

FIG.1

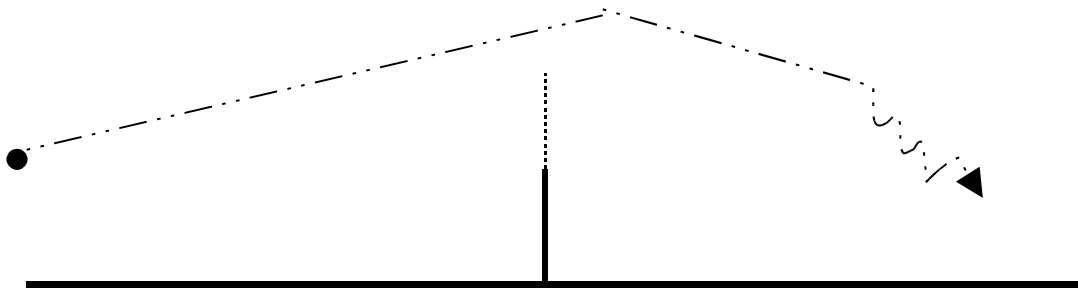


FIG.2

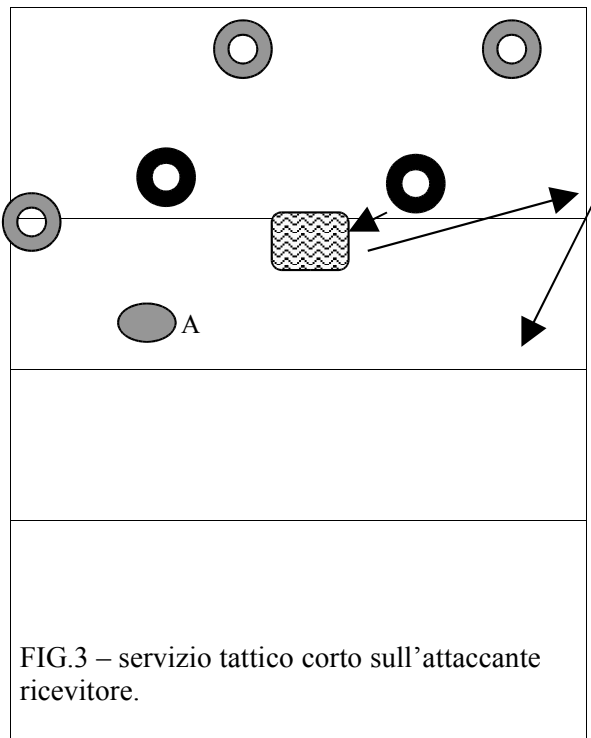


FIG.3 – servizio tattico corto sull'attaccante ricevitore.

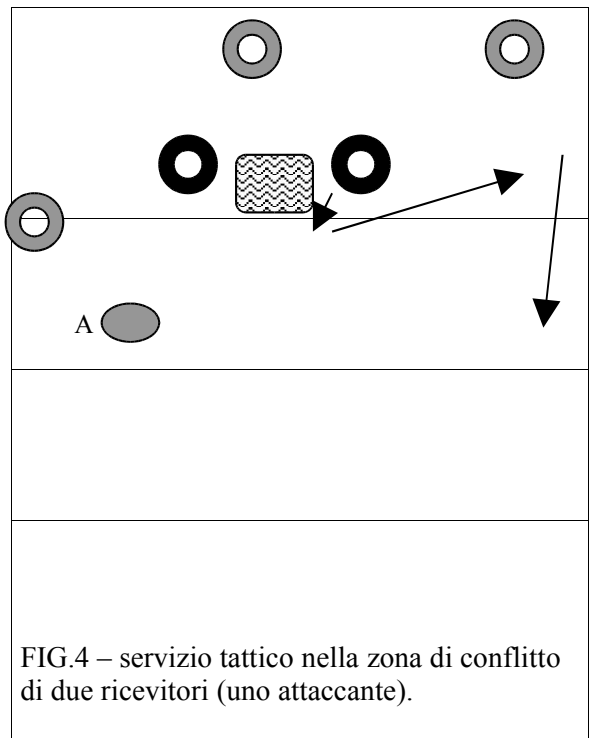
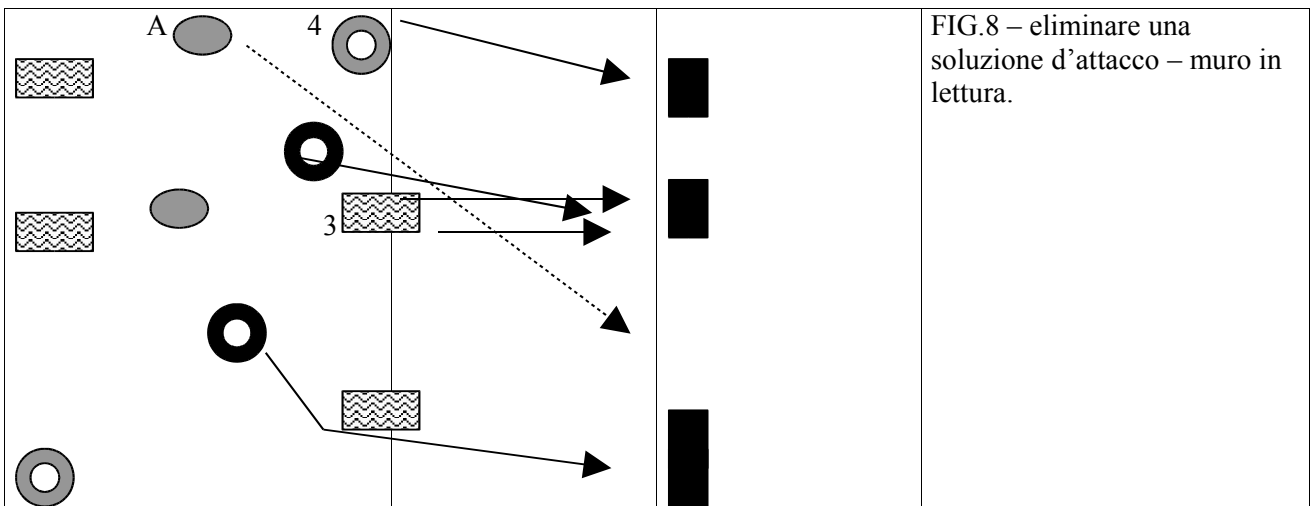
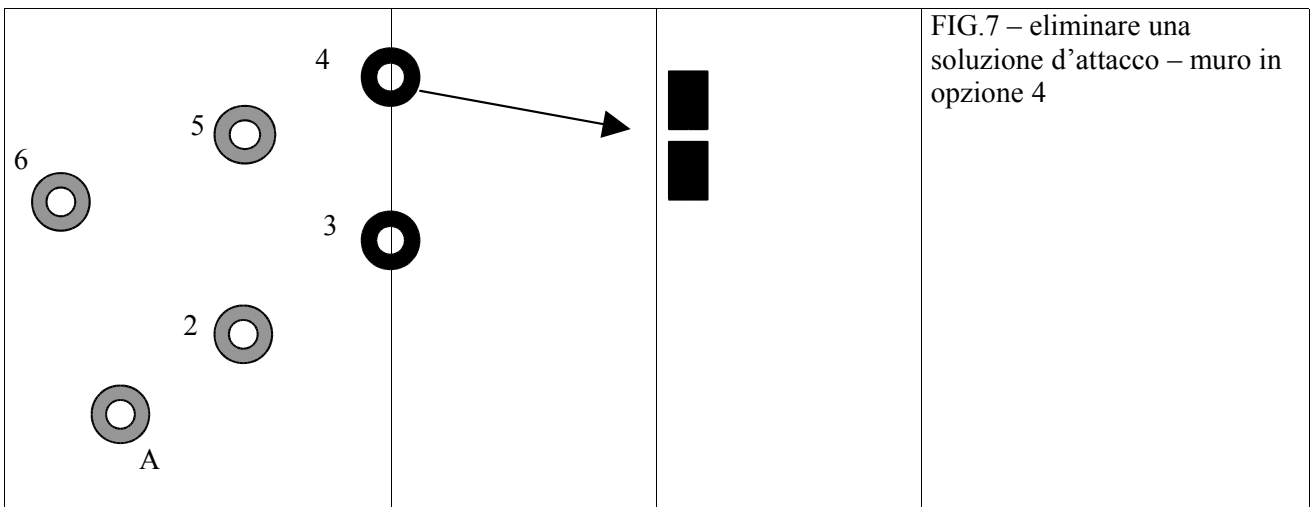
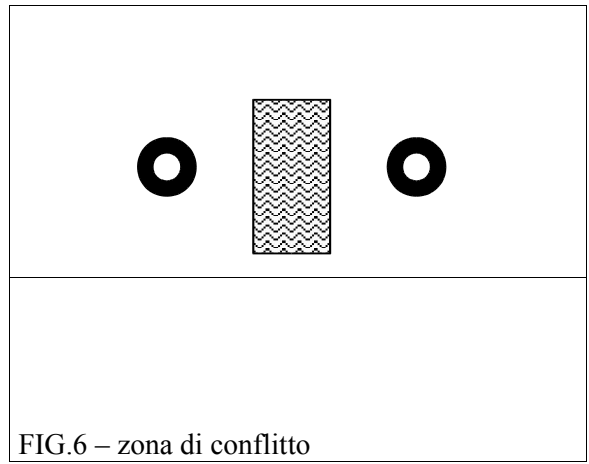
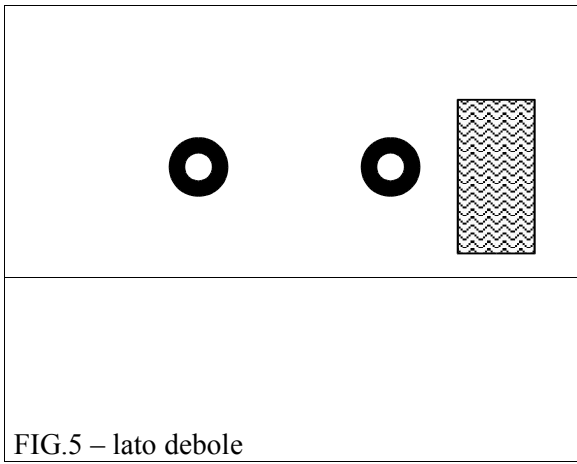


FIG.4 – servizio tattico nella zona di conflitto di due ricevitori (uno attaccante).





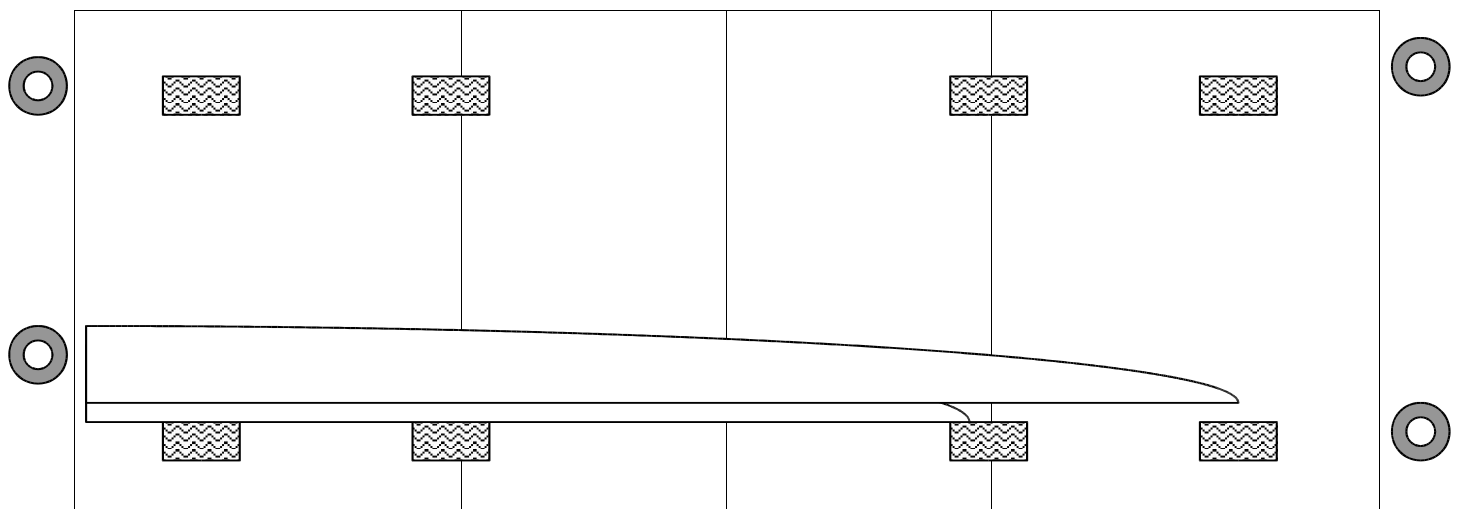
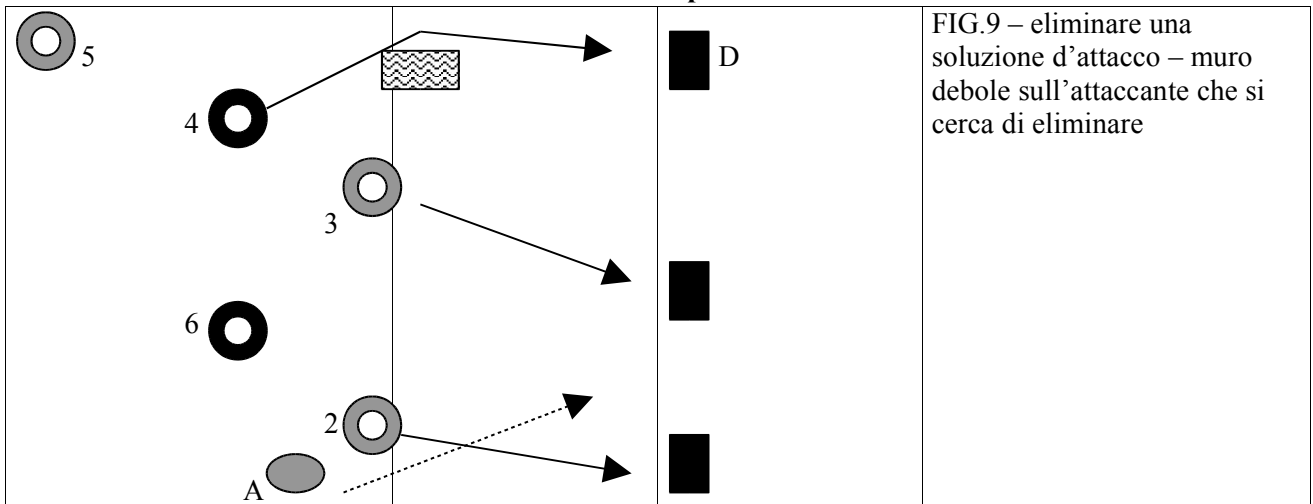
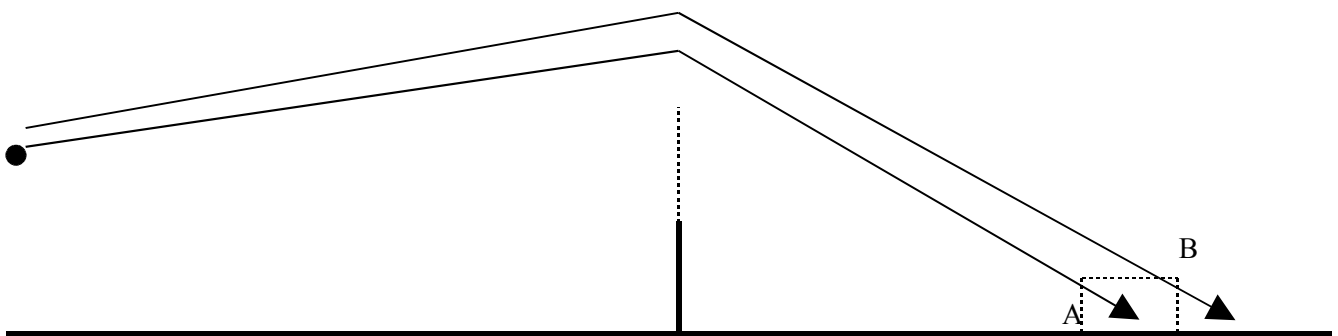


FIG.10 – Esercitazione su bersagli fissi (tappeti, borse, ecc.) variando la traiettoria (corta e lunga).

FIG.11 – Esercitazione su bersaglio mobile (ricevitore).



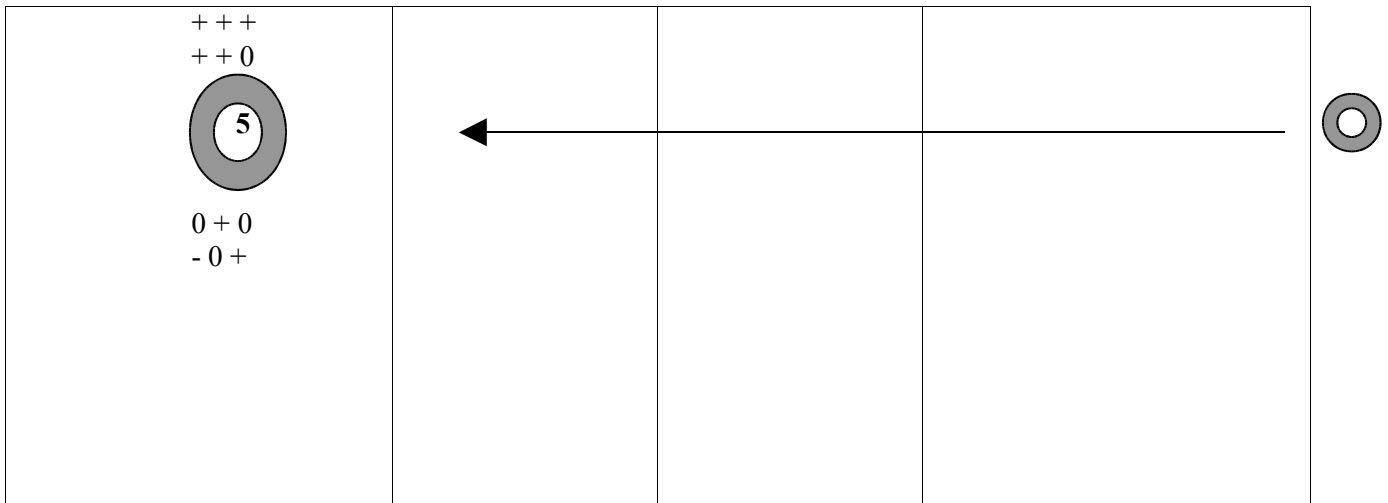


FIG.12 – Legenda: (+ ottima ricezione) (- errore) (0 ricezione staccata)

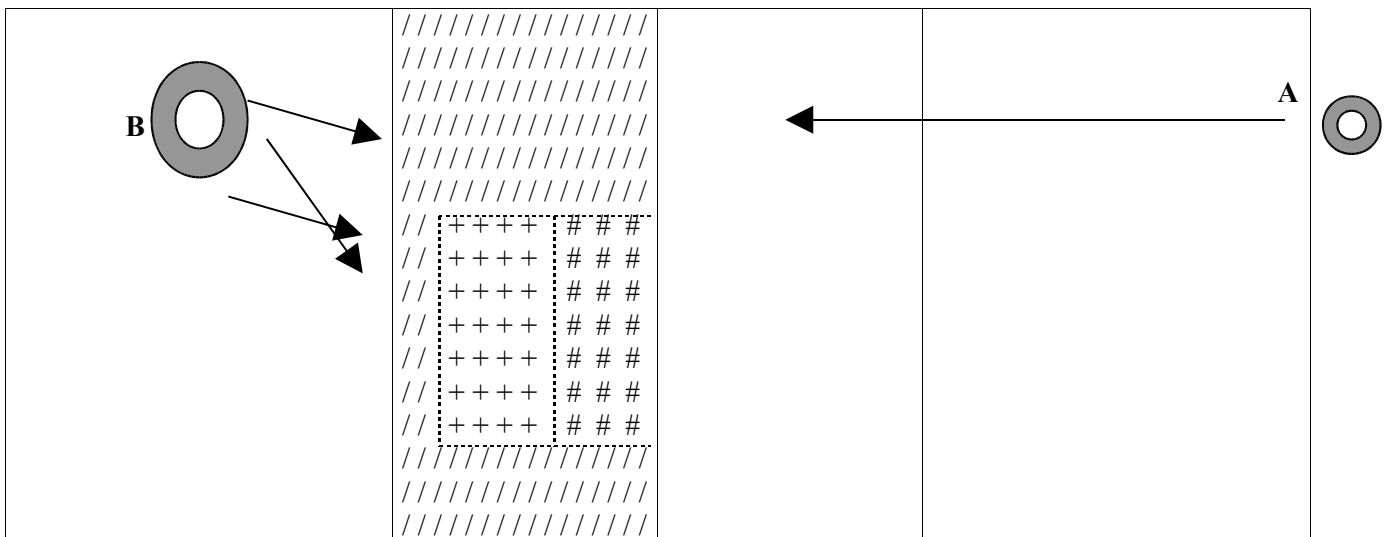


FIG.13

- ◆ zona # : attacco in combinazione (ricezione precisa sul palleggiatore)
- ◆ zona + : attacco palla alta (ricezione imprecisa, il palleggiatore deve spostarsi)
- ◆ zona / : attacco non efficace (ricezione negativa, il palleggiatore non tocca la palla)