

## 008 - Handball-specific endurance training with fast break movements



Endurance

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Endurance

Rating: Not Rated Yet

### Price

Sales price 3,49 €

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Description

**Level:** Top

This unit trains handball-specific endurance focusing on running and jumping exercises. After warm-up including a coordination run exercise, ball familiarization includes a passing and running course across the whole court. Goalkeeper warm-up shooting includes a series of 4 shots combined with a subsequent 2-on-2 fast break. The following endurance unit requires jumping exercises and playing 2-on-2 across the whole court alternately. This intense unit ends with a team exercise and a team fast break contest.

**Product number:** 100008

**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)
- Ball familiarization (10/30)
- Goalkeeper warm-up shooting (10/40)
- Endurance course (25/65)
- Team exercise (10/75)
- Offense/Individual (15/90)

**Sample Picture:** Team exercise



**fitting training units:**

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

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

[019 - Step-by-step development of initial actions after a fast throw-off](#)