

Fig.1 – Le fasce difensive



Fig.2 – Posizione di difesa

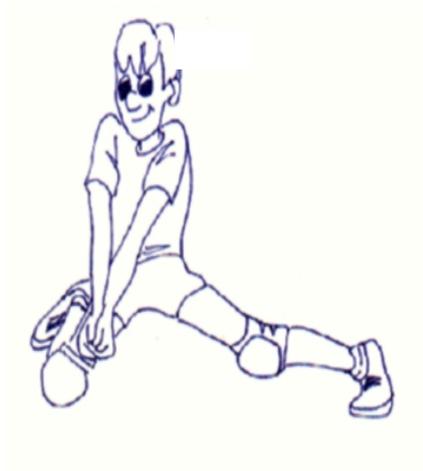


Fig.3
Caduta o Sprawl



Fig.4 – Difesa in tuffo



Fig.5
Difesa in fascia "B"



Fig.6 – Bagher Laterale



Fig.7
Difesa in fascia "D"



Fig.8
Difesa su palla forte

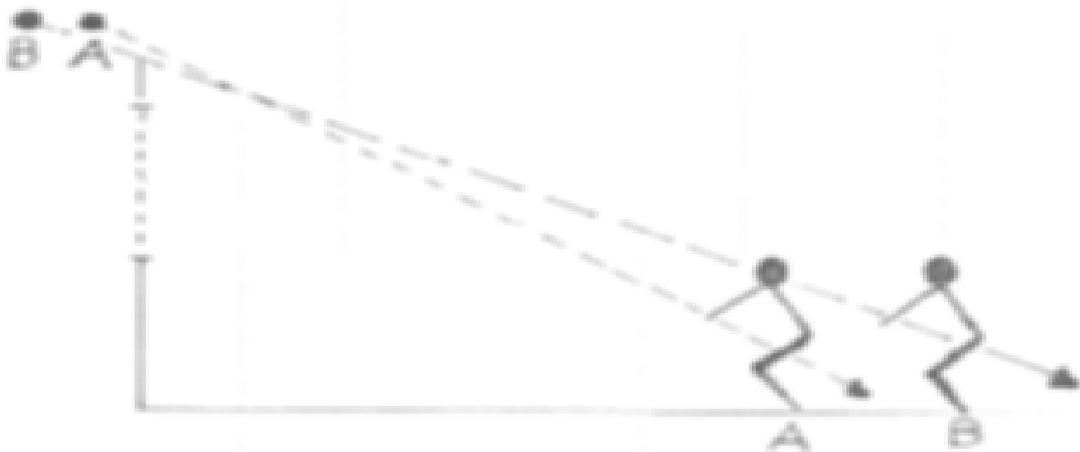
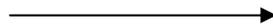


Fig.9 – Posizionamento in base alla distanza della palla da rete

