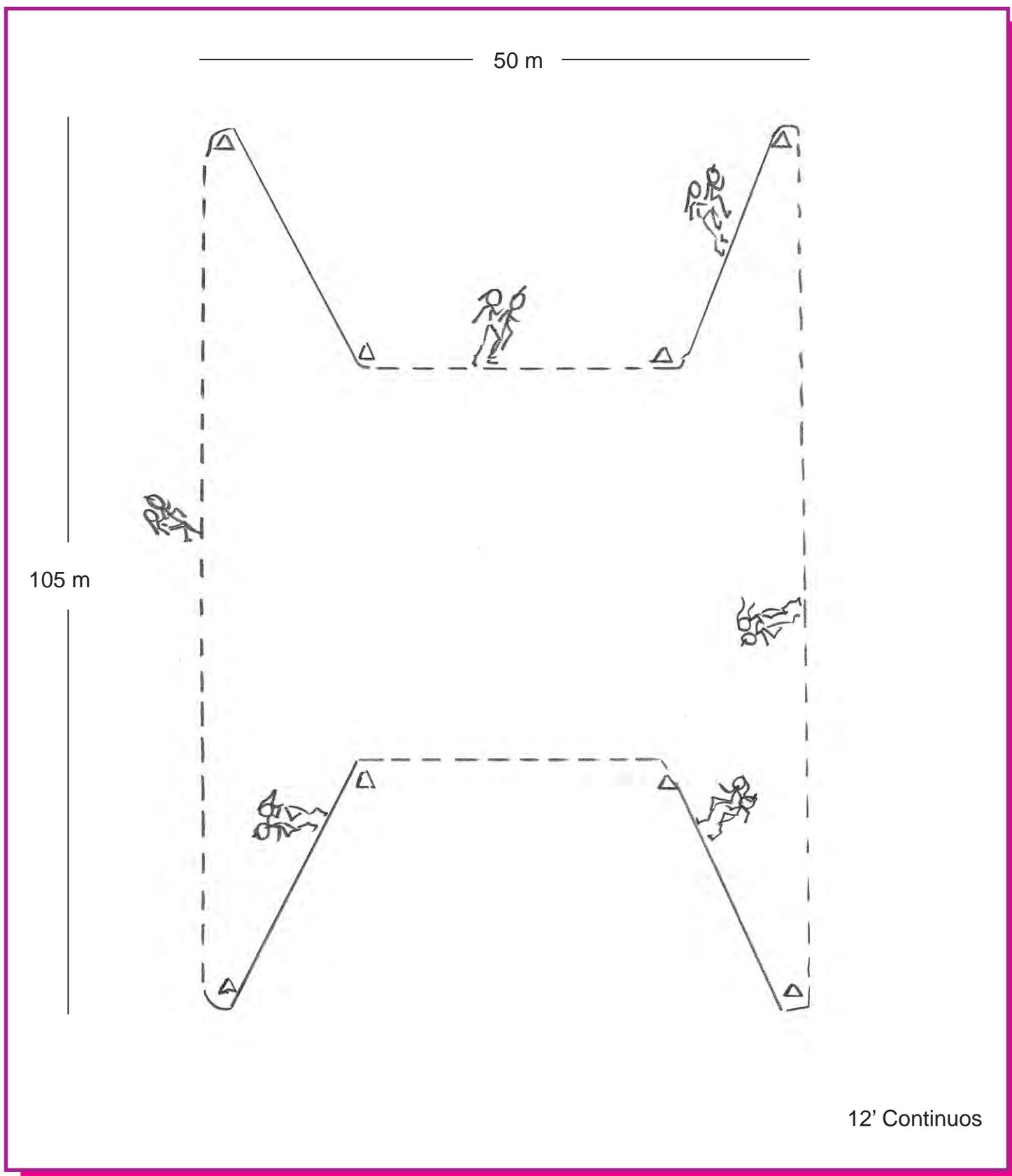


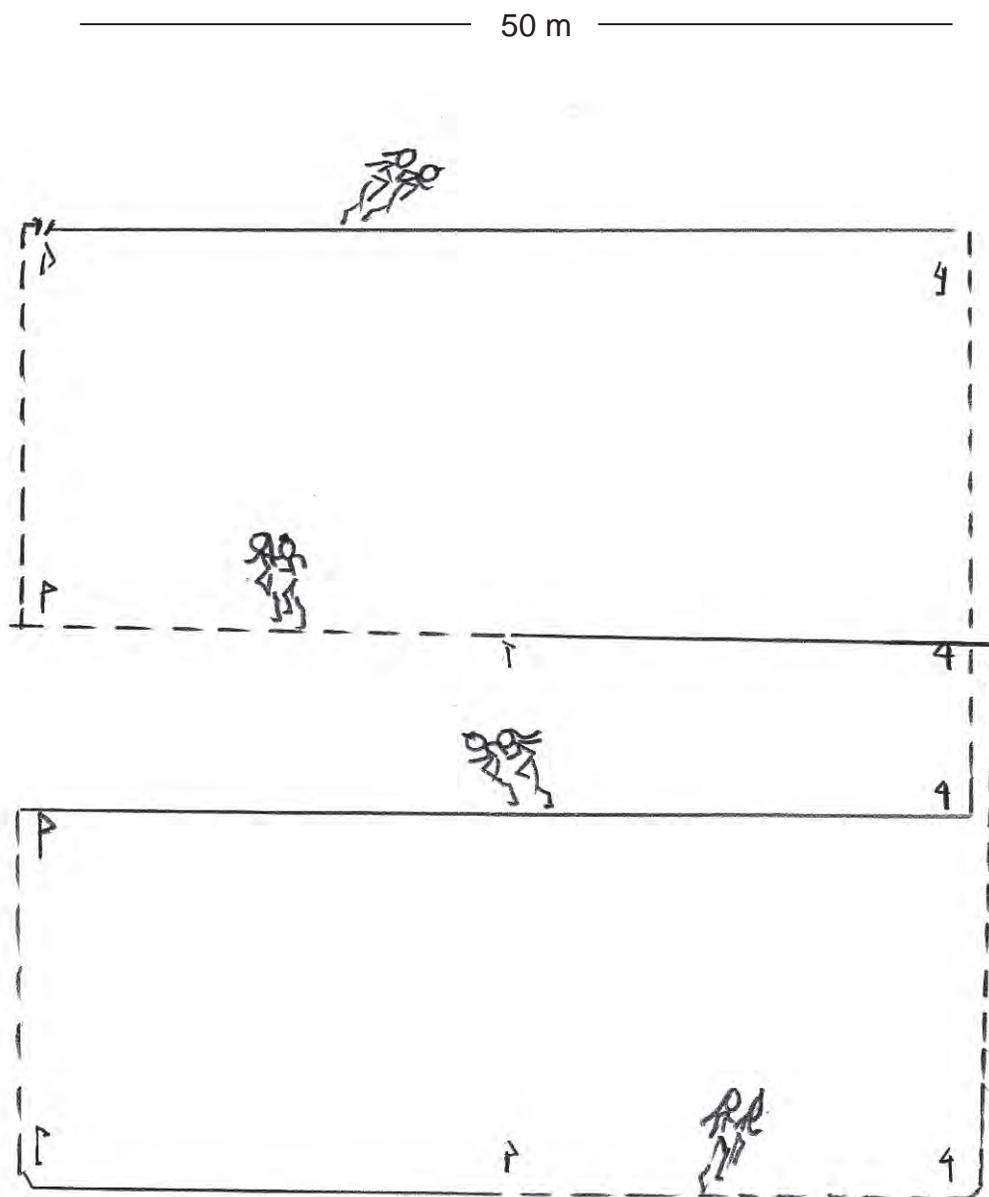
12' Continuos

50 m

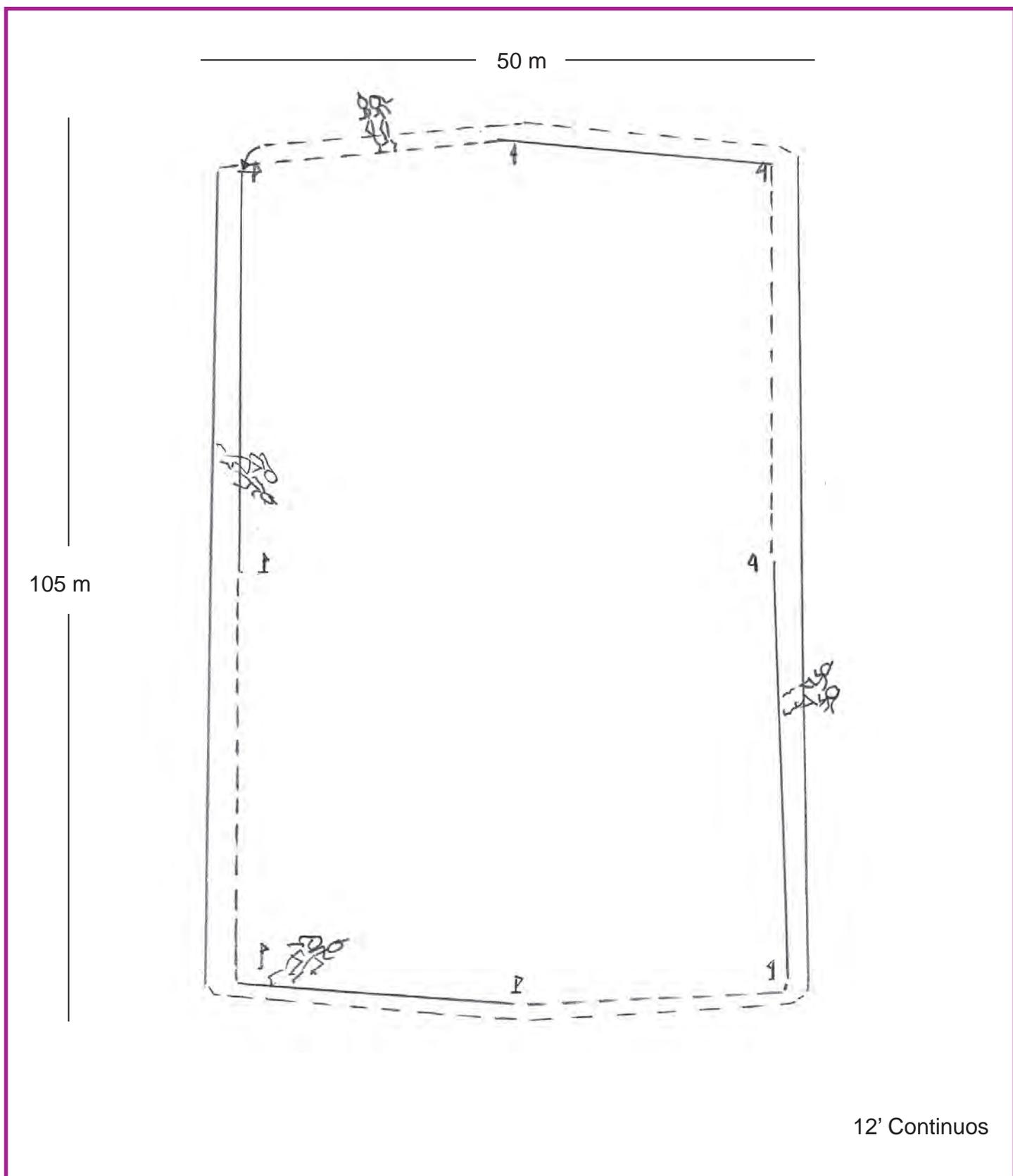


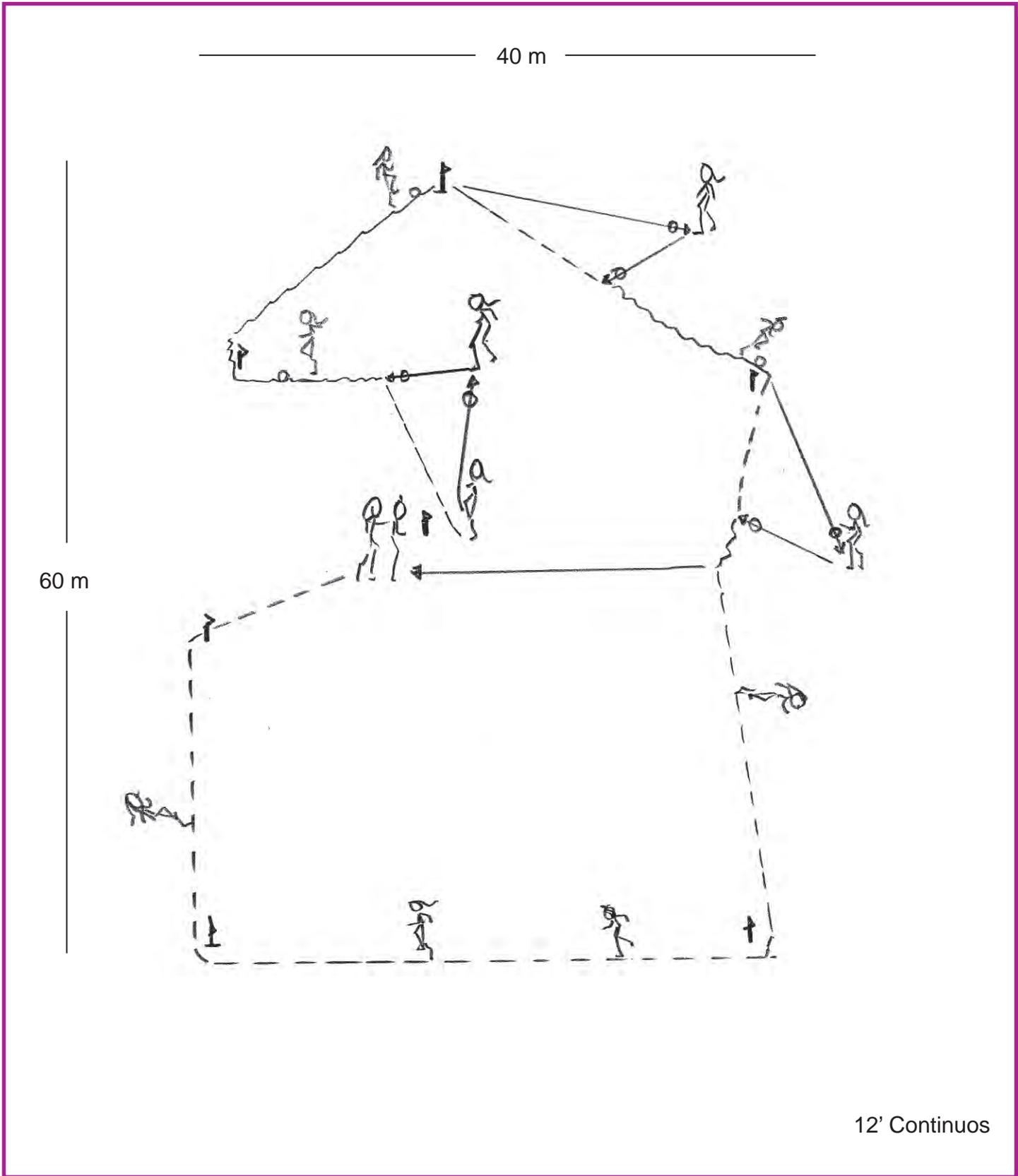
12' Continuos

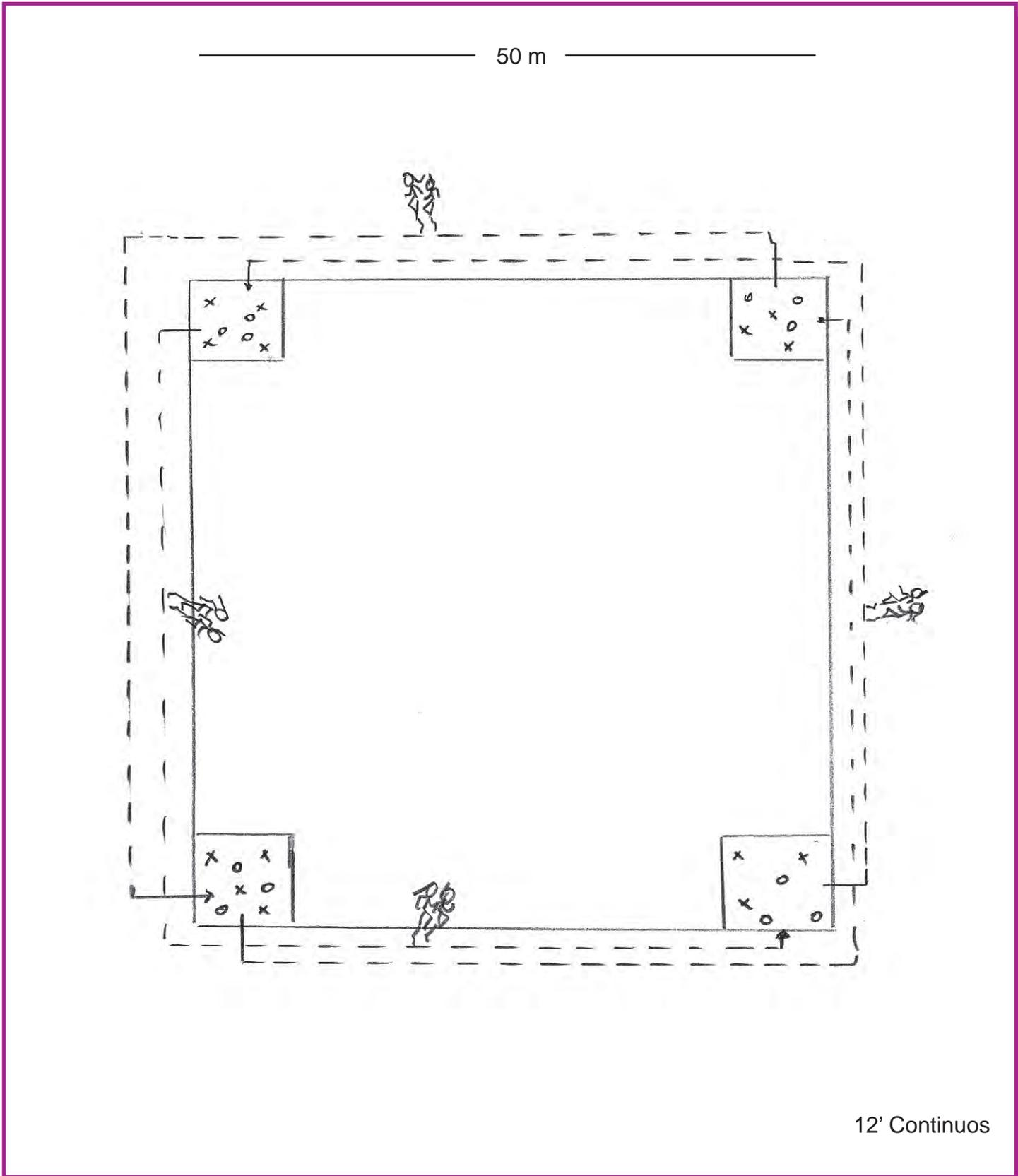




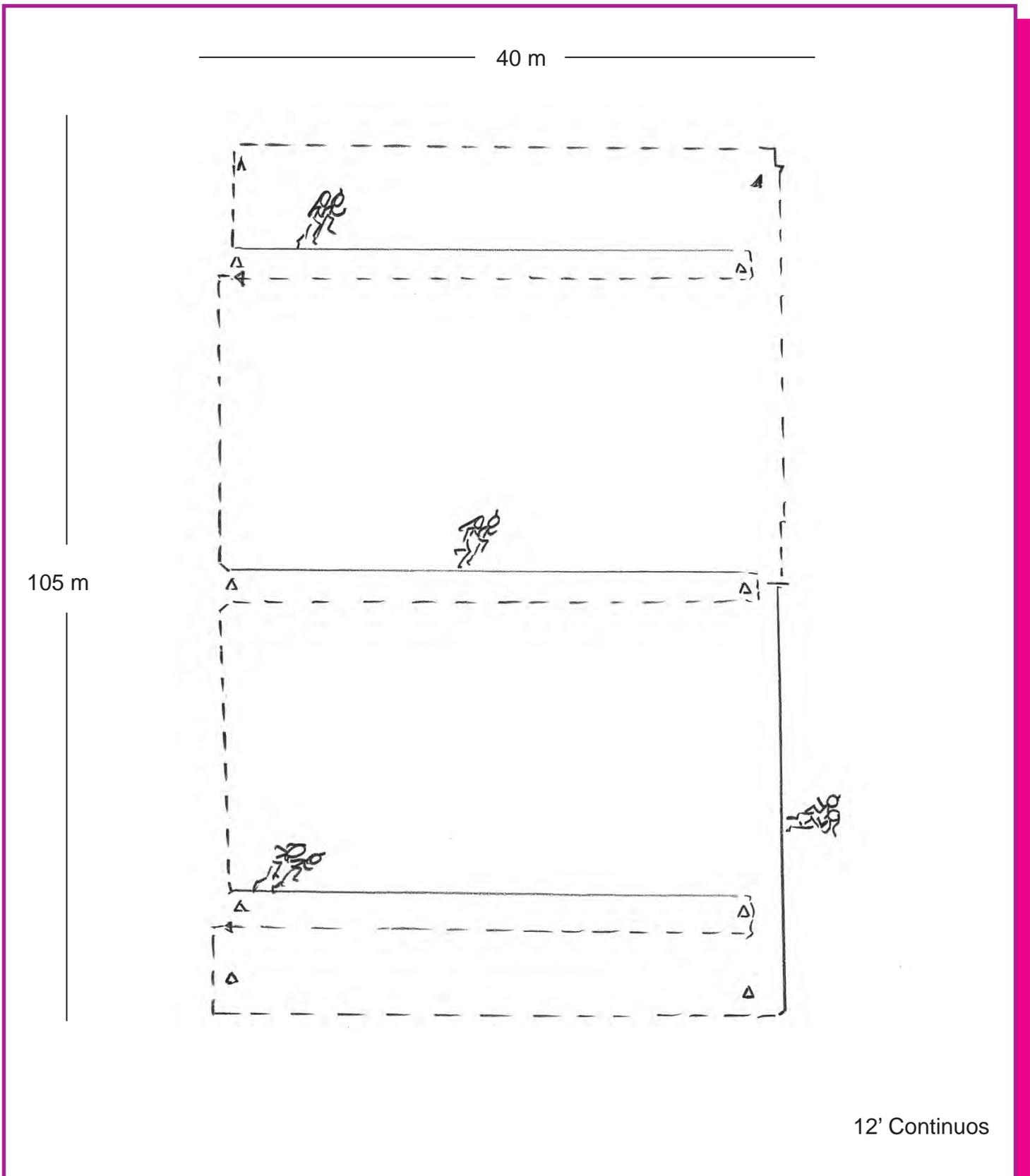
12' Continuos

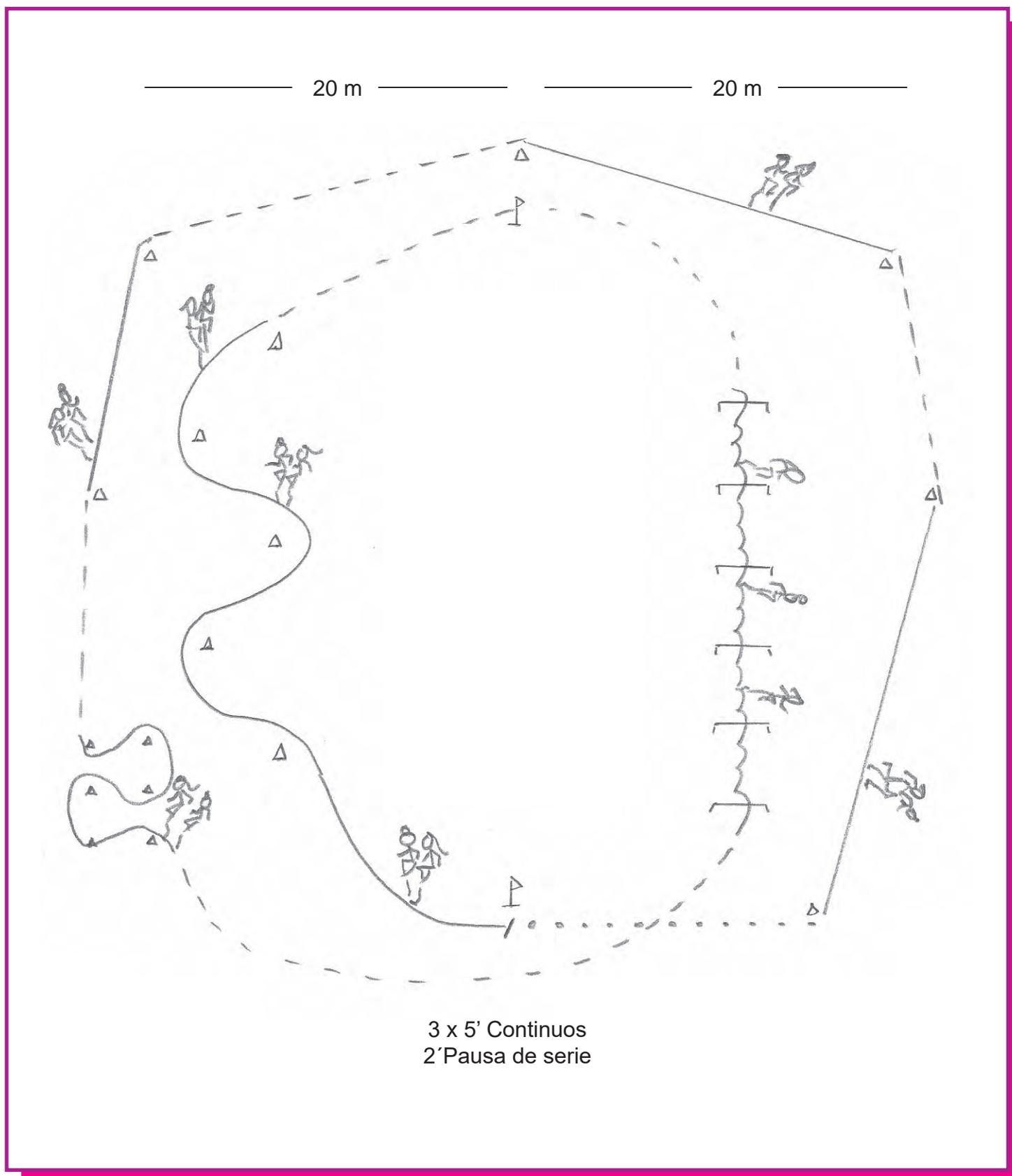


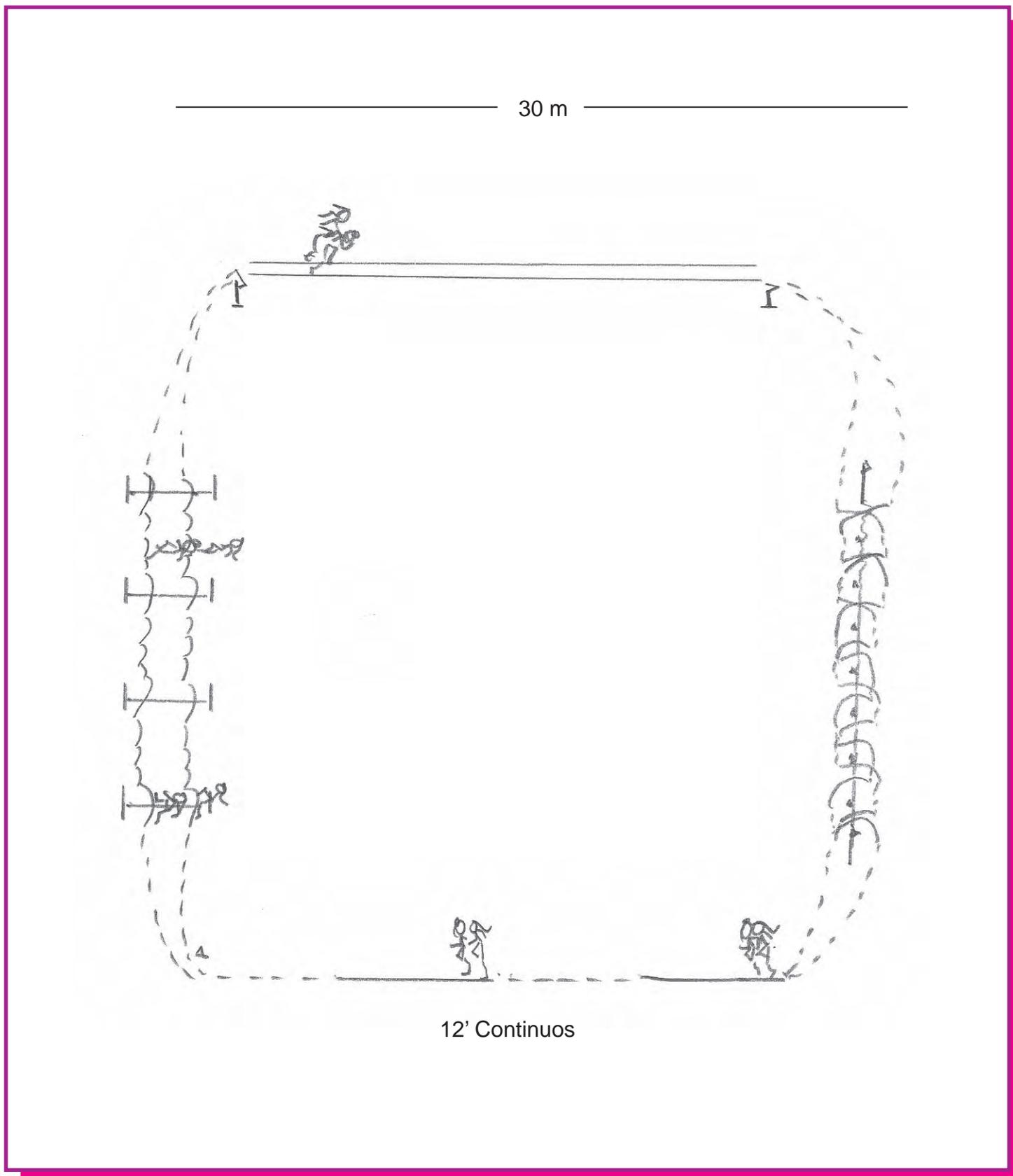


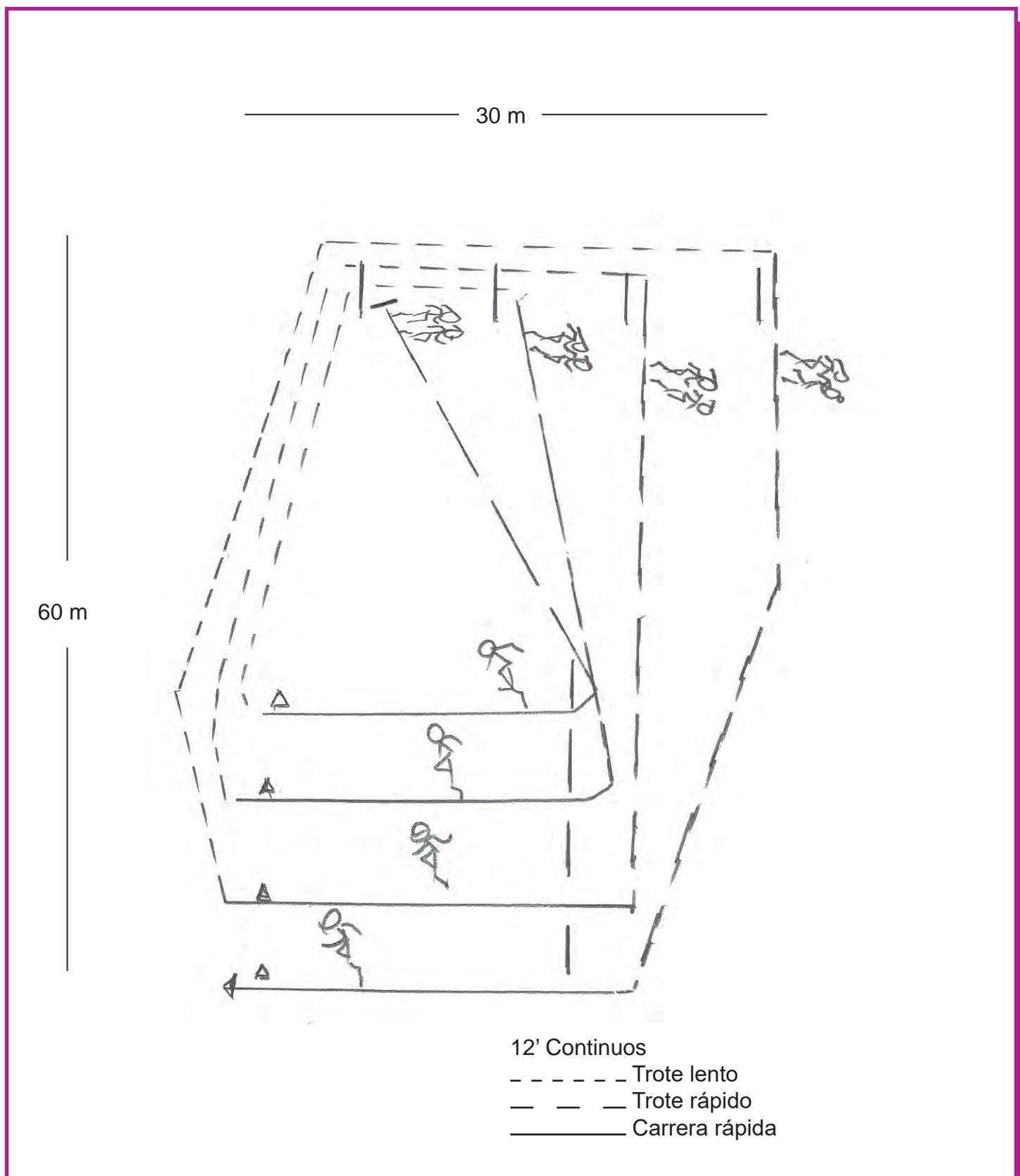


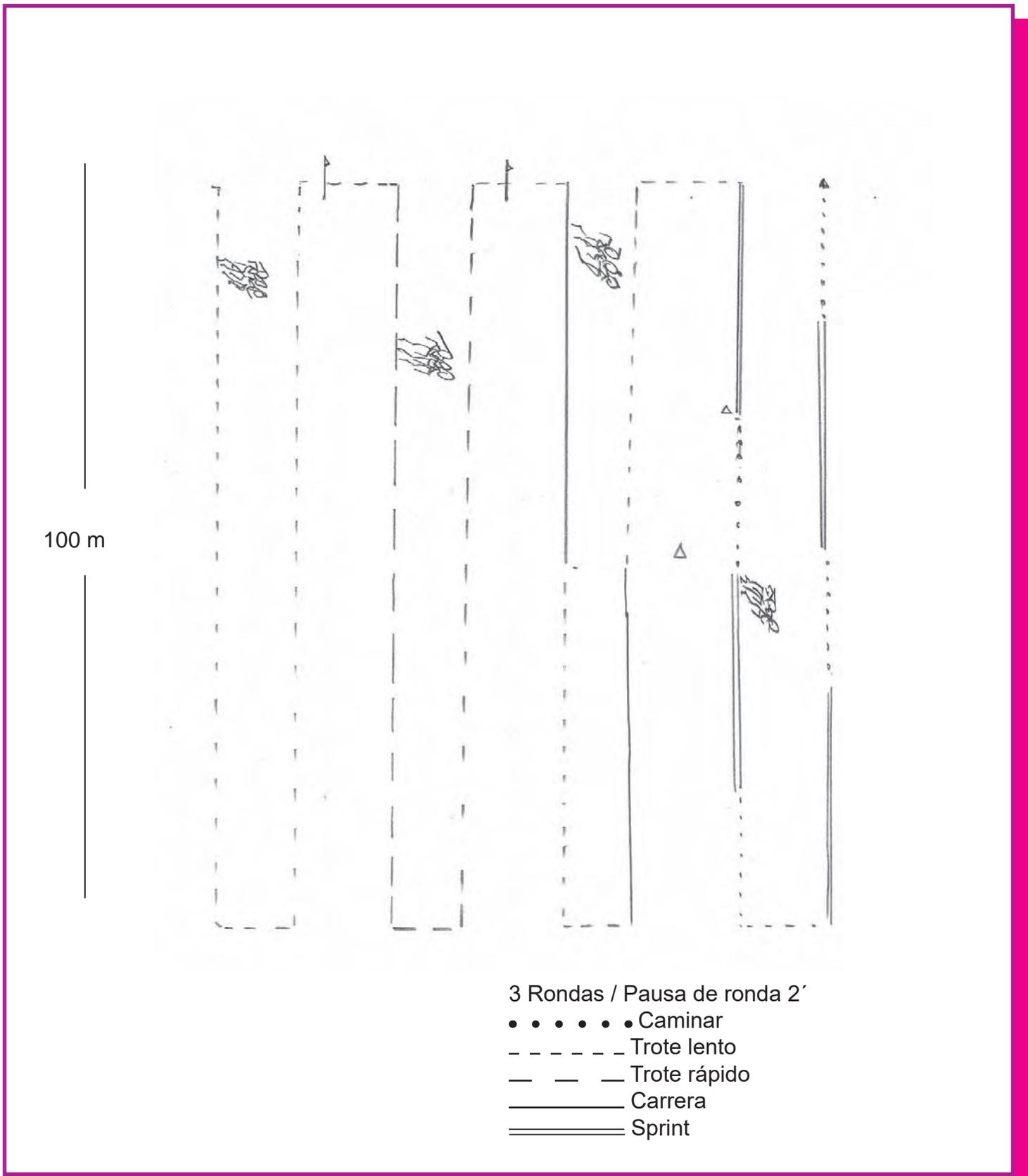
12' Continuos

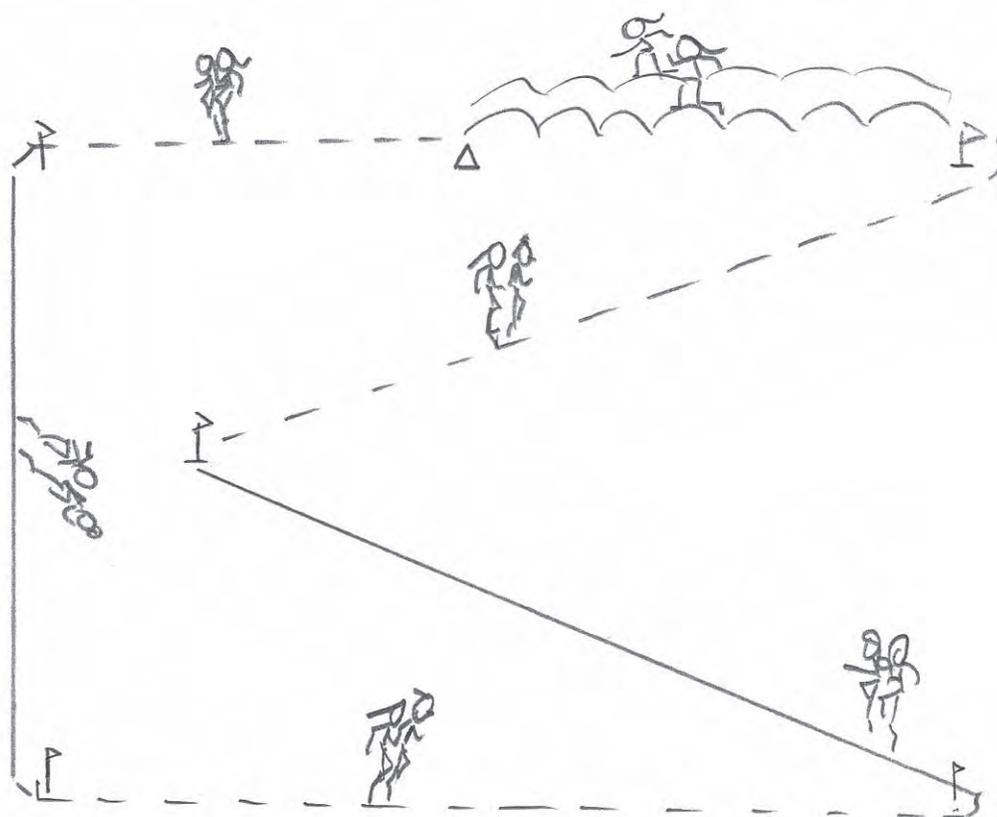




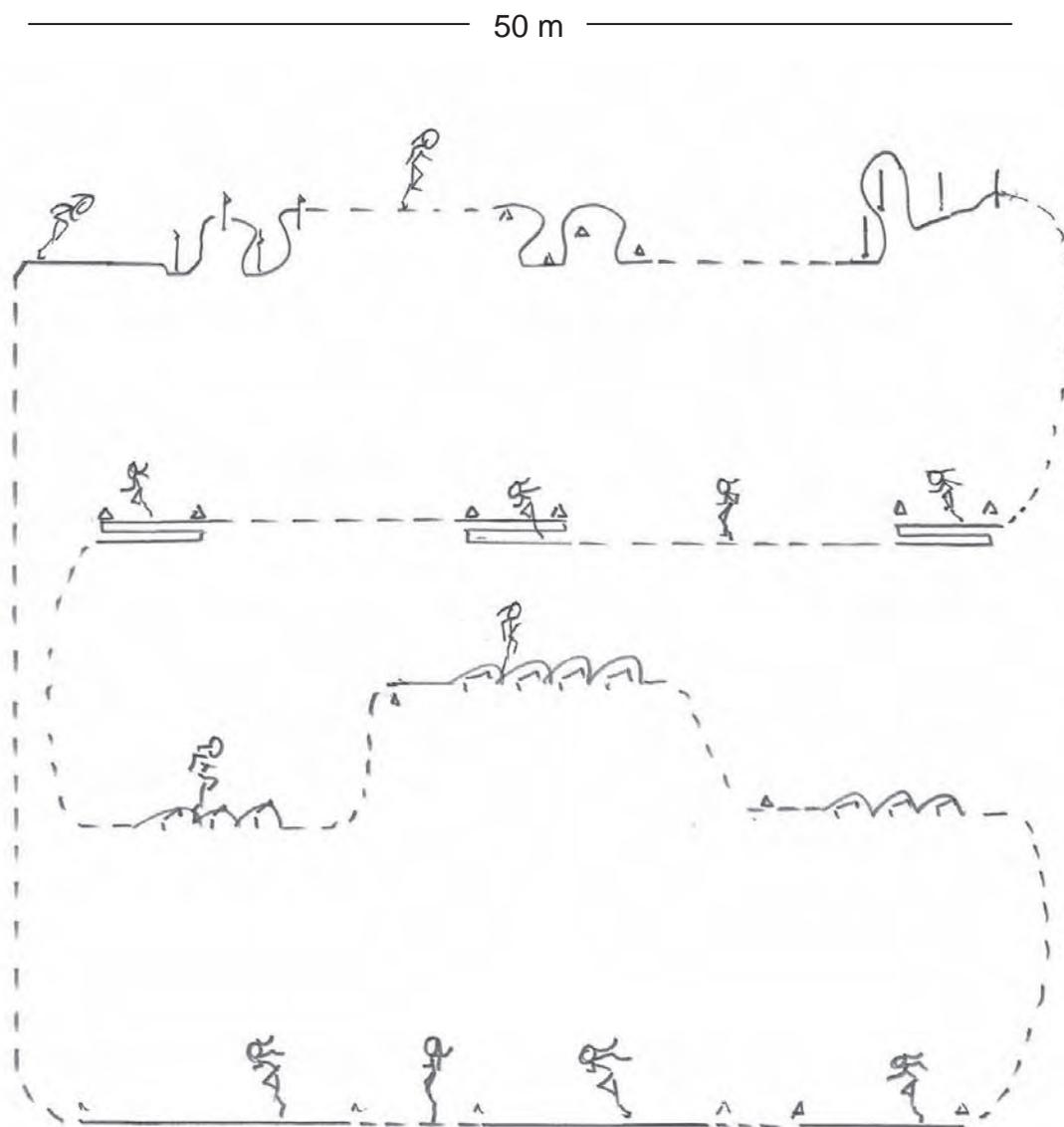








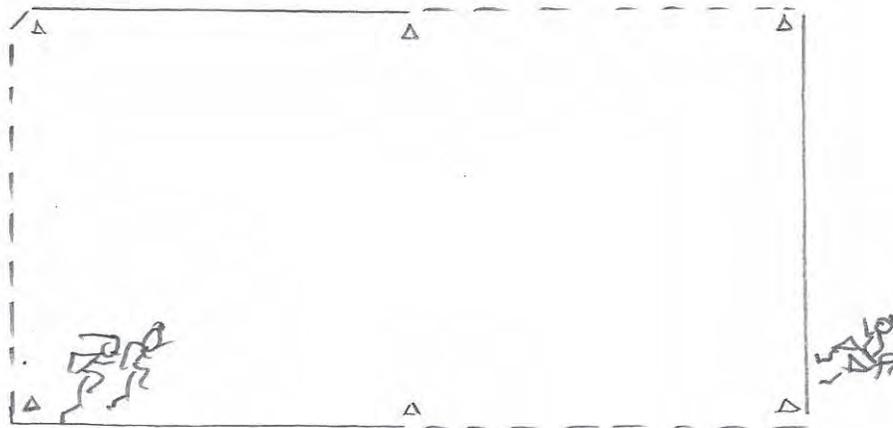
12' continuos



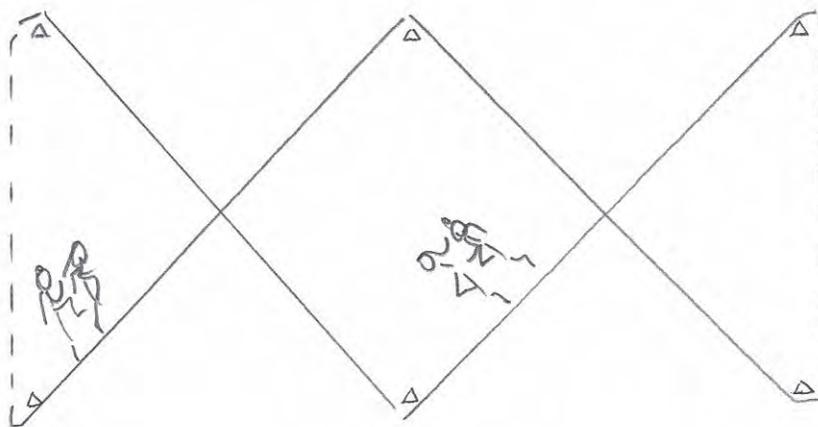
10 - 12' continuos



4' continuos
2' Pausa



4' continuos
2' Pausa



4' continuos