



Jugendgruppe J2 mit Manolis Nikitaidis

Montag 17:00 – 18:30 Uhr

Samstag 10:30-12:00 Uhr

Trainingswoche: Woche 11	Trainingswoche: Woche 12	Trainingswoche: Woche 13	Trainingswoche: Woche 14
Station: <u>Functional Strength</u> Medball Jumps	Station: <u>Functional Strength</u> Pull up Matrix 1	Station: <u>Functional Strength</u> Pull up Matrix 1	Station: <u>Functional Strength</u> Bridge Matrix 1
Station: <u>FSS 1</u> Tennis bounce hit	Station: <u>FSS 1</u> Rocker Drill	Station: <u>FSS 1</u> Rocker Drill	Station: <u>FSS 1</u> Tennis bounce hit
Station: <u>Finesse Wedge</u> It's 9 o'clock	Station: <u>Finesse Wedge</u> Twisted Spine	Station: <u>Finesse Wedge</u> Twisted Spine	Station: <u>Finesse Wedge</u> It's 9 o'clock
Station: <u>FSS 2</u> Standing Triple Jump	Station: <u>FSS 2</u> Hurricane Batting	Station: <u>FSS 2</u> Hurricane Batting	Station: <u>FSS 2</u> Standing Triple Jump
Station: <u>Schwung</u> Pelvic Punch	Station: <u>Schwung</u> Reach over the fence	Station: <u>Schwung</u> Reach over the fence	Station: <u>Schwung</u> Guess the target
Station: <u>Putten</u> Tee to Tee	Station: <u>Putten</u> Ball Gates	Station: <u>Putten</u> Ball Gates	Station: <u>Putten</u> 12' Leap Frog

FSS – Fundamental Sport Skills

Woche 15: TPI Test