

Motivationstraining Am Beispiel Des Zielsetzungstrainings - , C. Neeb

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'Ich möchte 10 Kilo abnehmen.' 'Ich möchte mein Golf-Handicap verbessern und die Clubmeisterschaften gewinnen.' 'Bis August möchte ich mich vollständig von meiner Verletzung erholen.' Oft setzen sich Sportler Ziele wie die oben genannten für ihre Sportart oder Freizeitaktivitäten. Es scheint also keine Frage zu sein, ob Sportler sich Ziele setzen, denn kaum einer geht 'einfach so' in den Wettkampf oder ins Training. In Individualsportarten ist oft das Erreichen einer bestimmten Zeit oder Weite das Ziel, und in Mannschaftssportarten stellen das Erzielen eines Tores, einer bestimmten Punktzahl oder das bessere Abschneiden, als der direkte Gegenspieler, die Ziele dar. Die Schwierigkeit scheint es also nicht zu sein, sich Ziele zu setzen, sondern die richtige Art von Zielen zu finden, um erfolgreich zu sein. Die Vermutung liegt nah, dass diese Zielsetzungen teilweise spontan erfolgen d.h. nicht über einen längeren Zeitraum festgelegt sind. Oft werden diese Zielsetzungen auch nur für die Wettkampfsituation vorgenommen und es erfolgt keine Zielsetzung für das Training. Die folgenden Kapitel sollen Aufschluss darüber geben, nachdem einige Grundbegriffe definiert wurden, wie Zielsetzungs training im Allgemeinen funktionieren kann, welche Ziele wie gesetzt und progressiv gesteigert werden müssen, damit es zu einer maximalen Leistungsverbesserung kommen kann. Author: Sieber, N. Author: Neeb, C. Author: Müller, T. Publisher: GRIN Verlag Illustration: N Language: GER Title: Motivationstraining am Beispiel des Zielsetzungstrainings Pages: 00022 (Encrypted PDF) On Sale: 2006-01-01 SKU-13/ISBN: 9783638554817 Category: Sports & Recreation : General

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