



Jugendgruppe J2 mit Manolis Nikitaidis

Montag 17:00 – 18:30

Samstag 10:30-12:00

Trainingswoche: Woche 1	Trainingswoche: Woche 2	Trainingswoche: Woche 3	Trainingswoche: Woche 4
Station: TPI Test	Station: <u>Functional Strength</u> Push Matrix 1	Station: <u>Functional Strength</u> Push Matrix 1	Station: <u>Functional Strength</u> Leg Matrix 1
Station: TPI Test	Station: <u>FSS 1</u> Ball Wurf von Knie	Station: <u>FSS 1</u> Ball Wurf von Knie	Station: <u>FSS 1</u> Sprint
Station: TPI Test	Station: <u>Finesse Wedge</u> Laser in Front	Station: <u>Finesse Wedge</u> Laser in Front	Station: <u>Finesse Wedge</u> Sun Up & In
Station: TPI Test	Station: <u>FSS 2</u> Tennis	Station: <u>FSS 2</u> Tennis	Station: <u>FSS 2</u> Baseball Batting
Station: TPI Test	Station: <u>Schwung</u> Posture - Wag the Tail	Station: <u>Schwung</u> Posture - Wag the Tail	Station: <u>Schwung</u> Band Width
Station: TPI Test	Station: <u>Putten</u> Midway – All the way Low side read	Station: <u>Putten</u> Midway – All the way Low side read	Station: <u>Putten</u> Humpty Dumpty

FSS – Fundamental Sport Skills

Woche 5: Platz spielen