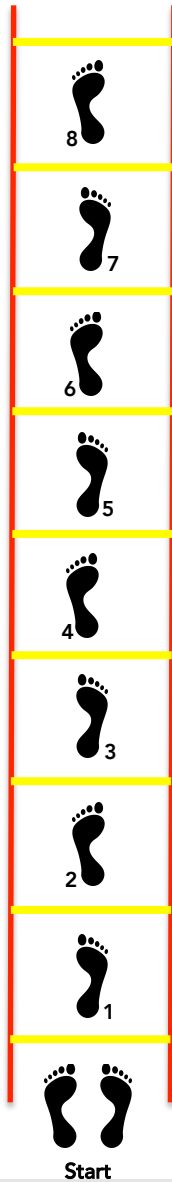




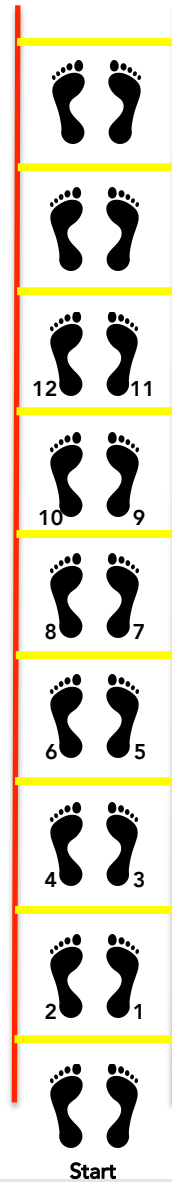
Koordinationsleiter-Drills



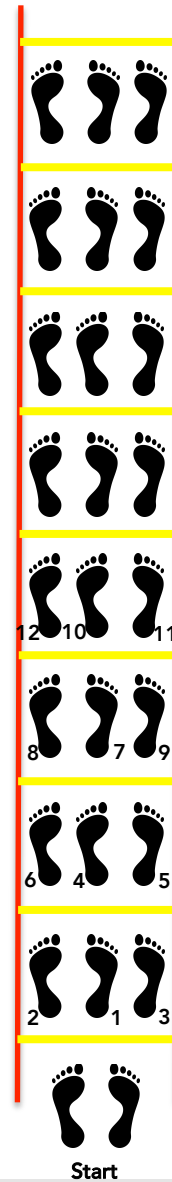
1-Step



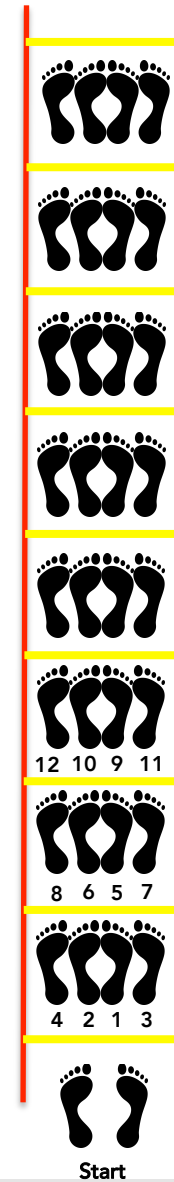
2-Step



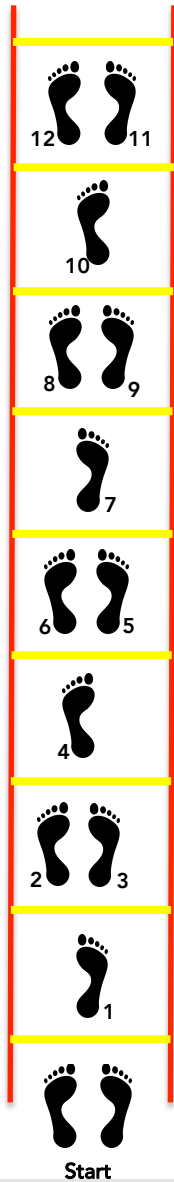
3-Step



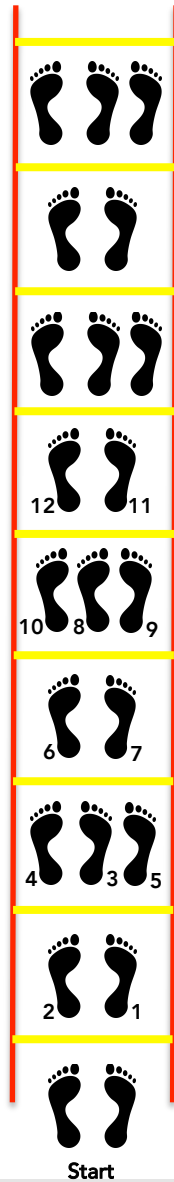
4-Step



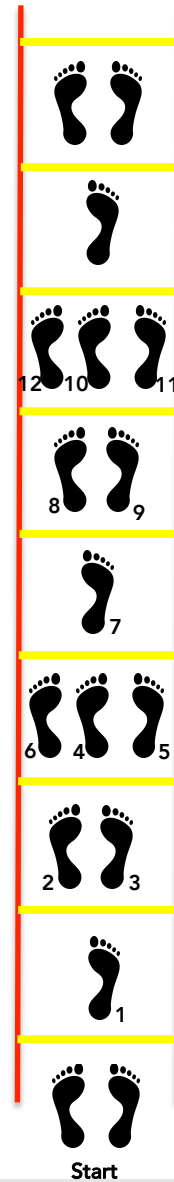
1-2 Step



2-3 Step



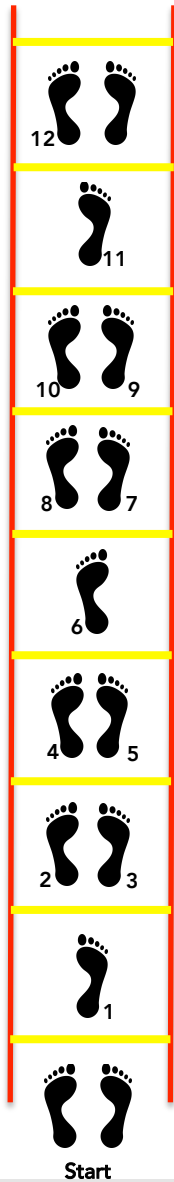
1-2-3 Step



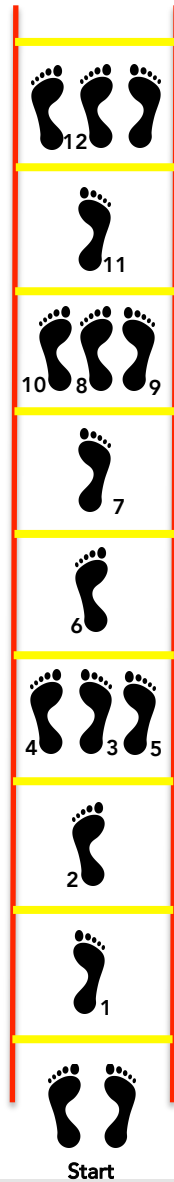
1-3-2 Step



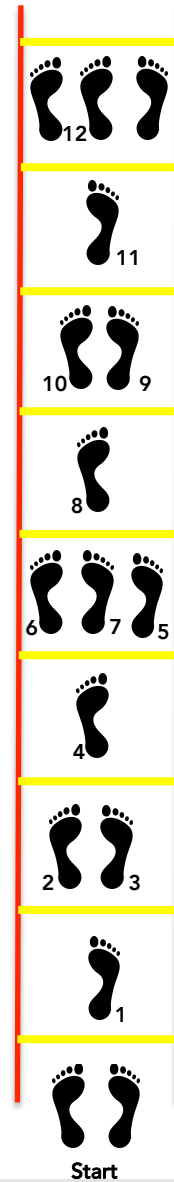
1-2-2 Step



1-1-3 Step



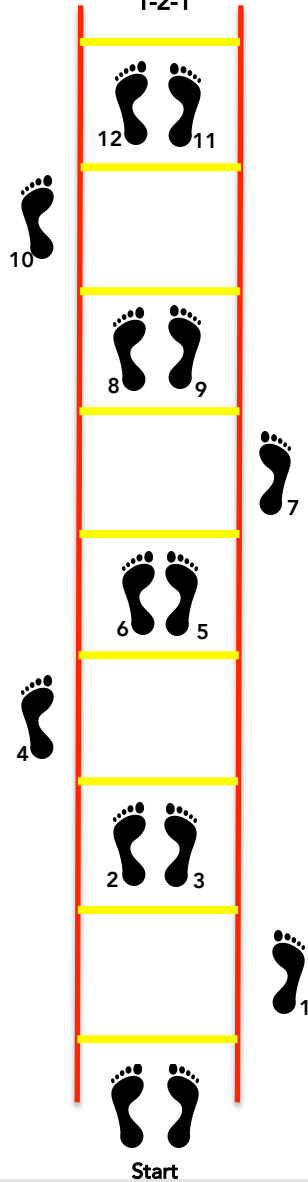
1-2-1-3 Step



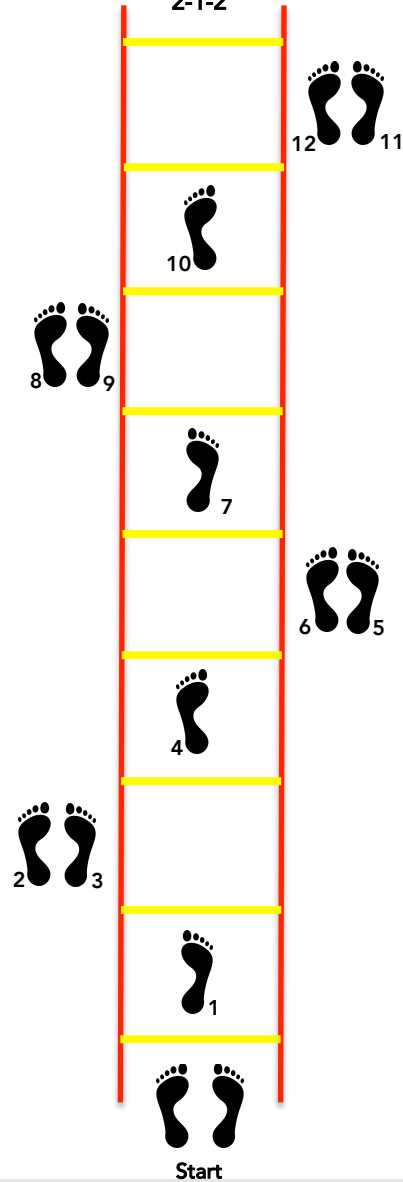
1-1-2-3 Step



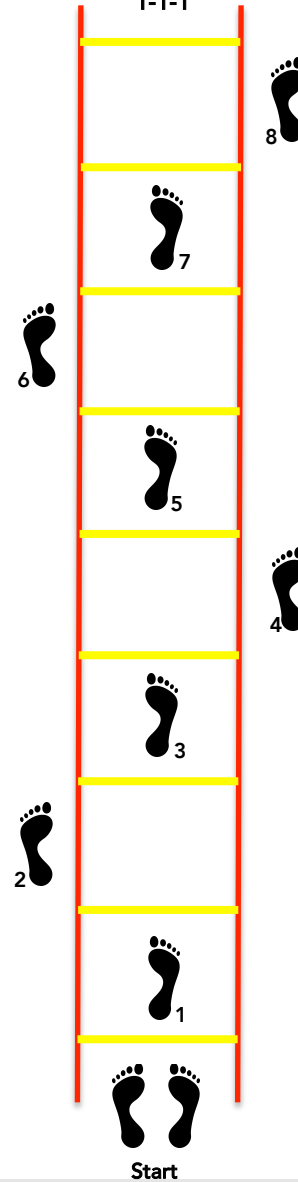
In & Out
1-2-1



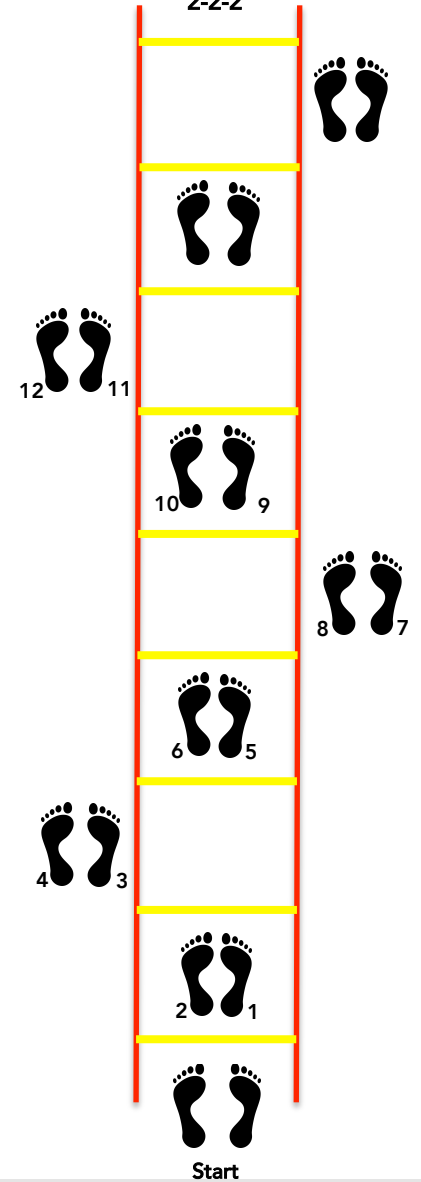
In & Out
2-1-2



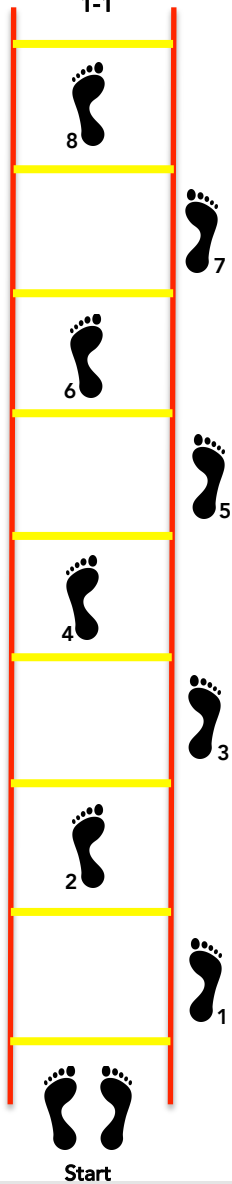
In & Out
1-1-1



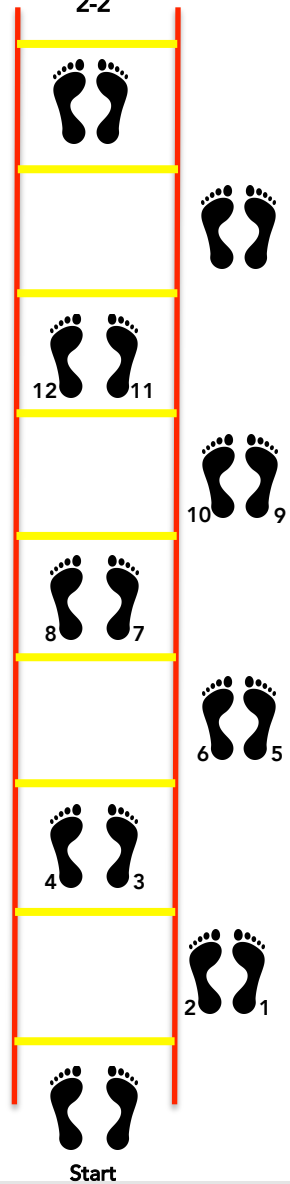
In & Out
2-2-2



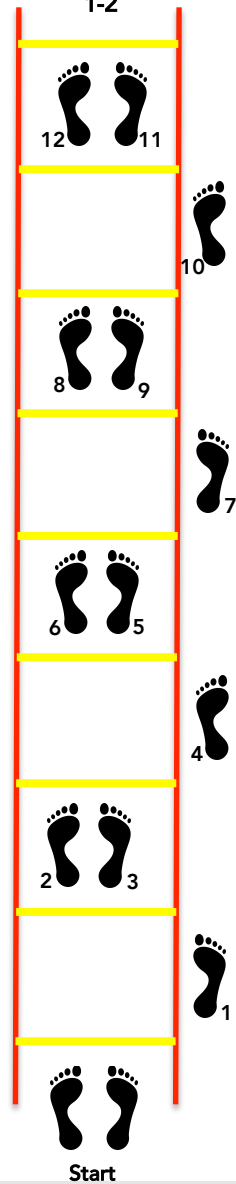
In & Out
1-1



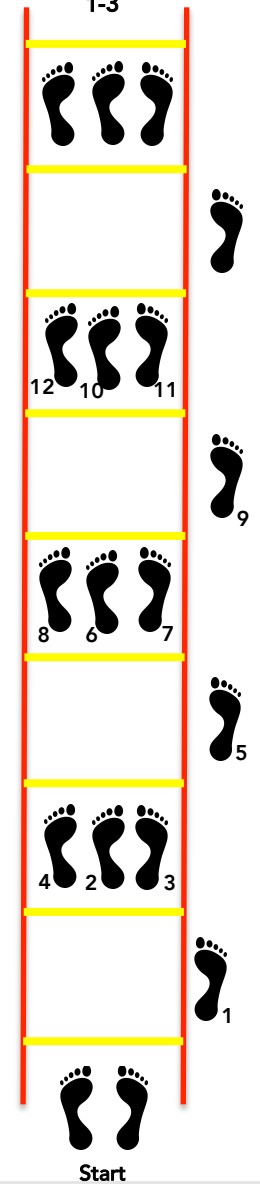
In & Out
2-2

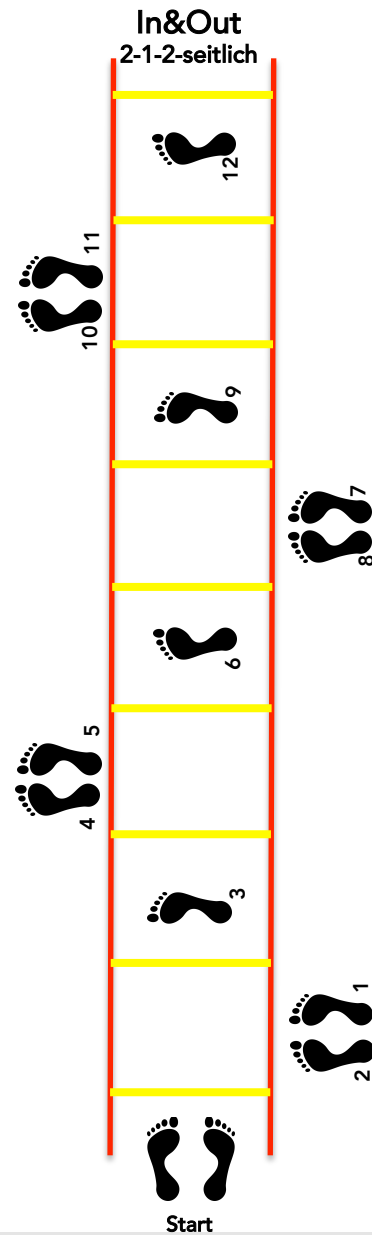
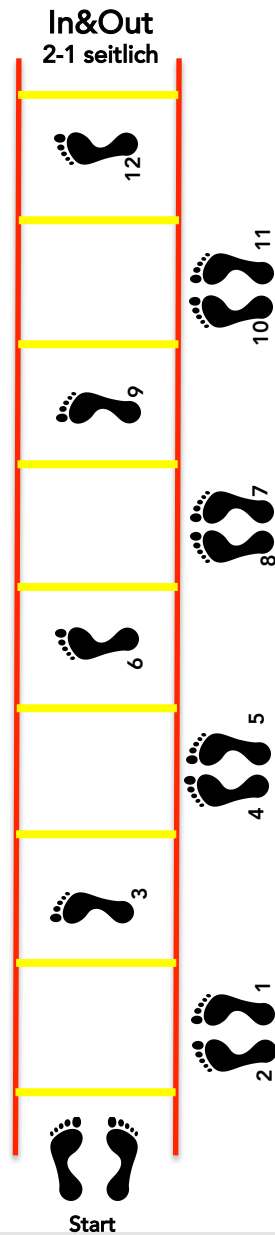
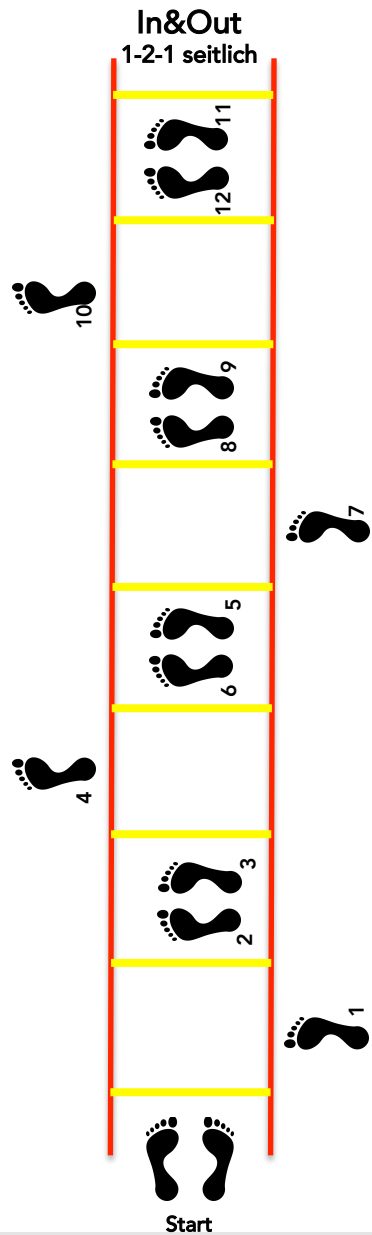
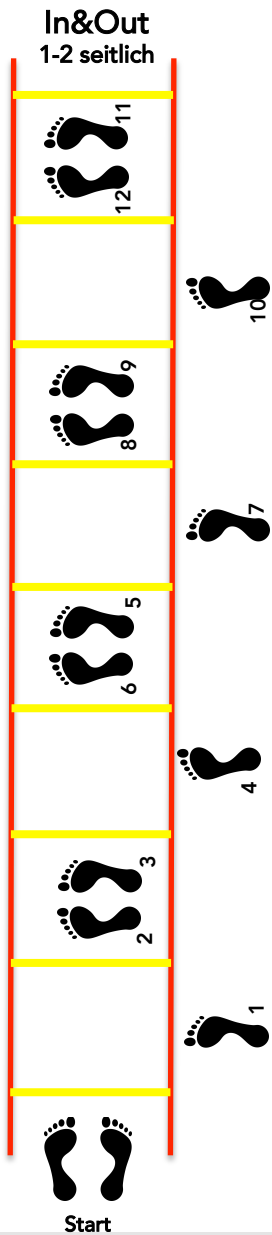


In & Out
1-2

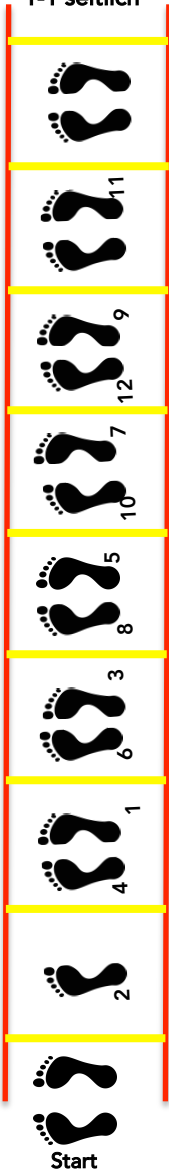


In & Out
1-3

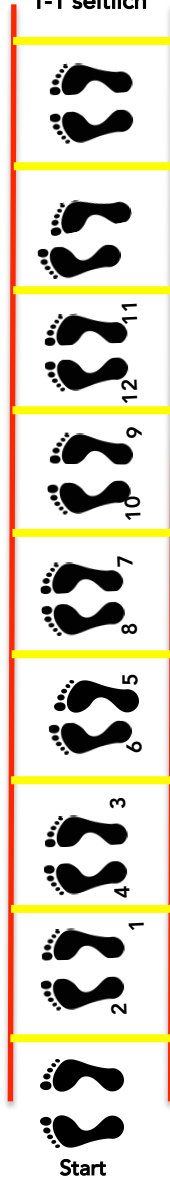




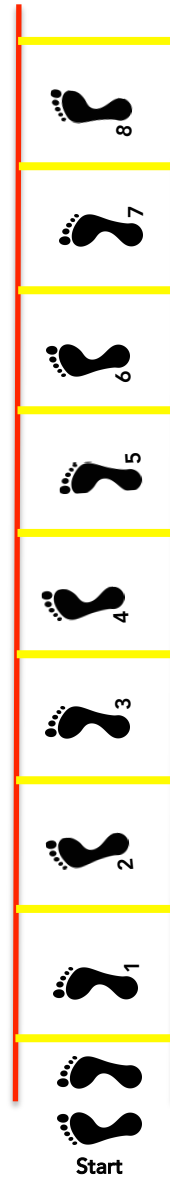
Solosteps 1-1 seitlich



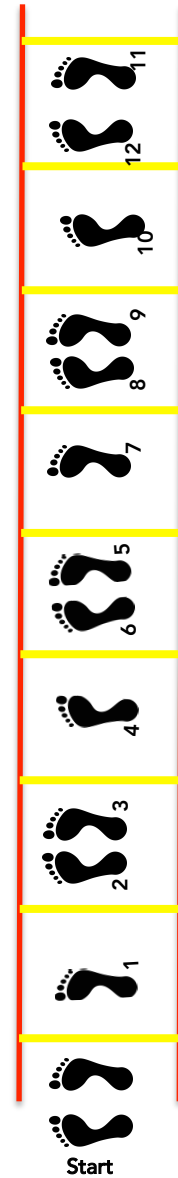
Sidesteps 1-1 seitlich



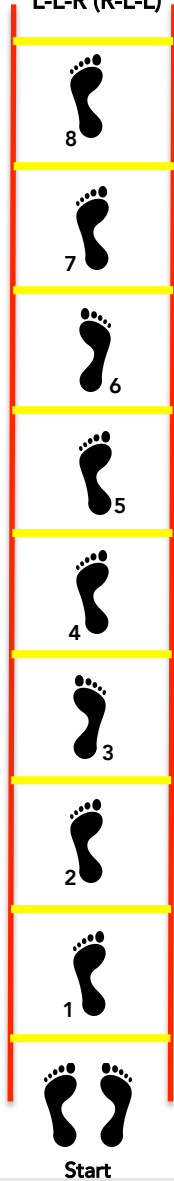
Siderun 1 seitlich



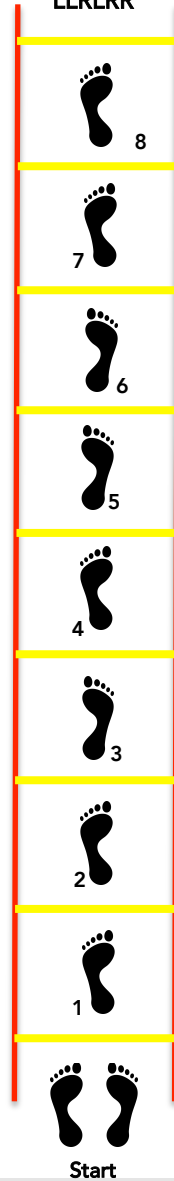
Sidesteps 1-2 seitlich



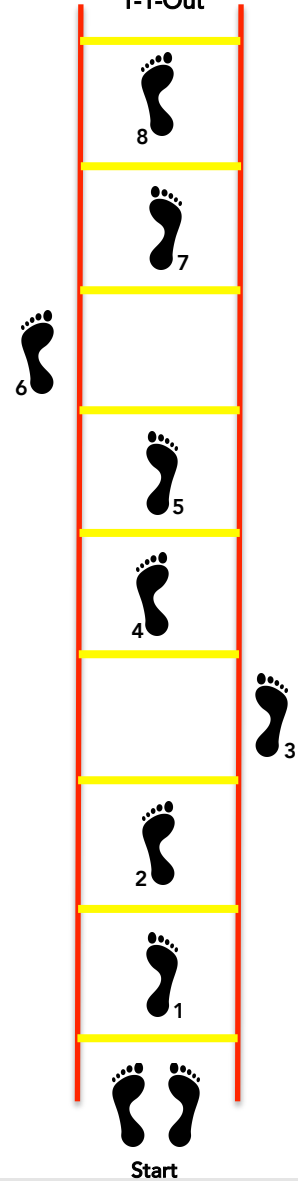
Small Hops L-L-R (R-L-L)



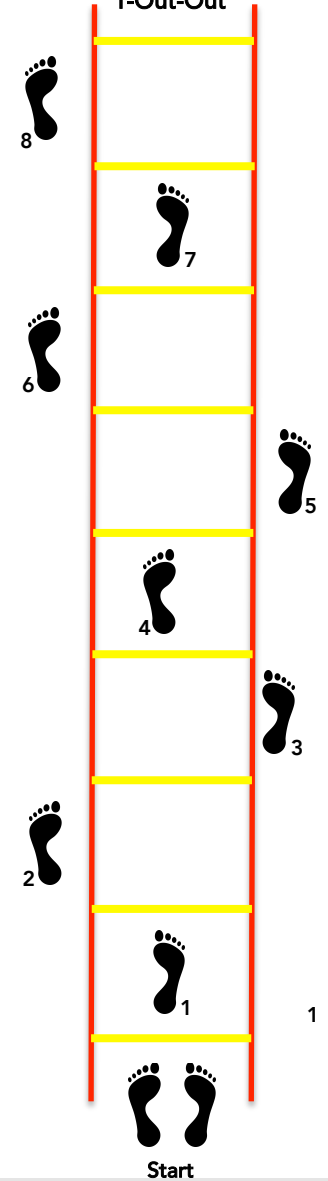
Small Hops LLLR



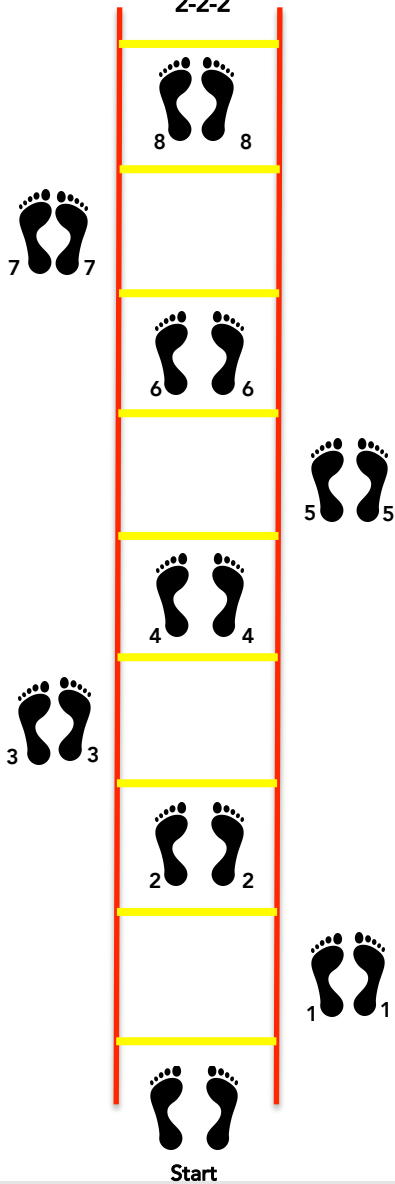
Small Hops 1-1-Out



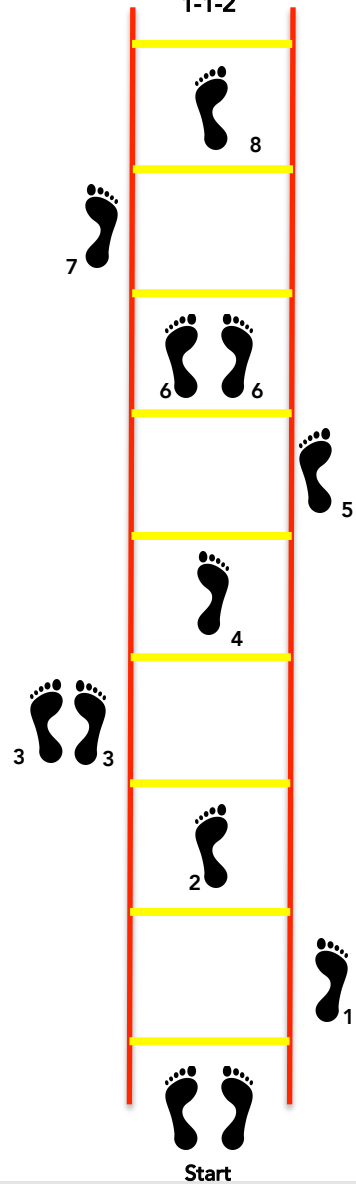
Small Hops 1-Out-Out



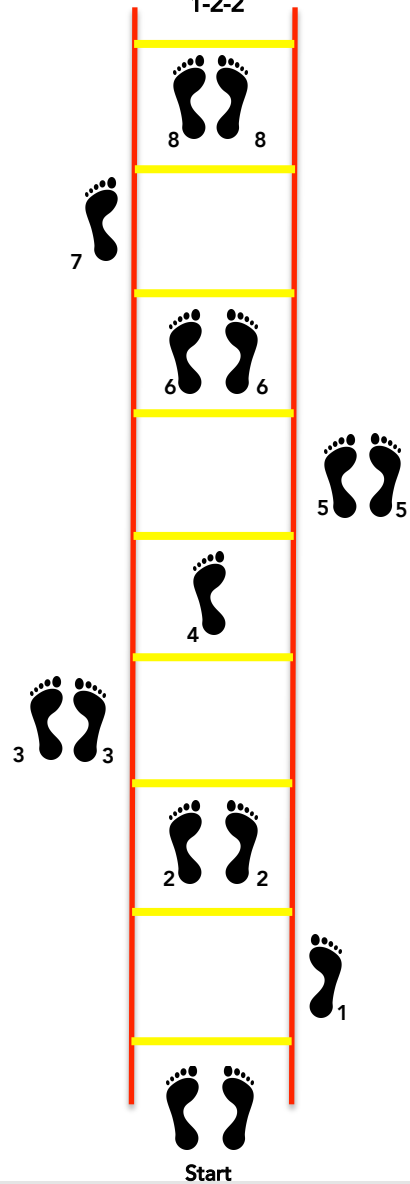
Hopscotch 2-2-2



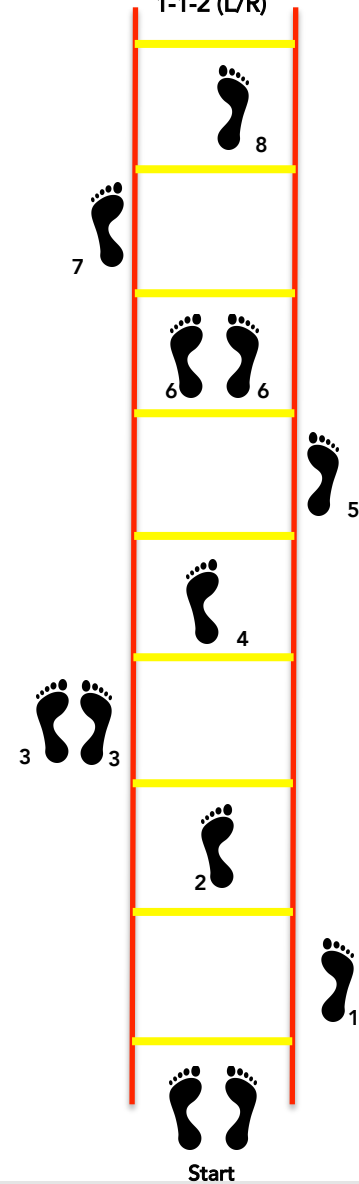
Hopscotch 1-1-2



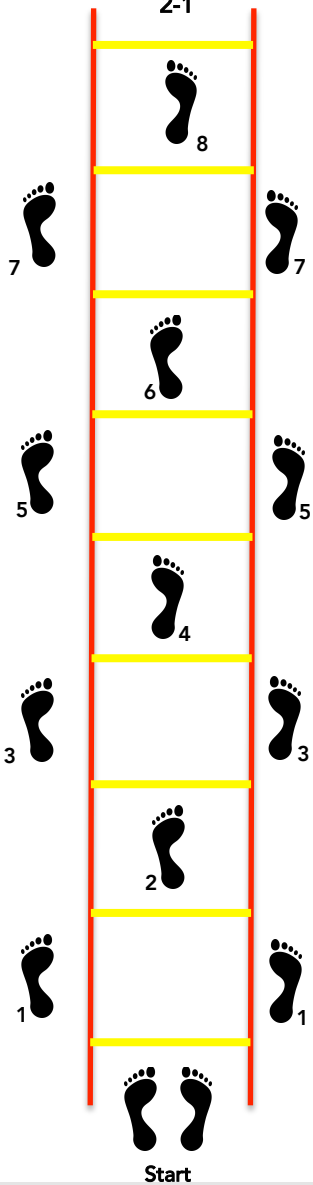
Hopscotch 1-2-2



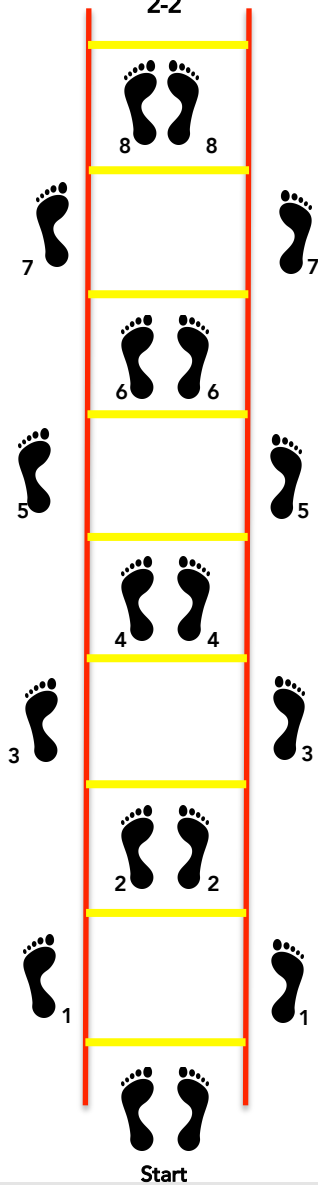
Hopscotch 1-1-2 (L/R)



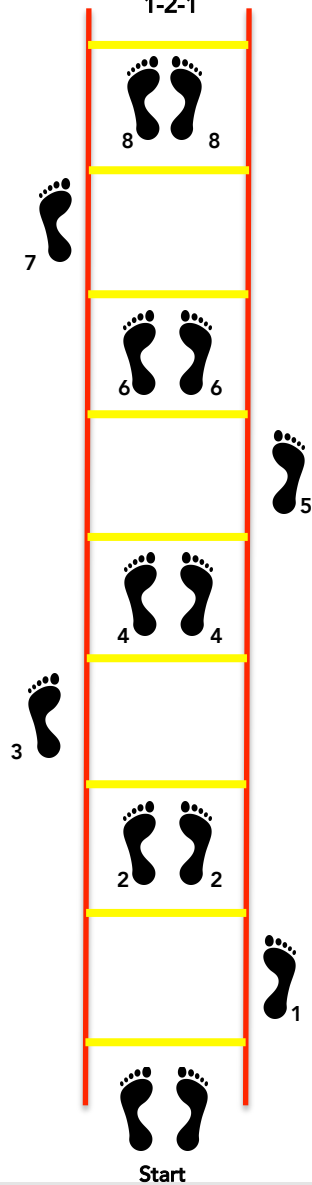
Hopscotch 2-1



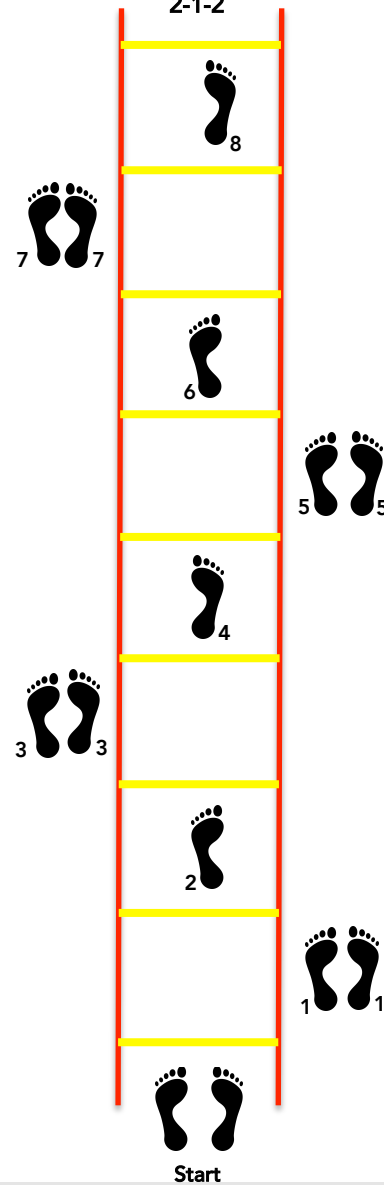
Hopscotch 2-2



Hopscotch 1-2-1



Hopscotch 2-1-2



Grundsätze von Koordinations- und Schnelligkeitstraining

1. Vor Koordinationsleiter-Training leichte Erwärmung durchführen!
2. Qualität vor Schnelligkeit – erst gute Bewegungsausführung, dann Geschwindigkeit erhöhen
3. 2-5 Durchgänge pro Drill/Übung, dabei Intensität / Frequenz von Durchgang zu Durchgang steigern
4. Drills sowohl mit rechts als auch mit links beginnen (Führungsfuß) bzw. seitliche Drills jeweils nach links und nach rechts durchführen

Varianten und Kombinationen von Drills

- Kreuzschritte (Beine kreuzen bei Schrittfolgen) sowohl vorne als auch hinten ausführen
- Drills vorwärts und rückwärts ausführen
- Laufdrills mit Sprungdrills kombinieren
- Lauf-/Sprungdrills mit Zusatzgeräten veredeln
- Drehungen oder Zusatzbewegungen einbauen
- Sprossenabstand verändern

Zusatzgeräte / Gegenstände

Tennisbälle, Volleybälle, Medizinbälle, andere Bälle (z.B.: Rugby-Ei), Tücher, Bänder / Thera-Bänder, Seile / Springseile, Stangen, Hütchen, Keulen,...

Zusatzbewegungen mit Ball (o.a. Gegenstände)

- Ball werfen / Fangen (einarmig/ beidarmig)
- Ball um Körper/-teil kreisen lassen
- Ball prellen
- Ball / Gegenstand mit Partner passen / spielen / drücken / ziehen

