

TRAINING FOR PHYSICAL PREPARATION

(developing speed, power-speed, specific stamina)

Notes: Planned for at least 12 players (10 fieldplayers and 2 goalkeepers);

Materias: balls (10), cones (8-10), differring shirts (minim.10), benches (6), mats (2-3), different additional materials such as, medicine balls, elastic tapes, balance fit, Bossu etc;

1. Intro – about the lesson topic and structure;
- up to 5 minutes
2. Warming up – different types of walking and running in relation with coordination exercises;
- up to 15 minutes
3. Different types of relays and speed load structures;
- up to 15 minutes
4. Neuro-muscular structures on the power-speed fundamentals;
- up to 15 minutes
5. Exercises using a combination of static and dynamic balance and strength;
- up to 15 minutes
6. Physical conditioning sequences on stamina focused.
- up to 10 minutes

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