

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)

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