

# Condition and Coordination Exercises Combined with Shots

- Basis movements im handball games:
- Steps: combined variations
- Runing:different directions
- Fakings: pass,shot,body,runing with and without ball
- Jumping:different directions,verticale,horizontale
- Shooting:basic and jump,various kind of shooting

- To improve them using different implement ,methods and exercises:
- Coordination's ladder for stepping and running
- Hurdles for jumping
- Cons and poles for faking
- The exercises:
  - With the ladder
  - With the hurdles
  - With the poles
  - Combined exercises with each other and with shots