



Jugendgruppe J2 mit Manolis Nikitaidis

Montag 17:00 – 18:30 Uhr

Samstag 10:30-12:00

Trainingswoche: Woche 6	Trainingswoche: Woche 7	Trainingswoche: Woche 8	Trainingswoche: Woche 9
Station: <u>Functional Strength</u> Leg Matrix 1	Station: <u>Functional Strength</u> Plank Matrix 1	Station: <u>Functional Strength</u> Plank Matrix 1	Station: <u>Functional Strength</u> Medball Jumps
Station: <u>FSS 1</u> Sprint	Station: <u>FSS 1</u> Frisbee	Station: <u>FSS 1</u> Frisbee	Station: <u>FSS 1</u> Tennis bounce hit
Station: <u>Finesse Wedge</u> Sun Up & In	Station: <u>Finesse Wedge</u> Tall and Narrow	Station: <u>Finesse Wedge</u> Tall and Narrow	Station: <u>Finesse Wedge</u> It's 9 o'clock
Station: <u>FSS 2</u> Baseball Batting	Station: <u>FSS 2</u> Football drop, step, throw	Station: <u>FSS 2</u> Football drop, step, throw	Station: <u>FSS 2</u> Standing Triple Jump
Station: <u>Schwung</u> Band Width	Station: <u>Schwung</u> Posture - Wag the Tail	Station: <u>Schwung</u> Posture - Wag the Tail	Station: <u>Schwung</u> Pelvic Punch
Station: <u>Putten</u> Humpty Dumpty	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> Tee to Tee

FSS – Fundamental Sport Skills

Woche 10: TPI Test