

Unterrichtsstunde: Ballabgabe: Einf¼hrung In Die Grobform Des Beidh¼ndigen Brustpasses - Elena Peters

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Im Mittelpunkt der geplanten Stunde steht mit dem beidh¼ndigen Brustpass eine technische Fertigkeit, die der Ballabgabe zuzuordnen ist. Dabei steht der Spieler zun¼chst in der Grundstellung: schulterbreite parallele Fu¼ßstellung, leicht gebeugte Knie. Der Ball wird mit beiden H¼nden auf der Brusth¼he gehalten, die H¼nde befinden sich hinter dem Ball und bilden eine 'W' -Form (Finger sind nach oben gerichtet, Daumen zueinander). Durch eine kraftvolle Streckung der Arme nach vorne wird der Ball zum Passziel bef¼rdert. Es sollte auch immer darauf geachtet werden, dass die H¼nde und Finger am Ende der Streckung nach unten nachklappen und somit dem Ball den letzten Impuls geben. Durch einen Schritt in Passrichtung und die damit verbundene Verlagerung des K¼rpergewichts auf das vordere Bein wird die Passbewegung zus¼tzlich unterst¼tzt . Der gesamte Bewegungsablauf ist als eine Ganzk¼rperbewegung zu definieren, da sowohl Schultern, Arme, H¼nde und die Beinmuskulatur, durch die Gewichtsverlagerung, f¼r den Bewegungserfolg entscheidend sind. Ballabgabe - Einf¼hrung in die Grobform des beidh¼ndigen Brustpasses

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