

Handball Practice 9 – Basic offense training for players aged 9 to 12 years



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PDF

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Price

Sales price 9,99 €

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Description

The five training units in this book focus on training of handball basic skills for young players aged 9 to 12 years. The individual training units deal with passing precision, shooting movements, dribbling technique, breaking away from man coverage, and passing feints, respectively. The players develop the individual skills methodically and step by step from basic to complex level. You may adjust the complexity of the exercises to your team's level of performance by intensifying the individual drills.

Content: 5 training units

Sample picture:



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

Delivery time: direct download after payment