



Jugendgruppe J3 mit Colin Hodgson

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

Trainingswoche: Woche 11	Trainingswoche: Woche 12	Trainingswoche: Woche 13	Trainingswoche: Woche 14
Station: <u>Funct./Olympic Strength</u> Hip up	Station: <u>Funct./Olympic Strength</u> KB Press	Station: <u>Funct./Olympic Strength</u> KB Press	Station: <u>Funct./Olympic Strength</u> Turkish Get Up
Station: <u>Schwung</u> Mental Love what you have	Station: <u>Schwung</u> Rough/Divot	Station: <u>Schwung</u> Rough/Divot	Station: <u>Schwung</u> Long Drive
Station: <u>Bunker</u> Fundamentals	Station: <u>Distanz Wedge</u> Who dares wins	Station: <u>Distanz Wedge</u> Who dares wins	Station: <u>Bunker</u> Fundamentals
C Trainer Station: <u>3D Mobility/Speed</u> Balance board Med. chop	C Trainer Station: <u>3D Mobility/Speed</u> Distanz Ball würfen Shuttle Run	C Trainer Station: <u>3D Mobility/Speed</u> Distanz Ball würfen Shuttle Run	C Trainer Station: <u>3D Mobility/Speed</u> Chest Pass Speed Sticks
C-Trainer Station: <u>Putten</u> Shark Attack	C-Trainer Station: <u>Putten</u> Start Line	C-Trainer Station: <u>Putten</u> Start Line	C-Trainer Station: <u>Putten</u> Par 2
C-Trainer Station: <u>Chippen</u> 10-15m Star	C-Trainer Station: <u>Chippen</u> 3 little pigs	C-Trainer Station: <u>Chippen</u> 3 little pigs	C-Trainer Station: <u>Chippen</u> Par 2

Woche 15: TPI Test