



PRACTICE SCHEDULE-DAN -NENAD

4/24/2013

ANTRENAMENT U15 TURNEU FINAL

ULTIMELE ANTRENAMENTE INAINTEA TURNEULUI FINAL

ANTRENAMENT CU INTENSITATE ,BAZAT PE EXERCITII DE TRANZITIE SI AGRESIVITATE IN DEFENSIVA.

MUNCITI CU PLACERE DEOSEBITA!

-Practice Schedule-

Time	🕒	Track	Description
7:30 PM	5	Track 1	WARM UP 1
7:35 PM	10	Track 1	STRETCHING
7:45 PM	3	Track 1	Peer Pressure Passing
7:48 PM	3	Track 1	LAY UP 2.30
7:51 PM	5	Track 1	1 LA 1 ARIPA+2 LA 1
7:56 PM	7	Track 1	2 CONTRA 1
8:03 PM	2	Track 1	WATER BREAK
8:05 PM	5	Track 1	2 LA 2 CONTINUU
8:10 PM	3	Track 1	ARUNCARI LIBERE
8:13 PM	5	Track 1	3 LA 3 CONTINUU
8:18 PM	1	Track 1	WATER BREAK
8:19 PM	13	Track 1	(4-2,4-3)+(4-4)
8:32 PM	12	Track 1	ARUNCARI 12 MINUTE
8:44 PM	13	Track 1	(5-3,5-4)+55
8:57 PM	3	Track 1	ARUNCARI LIBERE

