



Konditionstraining. Am Beispiel Basketball : Trainingsplanung und -steuerung im Leistungssport

By Karl Gärtner

Academia Verlag GmbH, 2006. Taschenbuch. Condition: Neu. Neuware - Obwohl die bessere Kondition im Basketballsport, aber auch in anderen Sportarten, oft über Sieg und Niederlage entscheidet, wird Konditionstraining häufig fehlerhaft betrieben oder gänzlich vernachlässigt. In diesem Buch werden Methoden und Inhalte zur Verbesserung der konditionellen Faktoren Ausdauer, Kraft, Schnelligkeit und Beweglichkeit für leistungsbezogene Spieler angeboten. Dafür wird zunächst die Charakteristik des Spielers bezüglich seiner Belastungsanforderungen sowie ein konditionelles Anforderungsprofil gekennzeichnet und ein Periodisierungsmodell erstellt. Anhand dieser Grundlagen werden die Methoden zur Verbesserung der jeweiligen konditionellen Fähigkeit ausführlich dargestellt und deren Inhalte entsprechend umgesetzt. Dazu findet man Trainingspläne, die der allgemeinen Periodisierung angepaßt sind und den bestmöglichen Leistungsstand zum Saisonhöhepunkt ermöglichen. Die Autoren stellen diverse Testformen vor, die eine Kontrolle des intra- und interindividuellen Leistungsstandes sowie eine differenziertere Planung des Trainings ermöglichen. Zusätzlich enthält dieses Buch ein Kapitel über basketballspezifische Sportverletzungen. ** Properly performed conditioning-training plays a very important part in Basketball and other sports. In order to work highly efficient, the characteristics concerning the conditional requirements of the game have to be defined and be put into a conditional requirement-office. Furthermore a periodisation for practise must be established. This book also presents the appropriate methods for improving conditional abilities of...



READ ONLINE
[8.46 MB]

Reviews

Absolutely essential go through book. It can be rally fascinating throug studying period of time. You wont truly feel monotony at at any time of your respective time (that's what catalogues are for concerning in the event you question me).

-- Roberto Leannon

This sort of publication is everything and made me seeking forward and much more. Better then never, though i am quite late in start reading this one. I am easily could possibly get a delight of reading through a created pdf.

-- Quinton Balistreri

Other eBooks



Psychologisches Testverfahren

Reference Series Books LLC Nov 2011, 2011. Taschenbuch. Book Condition: Neu. 249x191x7 mm. This item is printed on demand - Print on Demand Neuware - Quelle: Wikipedia. Seiten: 100. Kapitel: Myers-Briggs-Typindikator, Keirsey Temperament Sorter, DISG, Eignungstest für das Medizinstudium, Adult Attachment Interview,...



A Year Book for Primary Grades; Based on Froebel s Mother Plays

Rarebooksclub.com, United States, 2012. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book ***** Print on Demand *****.This historic book may have numerous typos and missing text. Purchasers can download a free scanned copy of the original...



TJ new concept of the Preschool Quality Education Engineering: new happy learning young children (3-5 years old) daily learning book Intermediate (2)(Chinese Edition)

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date :2005-09-01 Publisher: Chinese children before making Reading: All books are the Youth Pre-employment Training software download generated pictures...



TJ new concept of the Preschool Quality Education Engineering the daily learning book of: new happy learning young children (3-5 years) Intermediate (3)(Chinese Edition)

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date :2005-09-01 Publisher: Chinese children before making Reading: All books are the Youth Pre-employment Training software download generated pictures...



TJ new concept of the Preschool Quality Education Engineering the daily learning book of: new happy learning young children (2-4 years old) in small classes (3)(Chinese Edition)

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date :2005-09-01 Publisher: Chinese children before making Reading: All books are the Youth Pre-employment Training software download generated pictures...



Southern Educational Review Volume 3

Rarebooksclub.com, United States, 2012. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book ***** Print on Demand *****.This historic book may have numerous typos and missing text. Purchasers can download a free scanned copy of the original...