

Open Master Coach and Licensing Course

3 rd Module

Belgrade, Dec. 2012

Handball specific power and endurance training Practical demonstration

- Two players, warm up with medicine ball,
- Two groups of players, leg exercises:
 - I station: exercises for coordination and fast reaction,
 - II station: dynamic exercises (different types of jumps),
- Two groups of players, specific power exercises:
 - I station: Plyometric exercises for jump,
 - II station: dynamic exercises for upper part of body,
- Exercises for fast endurance.

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