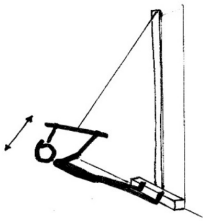


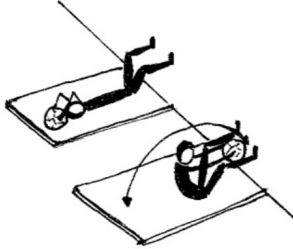
POWER - BOX

1. Trazioni alla sbarra inclinate

Ordine	Esecuzione	Punti																																																										
<ul style="list-style-type: none"> • Lunghezza corda: sbarra altezza ombelico • Presca: larghezza spalle • Piedi: larghezza spalle • Corpo e gambe estese! 	<ul style="list-style-type: none"> • Ogni contatto sbarra-busto = 1Punto • Braccia vanno estese completamente! • La prova termina alla prima sosta 	<table border="1" data-bbox="1272 938 2040 1142"> <thead> <tr> <th>8x</th> <th>12</th> <th>14</th> <th>16</th> <th>18</th> <th>20</th> <th>25</th> <th>30</th> <th>35</th> <th>40</th> <th colspan="2"></th> </tr> </thead> <tbody> <tr> <td>5</td> <td>6</td> <td>7</td> <td>8</td> <td>9</td> <td>10</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td>U12</td> </tr> <tr> <td></td> <td></td> <td>5</td> <td>6</td> <td>7</td> <td>8</td> <td>9</td> <td>10</td> <td></td> <td></td> <td></td> <td>U14</td> </tr> <tr> <td></td> <td></td> <td></td> <td></td> <td>5</td> <td>6</td> <td>7</td> <td>8</td> <td>9</td> <td>10</td> <td></td> <td>U16</td> </tr> </tbody> </table>											8x	12	14	16	18	20	25	30	35	40			5	6	7	8	9	10						U12			5	6	7	8	9	10				U14					5	6	7	8	9	10		U16
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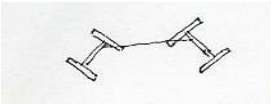

POWER - BOX

2. Pallone da calcio dal suolo alla parete!

Ordine	Esecuzione	Punti																																				
<ul style="list-style-type: none"> Gambe: piegate a 90° appoggiate alla parete; non fissarle! Posizione di partenza: La palla tocca il materasso/suolo! 	<p>1' di tempo ogni contatto con la parete = 1Punto!</p> <p>La palla deve tornare in contatto col suolo!</p> <p>Non mollare la presa!</p>	<table border="1"> <thead> <tr> <th>20</th> <th>25</th> <th>30</th> <th>35</th> <th>40</th> <th>45</th> <th>50</th> <th>55</th> <th></th> </tr> </thead> <tbody> <tr> <td>6</td> <td>7</td> <td>8</td> <td>9</td> <td>10</td> <td></td> <td></td> <td></td> <td>U12</td> </tr> <tr> <td>5</td> <td>6</td> <td>7</td> <td>8</td> <td>9</td> <td>10</td> <td></td> <td></td> <td>U14</td> </tr> <tr> <td></td> <td></td> <td>5</td> <td>6</td> <td>7</td> <td>8</td> <td>9</td> <td>10</td> <td>U16</td> </tr> </tbody> </table>	20	25	30	35	40	45	50	55		6	7	8	9	10				U12	5	6	7	8	9	10			U14			5	6	7	8	9	10	U16
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POWER - BOX

3. „Power Blocks“

Ordine	Esecuzione	Punti																																								
<ul style="list-style-type: none"> • 3 posizioni di base si susseguono ad intervalli: • Filo elastico dev'essere sempre teso ! <p>A: </p> <p>B: </p> <p>C: </p>	<ul style="list-style-type: none"> • 20" per ciascuna posizione: A +10" Pausa per il cambio, B +10" Pausa -, - , C +10" Pausa -, - • ogni contatto naso/mento coll'elastico = 1 Punto Flessioni continue fino all'esaurimento; • La prova termina alla prima sosta 	<table border="1" data-bbox="1440 924 2148 1123"> <thead> <tr> <th>15</th> <th>20</th> <th>25</th> <th>30</th> <th>35</th> <th>40</th> <th>45</th> <th>50</th> <th>55</th> <th></th> </tr> </thead> <tbody> <tr> <td>6</td> <td>7</td> <td>8</td> <td>9</td> <td>10</td> <td></td> <td></td> <td></td> <td></td> <td>U12</td> </tr> <tr> <td>5</td> <td>6</td> <td>7</td> <td>8</td> <td>9</td> <td>10</td> <td></td> <td></td> <td></td> <td>U14</td> </tr> <tr> <td></td> <td></td> <td></td> <td>5</td> <td>6</td> <td>7</td> <td>8</td> <td>9</td> <td>10</td> <td>U16</td> </tr> </tbody> </table>	15	20	25	30	35	40	45	50	55		6	7	8	9	10					U12	5	6	7	8	9	10				U14				5	6	7	8	9	10	U16
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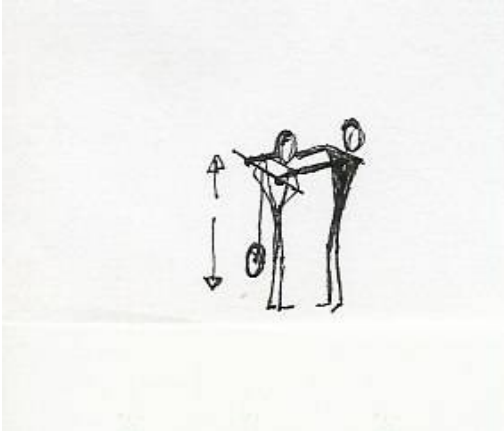
POWER - BOX

4. 3 x 3 BALZI

Ordine	Esecuzione	Punti																																																																																								
<ul style="list-style-type: none"> • Posizione di partenza: piedi dietro la line di partenza ! 	<p>3 balzi a piedi pari, seguiti da 3 balzi con la gamba si, seguiti da 3 balzi con la gamba dx !attraversando ogni volta la linea centrale in diagonale: - si misura la distanza intera dalla linea di part.</p>	<table border="1" data-bbox="1270 882 1921 1278"> <thead> <tr> <th>15</th> <th>16</th> <th>17</th> <th>18</th> <th>19</th> <th>20</th> <th>21</th> <th>>22</th> <th></th> <th></th> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td>U</td> </tr> <tr> <td>6</td> <td>7</td> <td>8</td> <td>9</td> <td>10</td> <td></td> <td></td> <td></td> <td></td> <td>1</td> </tr> <tr> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td>2</td> </tr> <tr> <td>5</td> <td>6</td> <td>7</td> <td>8</td> <td>9</td> <td>10</td> <td></td> <td></td> <td></td> <td>U</td> </tr> <tr> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td>1</td> </tr> <tr> <td></td> <td></td> <td>5</td> <td>6</td> <td>7</td> <td>8</td> <td>9</td> <td>10</td> <td></td> <td>4</td> </tr> <tr> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td>U16</td> </tr> </tbody> </table>									15	16	17	18	19	20	21	>22												U	6	7	8	9	10					1										2	5	6	7	8	9	10				U										1			5	6	7	8	9	10		4										U16
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POWER - BOX

5. „LA CARRUCOLA“

Ordine	Esecuzione	Punti																																				
<p data-bbox="219 751 833 890">Posizione di partenza: Avambraccia appoggiate sulle spalle del partner</p> 	<p data-bbox="898 751 1249 1283">Quante volte riesci ad avvolgere la fune fino al contatto peso(3KG)-bas- tone e sfilarlo senza pausa di nuovo al suolo? ! avvolgere in direzione alternante!</p>	<table border="1" data-bbox="1270 895 1921 1094"><thead><tr><th>2x</th><th>3</th><th>4</th><th>5</th><th>6</th><th>7</th><th>8</th><th>>10</th><th></th></tr></thead><tbody><tr><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td></td><td></td><td></td><td>U12</td></tr><tr><td></td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td></td><td>U14</td></tr><tr><td></td><td></td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>U16</td></tr></tbody></table>	2x	3	4	5	6	7	8	>10		6	7	8	9	10				U12		5	6	7	8	9	10		U14			5	6	7	8	9	10	U16
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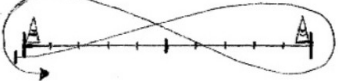
POWER - BOX

6. SALTI CON LA CORDA

Ordine	Esecuzione	Punti																																												
<ul style="list-style-type: none"><li data-bbox="159 743 748 839">• Salti sul posto a piedi pari/ su una gamba 	<p data-bbox="831 743 1043 831">N° di balzi in 1' ?</p> <p data-bbox="831 882 1088 1066">-su sbaglio continuare a saltare e a contare!</p>	<table border="1" data-bbox="1162 887 1924 1086"><thead><tr><th>50</th><th>60</th><th>70</th><th>80</th><th>90</th><th>100</th><th>110</th><th>120</th><th>130</th><th>>140</th><th></th></tr></thead><tbody><tr><td>7</td><td>8</td><td>9</td><td>10</td><td></td><td></td><td></td><td></td><td></td><td></td><td>U12</td></tr><tr><td></td><td></td><td></td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td></td><td>U14</td></tr><tr><td></td><td></td><td></td><td></td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>U16</td></tr></tbody></table>	50	60	70	80	90	100	110	120	130	>140		7	8	9	10							U12				5	6	7	8	9	10		U14					5	6	7	8	9	10	U16
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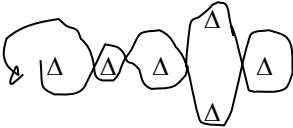
POWER - BOX

7. SPRINT A „8“

Ordine	Esecuzione	Punti																																				
<ul style="list-style-type: none"> • 2 coni marcano la distanza di 10m • linea frazionata con gesso 	<p>N° metri in 15" !</p>	<table border="1" data-bbox="1270 826 1924 1023"> <tr> <td>35</td><td>40</td><td>45</td><td>50</td><td>55</td><td>60</td><td>65</td><td>70</td><td></td> </tr> <tr> <td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td></td><td></td><td></td><td>U12</td> </tr> <tr> <td></td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td></td><td>U14</td> </tr> <tr> <td></td><td></td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>U16</td> </tr> </table>	35	40	45	50	55	60	65	70		6	7	8	9	10				U12		5	6	7	8	9	10		U14			5	6	7	8	9	10	U16
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POWER - BOX

8. Slalomdribbling

Ordine	Esecuzione	Punti																																																					
<ul style="list-style-type: none"> 6 coni a distanza di 1m su un'asse a croce 	<p>Ogni cono dribblato vale 1 punto</p> <p>N° coni in 30"?</p>	<table border="1" data-bbox="1220 912 1919 1110"> <thead> <tr> <th>14</th> <th>18</th> <th>22</th> <th>24</th> <th>26</th> <th>28</th> <th>30</th> <th>32</th> <th>>35</th> <th colspan="2"></th> </tr> </thead> <tbody> <tr> <td>5</td> <td>6</td> <td>7</td> <td>8</td> <td>9</td> <td>10</td> <td></td> <td></td> <td></td> <td colspan="2">U12</td> </tr> <tr> <td></td> <td></td> <td>5</td> <td>6</td> <td>7</td> <td>8</td> <td>9</td> <td>10</td> <td></td> <td colspan="2">U14</td> </tr> <tr> <td></td> <td></td> <td></td> <td>5</td> <td>6</td> <td>7</td> <td>8</td> <td>9</td> <td>10</td> <td colspan="2">U16</td> </tr> </tbody> </table>										14	18	22	24	26	28	30	32	>35			5	6	7	8	9	10				U12				5	6	7	8	9	10		U14					5	6	7	8	9	10	U16	
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POWER - BOX

9. TIRI AL BERSAGLIO

Ordine	Esecuzione	Punti																																								
<div data-bbox="360 775 629 948" data-label="Image"> </div> <p data-bbox="219 1027 853 1166"> U12: 3m (Palla Tennis) U14: 3,5m (Palla legno) U16: 4m (Puck) </p>	<p data-bbox="898 778 1032 863">2x 5 tiri – di diritto+</p> <p data-bbox="898 887 1133 1075">2x 5 tiri – di rovescio seguendo i numeri!</p> <p data-bbox="898 1086 1111 1222">! usa una superficie scivolosa!</p>	<table border="1" data-bbox="1223 927 1921 1123"> <thead> <tr> <th>2</th> <th>3</th> <th>4</th> <th>5</th> <th>6</th> <th>7</th> <th>8</th> <th>9</th> <th>10+></th> <th></th> </tr> </thead> <tbody> <tr> <td>5</td> <td>6</td> <td>7</td> <td>8</td> <td>9</td> <td>10</td> <td></td> <td></td> <td></td> <td>U12</td> </tr> <tr> <td></td> <td>5</td> <td>6</td> <td>7</td> <td>8</td> <td>9</td> <td>10</td> <td></td> <td></td> <td>U14</td> </tr> <tr> <td></td> <td></td> <td></td> <td>5</td> <td>6</td> <td>7</td> <td>8</td> <td>9</td> <td>10</td> <td>U16</td> </tr> </tbody> </table>	2	3	4	5	6	7	8	9	10+>		5	6	7	8	9	10				U12		5	6	7	8	9	10			U14				5	6	7	8	9	10	U16
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POWER - BOX

TABELLA PUNTI

Punti	Mercato giocatori / „Drafting“
<30	Non demoralizzarti! Continua ad esercizzarti! La prossima prova riuscirà già meglio!
30 – 40	Hai buone possibilità di vincere la Freetime-Trophy!
41 – 50	C'è interesse per un tuo ingaggio in Messico, Australia e Spagna!
51 - 60	Hai il potenziale per diventare una star in Italia, Austria o Francia!
61 - 70	Ti vogliono nella DEL (robusto+duro) o in Sv (tecnicamente dotato)!
71 - 80	Sei pronto per l'Elite-Liga in CZE-FIN-SWE-RUS- o Svizzera!
>80	I Scouts della NHL ti cercano!