

Unterrichtseinheit: Einführung In Den Schlagwurf (2. Klasse) - Benjamin Gill

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Beim Werfen handelt es sich im Gegensatz zum Laufen und Springen um echte ganzkörperliche Bewegungsabläufe. Neben Bein- und Armkraft werden auch Rumpfkraft und Handkraft in beträchtlichem Maße gefordert. Ein weiterer Unterschied besteht darin, dass zusätzlich zum eigenen Körpergewicht ein Fremdgewicht (Schlag-, Wurfball) beschleunigt werden muss. Der Schlagwurf (= Kernwurf = gerader Wurf) wird mit leichten handlichen Geräten durchgeführt (z.B. Tennisball) und stellt die zweckmäßigste Form des Weit- und Zielwurfs dar. Er verkörpert eine geradlinige, peitschenförmige Abwurfbewegung mit Unterarm und Hand. Er kann in Abhängigkeit vom Abflugwinkel in Tief-, Flach- und Hochwurf eingeteilt werden. All diesen Ausführungen ist gemeinsam, dass die Schlagbewegung sich oberhalb der Schulterachse vollzieht (s.o.). Die Tiefwürfe, die zwangsläufig den Aufprall des Wurfgerätes zur Folge haben, werden auch als Prellwürfe bezeichnet (vgl. KRÄMER, 1987, 43). Flachwürfe mit positivem als auch negativem Abwurfwinkel finden in der Regel beim Werfen auf Ziele ihre Anwendung. Author: Gill, Benjamin Publisher: GRIN Verlag Illustration: N Language: GER Title: Unterrichtseinheit: Einführung in den Schlagwurf (2. Klasse) Pages: 00019 (Encrypted PDF) On Sale: 2005-01-01 SKU-13/ISBN: 9783638430500 Category: Sports & Recreation : General

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