

De Trainer: trainingsopbouw



● Warming up:

- wennen aan de bal en de omgeving;
- opbouwen naar contact
- aan het begin van de training

● Leren:

- Nieuwe techniek, tactiek
- Zie voor meer informatie (opbouw fundamental, slide x)

● Conditie

- Gebruik bekende oefeningen
- Hoge intensiteit
- Volgen met moment van rust/herstel

● Wedstrijdsimulatie

- Benoem aandachtspunten
- Houd intensiteit hoog door korte partijtjes
- Niet standaard aan het einde van de training (afwisseling)

Trimmen Training Techniek Tactiek

R Pring



Trimmen Training Techniek Tactiek:

Brinkman's catalogus van boeken en tijdschriften ,1982 With 1901 1910 1956 1960 Repertorium is bound Brinkman s Titel
catalogus van de gedurende 1901 1910 1956 1960 Title varies slightly Trimmen Manfred Blödorn,Paul Schmidt,1978

Trimmen Training Techniek Tactiek Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the power of words has been evident than ever. They have the ability to inspire, provoke, and ignite change. Such is the essence of the book **Trimmen Training Techniek Tactiek**, a literary masterpiece that delves deep into the significance of words and their impact on our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book's key themes, examine its writing style, and analyze its overall impact on readers.

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