



Jugendgruppe J3 mit Colin Hodgson

Dienstag 16:30 – 18:00 Uhr oder Mittwoch 17:00-18:30 Uhr

Trainingswoche: Woche 1	Trainingswoche: Woche 2	Trainingswoche: Woche 3	Trainingswoche: Woche 4
Station: TPI Test	Station: <u>Funct./Olympic Strength</u> Push/Pull	Station: <u>Funct./Olympic Strength</u> Push/Pull	Station: <u>Funct./Olympic Strength</u> <u>Get up-stand-hand down</u>
Station: TPI Test	Station: <u>Schwung</u> Long Drive	Station: <u>Schwung</u> Long Drive	Station: <u>Schwung</u> Punch Shot
Station: TPI Test	Station: <u>Distanz Wedge</u> 20-30m 3 in a row	Station: <u>Distanz Wedge</u> 30-40m 3 in a row	Station: <u>Bunker</u> Greenside
Station: TPI Test	C Trainer Station: <u>3D Mobility/Speed</u> Inch worms Squat, Sprint	C Trainer Station: <u>3D Mobility/Speed</u> Inch worms Squat, Sprint	C Trainer Station: <u>3D Mobility/Speed</u> Contra. Ipsilateral Pulls Ball Wurf
Station: TPI Test	C-Trainer Station: <u>Putten</u> Pre Stroke Fundamentals	C-Trainer Station: <u>Putten</u> Pre Stroke Fundamentals	C-Trainer Station: <u>Putten</u> Humpty Dumpty
Station: TPI Test	C-Trainer Station: <u>Chippen</u> Closed Leap Frog	C-Trainer Station: <u>Chippen</u> Closed Leap Frog	C-Trainer Station: <u>Chippen</u> Kurz Chippen

Woche 5: Am Platz spielen