



ALLENAMENTO

#GIOCAVOLLEYS3ACASA

#FEDERAZIONEITALIANAPALLAVOLO

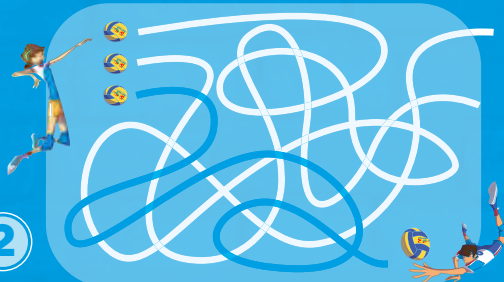
#KINDERJOYOFMOVING

SOLUZIONI

1

DKLERTCDFKUXGFIOPAEALVBS
IFUSDXELSPIKEBALLPOASD
VCJREJPOIURAZEOLDWMBVBI
EEUITREDGJLZBARDUQSRA
RDUSMARTCOACHMUDOECSIF
TAVOZASWYGFOPLINAREHGF
IGUGLESILAROPASJEROIAU
MDCNASPIKEITTESCHIXAIN
EKOOIHOMUDFASVGLTICER
NIAMSORRARISSOREARCELCS
TAVALETAJSCPOLEEAETIHU
OSVOLLEYJHEDBOUEUOSAME
ZOIDMSFOURPOLSONCVGTAE
ASTRSALUTEOLPIFGCXNAKL
QAWOLSDJKDLORLUCKYMANZ

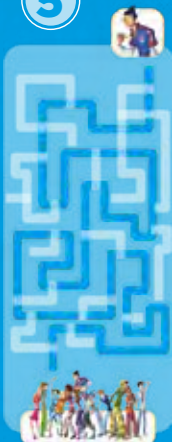
2



3



5



6



7



8

Cubane - Egonu - Ortolani
Mazzone - 134 km/h

9

Vero - Falso - Vero
Falso - Falso - Falso

11

Lucky - Spike - Team
Fun - Volley - Smile
Muro - Spikeball - Difesa
Palleggio - Battuta - Sorriso

12

1	S	2	P	3	I	K	4	E		6	A	7	B
5	A	I	A				12	V	O		C	E	
8	L	A	N	11	Z	A			13	Q	S		
9	T	N		I			14	O	U	T			
10	A	O	15	S	T	20	A			A			
	R		16	O	T	T	21	O			25	C	
17	E	18	O	L	O		22	N	O	I			
		19	N	O		23	M	U	R	O			

