

003 - Series of shots with reflexive jumping power training



Series of shots with reflexive jumping power training



Rating: Not Rated Yet

Price

Sales price 3,49 €

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Description

Level: Top

This unit focuses on training the jumping power with handball-specific shooting exercises. After warm-up, a coordination run exercise, and a sprint contest, ball familiarization includes jumping and additional exercises with the ball. After the goalkeeper warm-up shooting, reaction time and jumping power are trained in two individual shooting exercises. A closing game completes this training unit.

Product number: 100003

Format: PDF

Date of Publication: 2017/08/09

Contents: (time individual exercise/total time in minutes)

- Warm-up/Stretching (10/10)
- Coordination run (10/20)
- Sprint contest (10/30)
- Ball familiarization (15/45)
- Goalkeeper warm-up shooting (10/55)
- Offense/Individual (10/65)
- Offense/Individual (15/80)
- Closing game (10/90)

Sample Picture: Offense/Individual



fitting training units:

[008 - Handball-specific endurance training with fast break movements](#)

[011 - Intense athletics training for arms and legs](#)

[015 - Handball-specific endurance training in game-like situations](#)