

Trainingsplanung Beim Snowboarden - Martin Plessl

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Wenn man Wettbewerbe im Snowboardsport betrachten möchte, so muß man zunächst eine grundsätzliche Unterscheidung in den Freestyle - und in den Race-Bereich treffen. In beiden Formengibt es zudem noch weitere Disziplinen (Slalom, Giant Slalom, früher auch Super G im Rennlauf, Halfpipe und Big Air im Freestyle). In der vorliegenden Arbeit möchte ich mich auf den Rennbereich des Snowboardens beschränken. Querverbindungen zum Freestyle werden nur als Vergleich herangezogen. Auch die 1994 entstandene Mischform Boardercross soll hier nur am Rande betrachtet werden. Snowboardwettbewerbe gibt es in Europa seit Mitte der 80er Jahre. 1993 fanden die ersten offiziellen ISF-Weltmeisterschaften in Ischgl/Tirol statt. Anfangs gab es bei diesen Rennen kaum spezielle Vorbereitungen oder Trainingsmaßnahmen. Erst mit der Verbreitung des Snowboardsports, dem größeren Medieninteresse, und den damit verbundenen höheren Preisgeldern wurde auch an ernsthaftes Training gedacht. Auch heute noch hat Snowboarden zumindest teilweise immer noch das Image der ständig partyfeiernden und immer gut gelaunten Sportler. Dahinter den Erfolgen der heutigen Stars im Snowboardsport allerdings harte Arbeit und gute Trainingsplanung steckt, wird gerne übersehen. (vgl. MäSSIG 1995) In diesem Abschnitt soll kurz auf die Grundlagen der Allgemeinen Trainingslehre eingegangen werden. Im speziellen zu beachten sind der Begriff des Trainings, der Begriff der sportlichen Leistungsfähigkeit, die Trainingsprinzipien, die Trainingsplanung und die Trainingsmethodik. Der Begriff 'Training' beschreibt nach CARL einen 'komplexen Handlungsprozess mit dem Ziel der planmäßigen und sachorientierten Einwirkung auf den sportlichen Leistungszustand und auf die Fähigkeit zur bestmöglichen Leistungspräsentation in Bewährungssituationen' (aus WEINECK 1997 S18). [...] Author: Plessl, Martin Publisher: GRIN Verlag Illustration: N Language: GER Title: Trainingsplanung beim Snowboarden Pages: 00014 (Encrypted PDF) On Sale: 2005-01-01 SKU-13/ISBN: 9783638390583 Category: Sports & Recreation : General

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