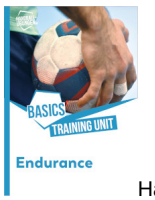
015 - Handball-specific endurance training in game-like situations



Handball-specific endurance training in game-like situations



Rating: Not Rated Yet
Price
Sales price 3,49 €

Ask a question about this product

Description

Level: High

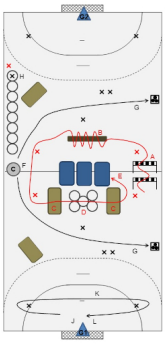
This training unit contains a playful, handball-specific endurance unit. Each exercise is characterized by a high running intensity and is directly related to the handball game. After warm-up and ball familiarization as well as goalkeeper warm-up shooting, an endurance course is done. In this, two players have to accomplish a task as opponents. Which team is the first to score eight times? A sprint contest completes this intense training unit.

Product number: 100015
Format: PDF
Date of Publication: 2017/08/09

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

- Warm-up/Stretching (10/10)
- Ball familiarization (10/20)
- Goalkeeper warm-up shooting (10/30)
- Endurance course (50/80)
- Sprint contest (10/90)

Sample Picture: Endurance course



fitting training units:

008 - Handball-specific endurance training with fast break movements
011 - Intense athletics training for arms and legs
020 - Intense speed strength/speed strength endurance training with various running directions