

From warm-up to handball team play - 75 exercises for every handball training unit



Handball-Trainingsübungen

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PDF

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Price

Sales price 16,99 €

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Description

By making your training units more diverse, you can increase the players' motivation, since you consistently offer new approaches to improve and refine familiar movement sequences. In this book, you will find inspiring exercises you can apply during each phase of your everyday team handball training – from warm-up and goalkeeper warm-up shooting to the common contents of the main phase and the closing games. Each exercise is illustrated and described in an easy, comprehensible manner. Specific notes give you tips on what you need to be aware of.

This book deals with the following key subjects:

Warm-up:

- Basic warm-up
- Short warm-up games
- Sprint contests
- Coordination
- Ball familiarization
- Goalkeeper warm-up shooting

Basic exercises, basic play, and target play:

- Offense/series of shots
- General offense
- Fast throw-off
- 1st and 2nd wave
- Defensive action
- Closing games
- Endurance

At the end of this book, you will find an entire methodological training unit. The objective of this training unit is to improve shooting and quick decision-making under pressure.

This reference book contains 75 individual exercises.

Content: 75 individual exercises

Sample picture:



Product Number: 490022

Date of publication: 2016/02/19

ISBN: 978-3-95641-164-9

Pages: 100

Difficulty Level: Different levels of difficulty and complexity for all age groups

Delivery time: direct download after payment