

Verbesserung Des Schlagwurfs Unter Besonderer Berücksichtigung Der Wurfauslage: Leichtathletik In Der 5. Klasse - Stefan Scherer

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Die Herausforderung des Werfens kann in ganz unterschiedlicher Weise geschehen. Zum einen bieten verschiedene Wurfgerätschaften, wie Speer, Diskus, Schweißball, Gummiringe, Stäbe, Schleuderbälle, usw., einen Anreiz. Zudem fordern alle Arten von Zielen, die es zu treffen, oder abzuwerfen gilt ein hohes Maß an Wurfgeschicklichkeit. Der Schlagwurf als gerader Wurf (Schlagbewegung mit Unterarm und Hand) bildet als elementare Wurftechnik die Grundlage fast aller weiteren Wurf- und Schlagtechniken im Sport. Ein besonderes Augenmerk dieser Stunde soll deshalb auf der Festigung des technisch richtigen Standwurfs bzw. dem Werfen aus der Wurfauslage liegen. Author: Scherer, Stefan Publisher: GRIN Verlag Illustration: N Language: GER Title: Verbesserung des Schlagwurfs unter besonderer Berücksichtigung der Wurfauslage: Leichtathletik in der 5. Klasse Pages: 00017 (Encrypted PDF) On Sale: 2009-01-01 SKU-13/ISBN: 9783640370948 Category: Sports & Recreation : Reference

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