



Leistungssystem Handball (German Edition)

Pierre Liebelt

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Studienarbeit aus dem Jahr 2008 im Fachbereich Sport - Bewegungs- und Trainingslehre, Note: 2,0, Friedrich-Schiller-Universität Jena (Institut für Sportwissenschaft), Veranstaltung: Leistungsdiagnostik, 9 Quellen im Literaturverzeichnis, Sprache: Deutsch, Abstract: Abstract: Leistungssysteme in Sportspielen sind von hoher Komplexität gekennzeichnet.

Diese Arbeit behandelt die differenzierte Aufsplittung der komplexen Leistungsstruktur im Handball in die einzelnen Leistungsfaktoren. Es wird versucht die Bedeutung der jeweiligen individuellen und kollektiven Faktoren in Bezug auf die Mannschaftsspielleistung zu klären. Desweiteren wurde ein Hypothetisches Testsystem erstellt, welches der Leistungserfassung in Training und Wettkampf dient. Hierbei werden die einzelnen Leistungsfaktoren gesondert durch spezielle Tests geprüft und im Sinne einer Optimierung der Spielleistung diskutiert.....

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