

Zum Zusammenhang Von Krafttraining Und Techniktraining - Kay Winter

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Einleitung Techniktraining belastet das zentrale Nervensystem zeitlich vor anderen Systemen
ÄfÄuÄfÄÿerst stark. Um diesen Fakt in einer Trainingseinheit sinnvoll umzusetzen, ergibt sich eine logische Reihenfolge der Trainingsinhalte: Technik- und Konzentrationstraining sollte stets vor Maximal- und Schnellkrafttraining erfolgen. AnschlieÄfÄÿend sollte die anaerobe Ausdauer, Schnelligkeit und Kraftausdauer vor aerober Ausdauer trainiert werden, um einen optimalen Trainingseffekt zu erzielen.

(Grosser/Neumaier, 1982) 2. Beispiele 2.1 Spielsportarten Techniktraining ist mit Beendigung einer Techniktrainingseinheit keineswegs abgeschlossen. Anpassungen durch zentralnervÄfÄÿse Prozesse vollziehen sich auch noch Stunden nach der eigentlichen Trainingseinheit. (Lehnertz, 1993) 2.2

Komplextraining Nach ÄfÄ¼bereinstimmender Auffassung der Trainer aller vier Sportartengruppen, kÄfÄÿnnen sportliche HÄfÄÿchstleistungen nur aus dem direkten Zusammenspiel der verschiedenen EinflussgrÄfÄÿen Technik, Kondition, Taktik und Psychologie erwachsen (Bundesinstitut fÄfÄ¼r

Sportwissenschaft, 1986). Author: Winter, Kay Publisher: GRIN Verlag Illustration: N Language: GER

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