

Motor learning skills

Fieldhockey



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GERMANY**

Cologne - Mannheim
Gelsenkirchen

Motoric sills

1. Elite dribbling skills video wc 2010
2. Generall koordination and small games
3. Ideal training session
4. Games: number and fieldsize
5. Representiv teams



Elite dribbling skills

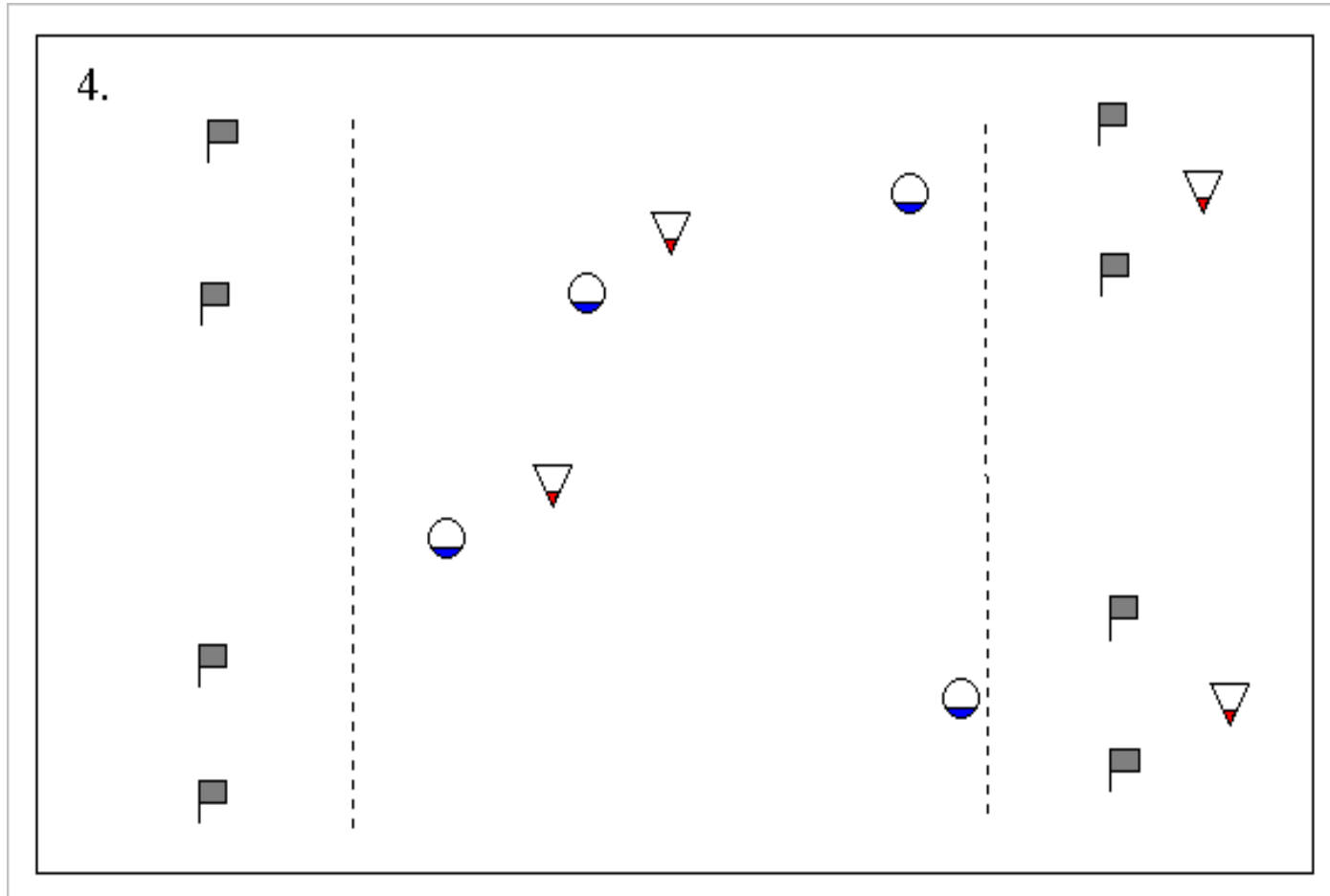
1. Elite dribbling skills video wc 2010



General koordination

- Different balls
- Different rules for tactical approach
- Ballschule Heidelberg

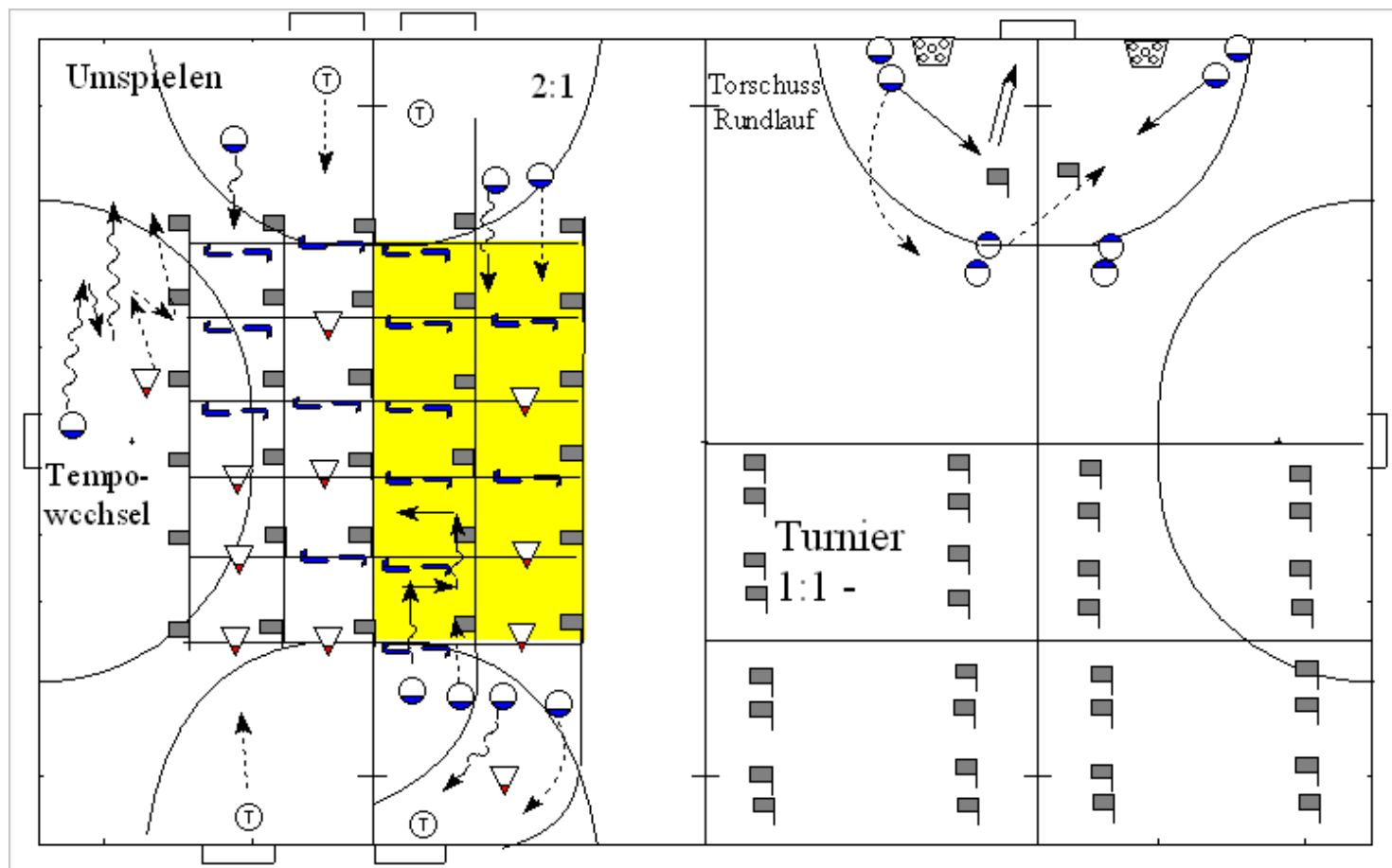
Ball possession games



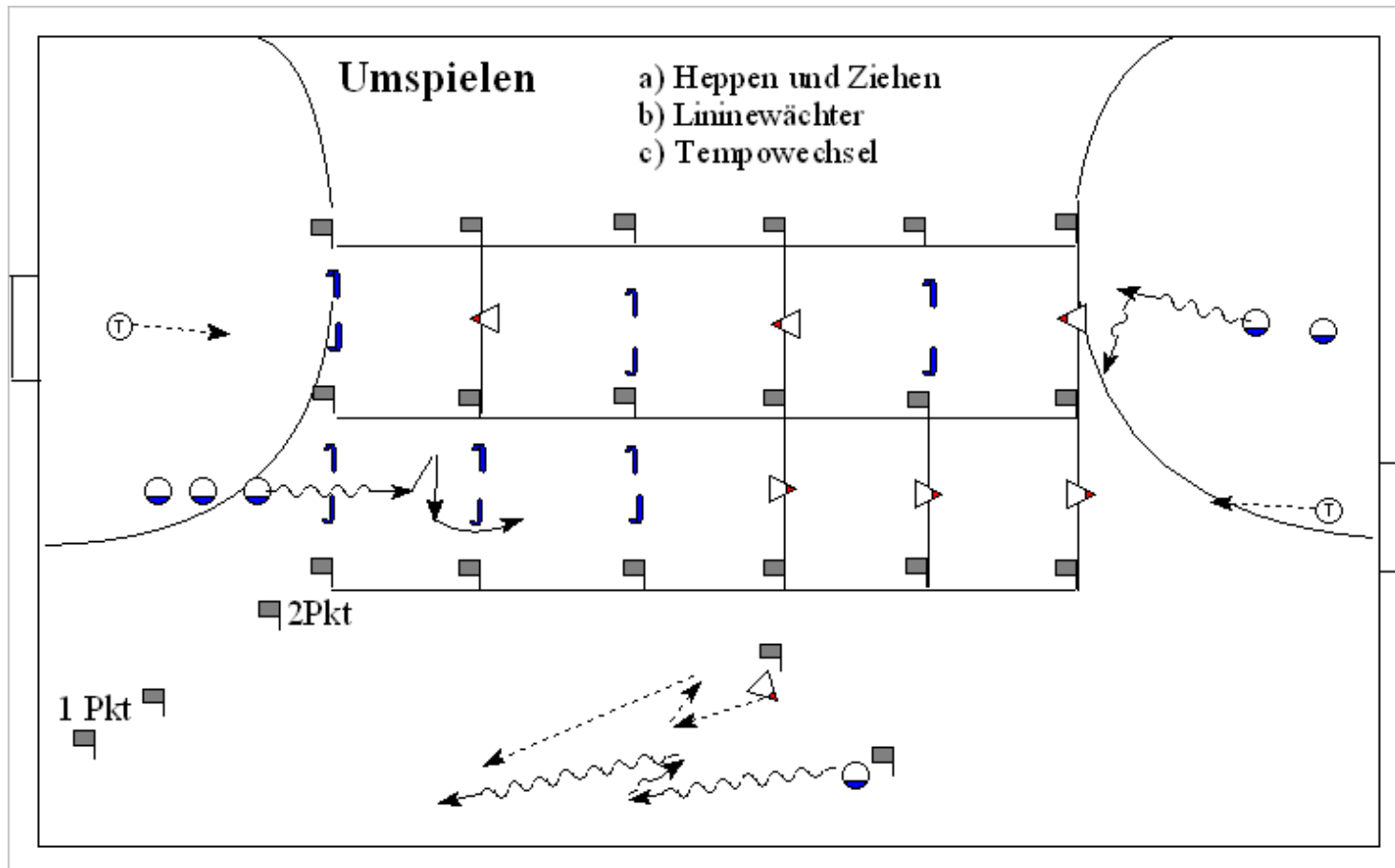
Ball possession games

- Video U10

Ideal technique training session



Dribbling skills



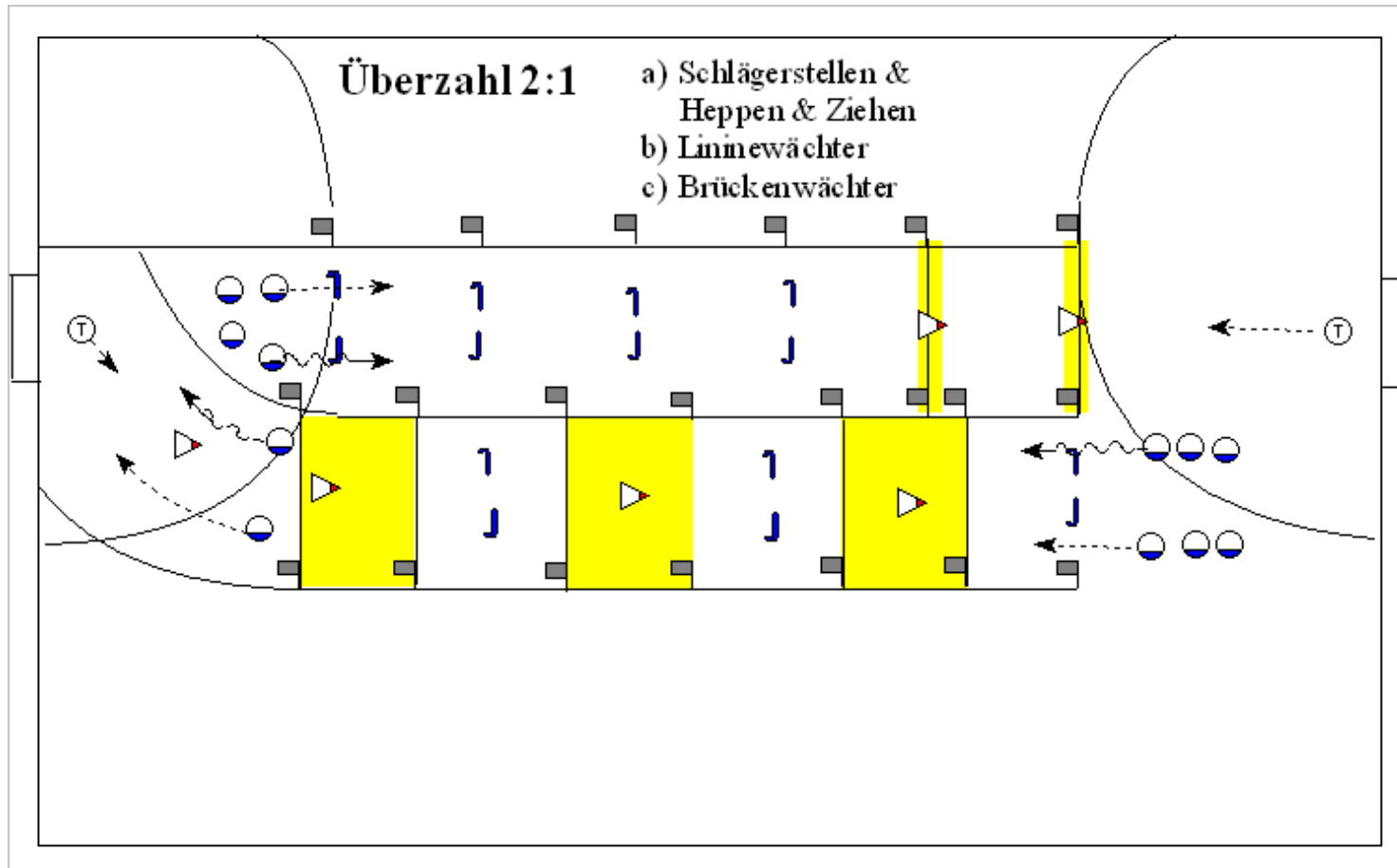
2010

IIHF

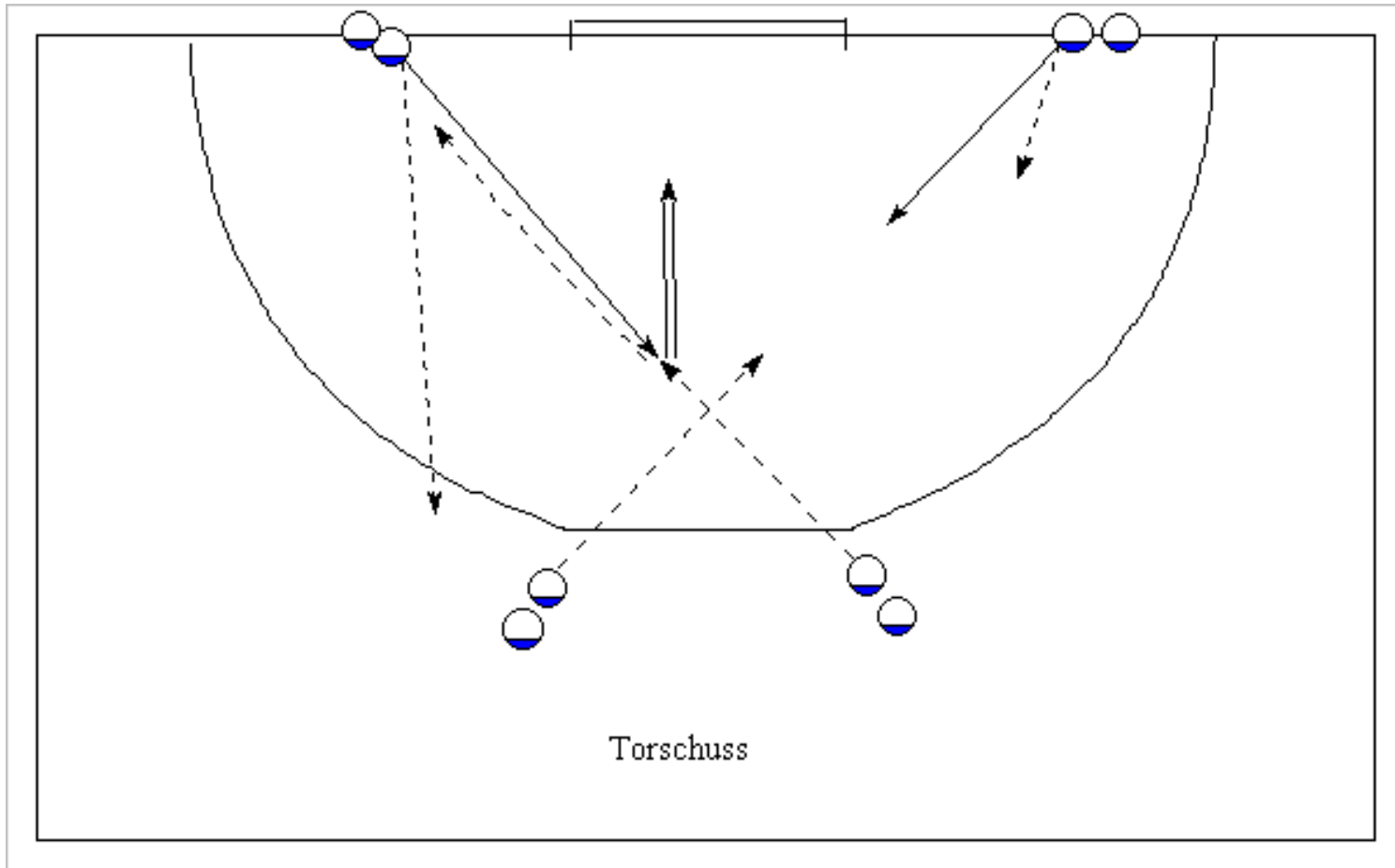


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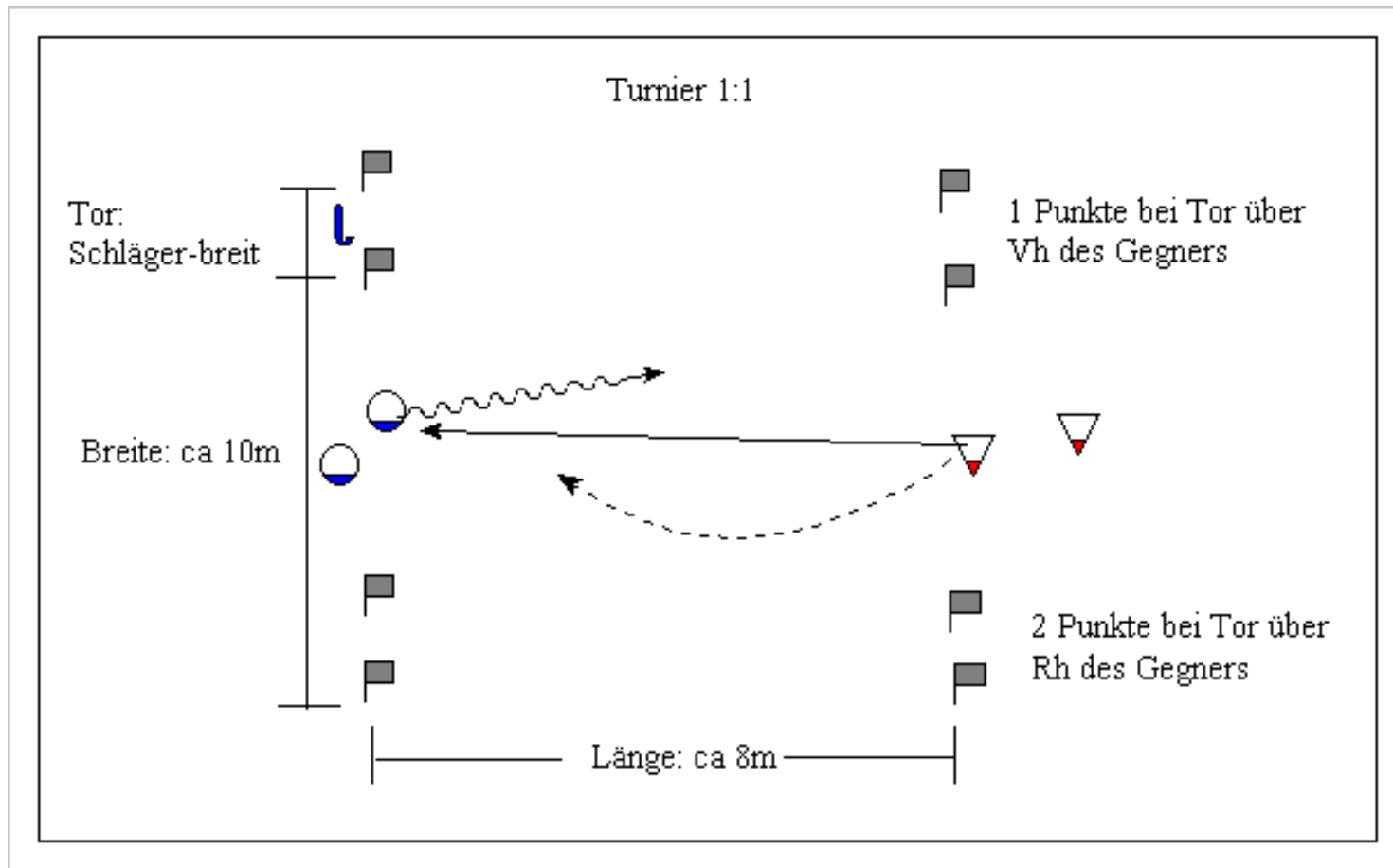
Overload situation (2vs1)



Goals shooting



Small games



- Video training session U12

General koordination



Games

- U10: 4vs4 (without goali) on 1/8 -field
- U12: 7vs7 on 1/2 -field
- U14: 9vs9 on 3/4 -field
- U16: 11vs11 on fullfield

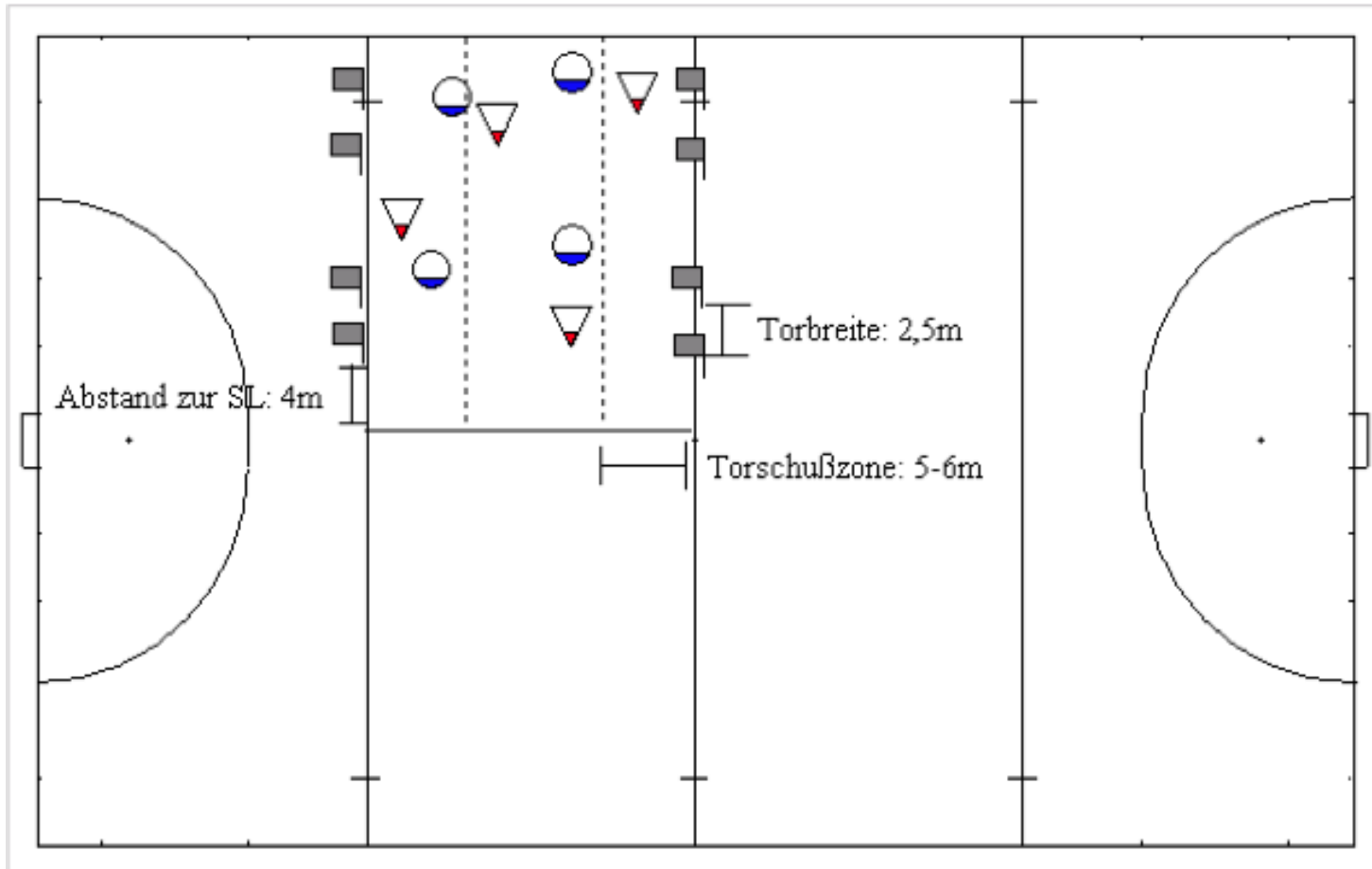
2010

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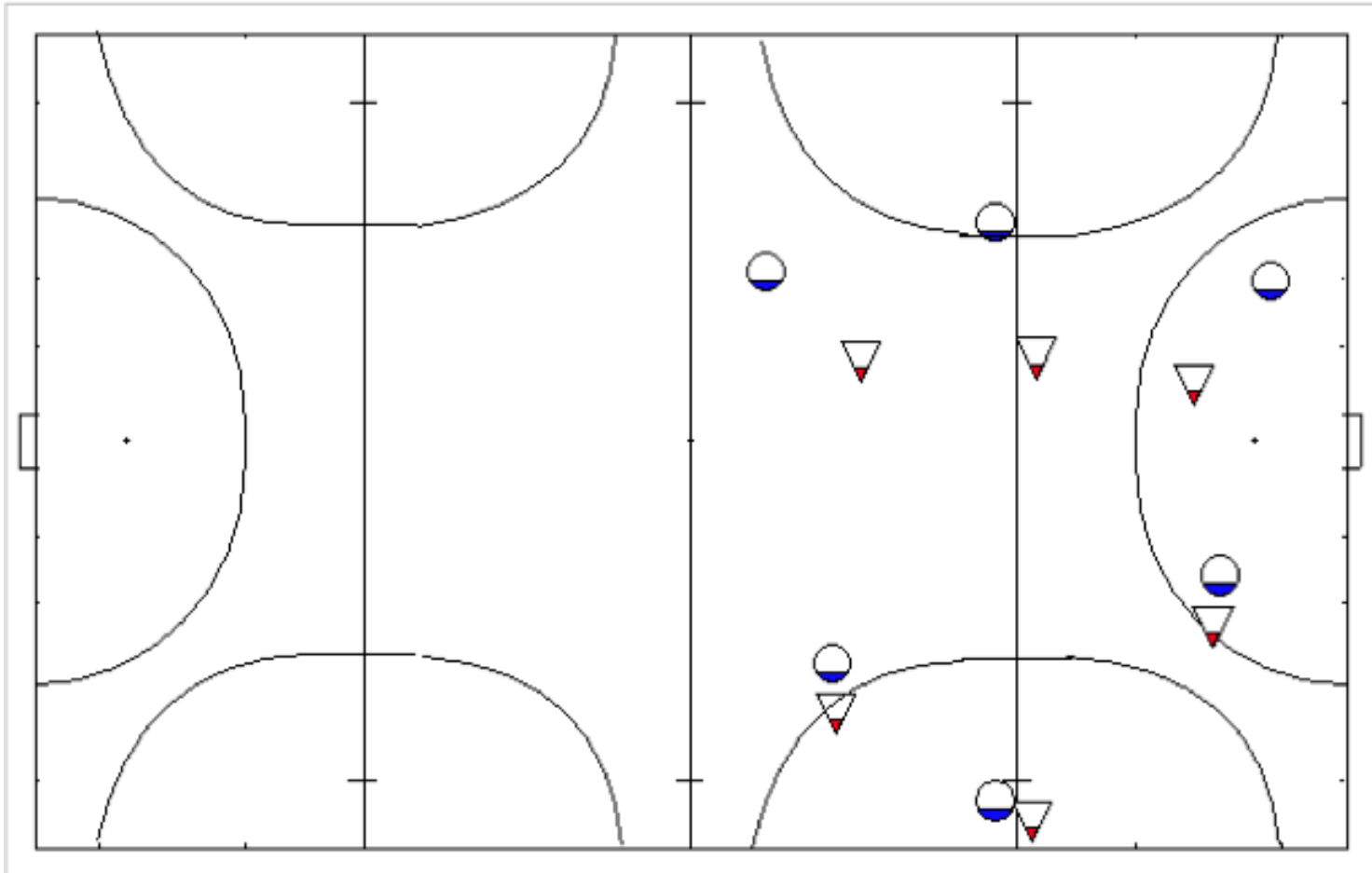


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U 10



U 12

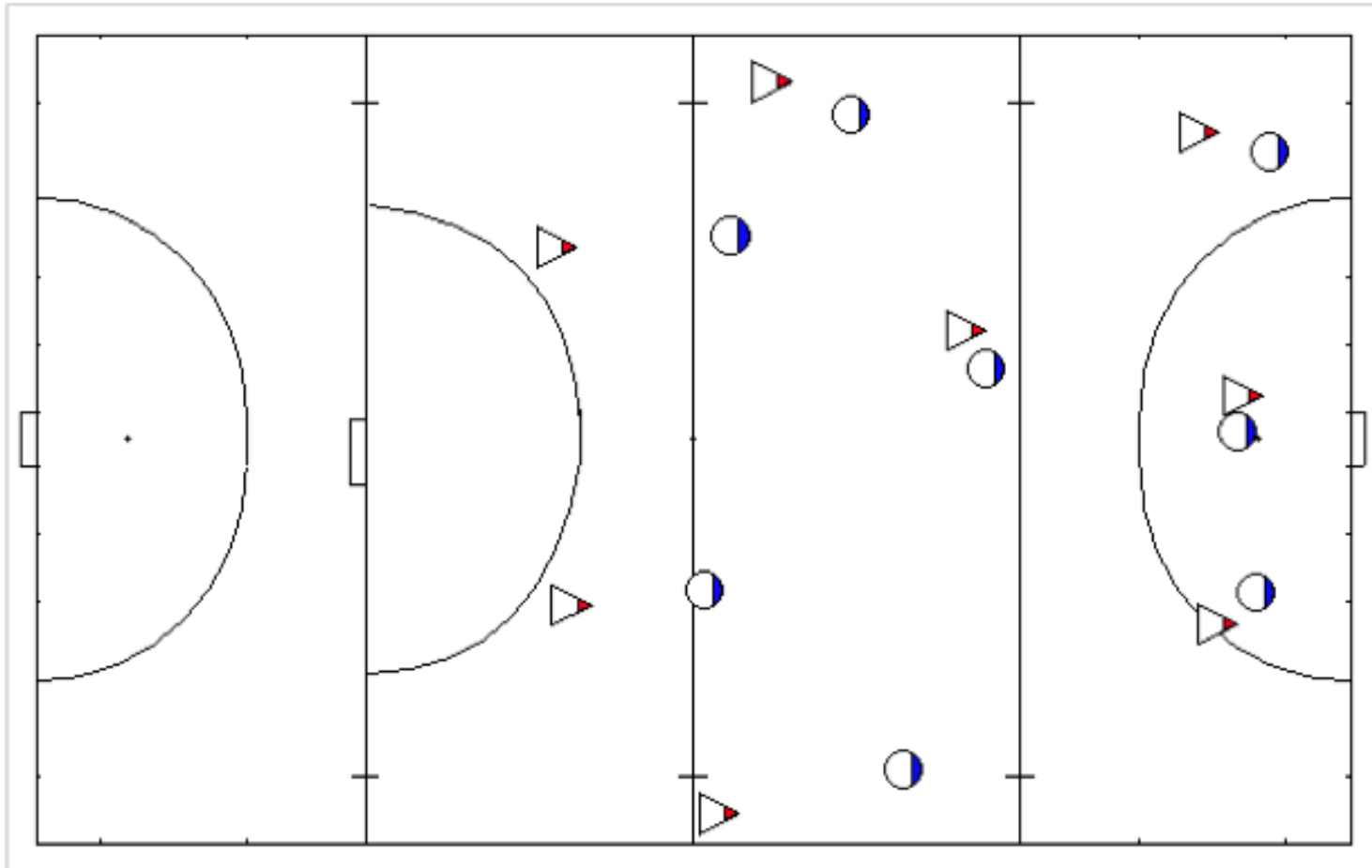


2010



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U 14



2010

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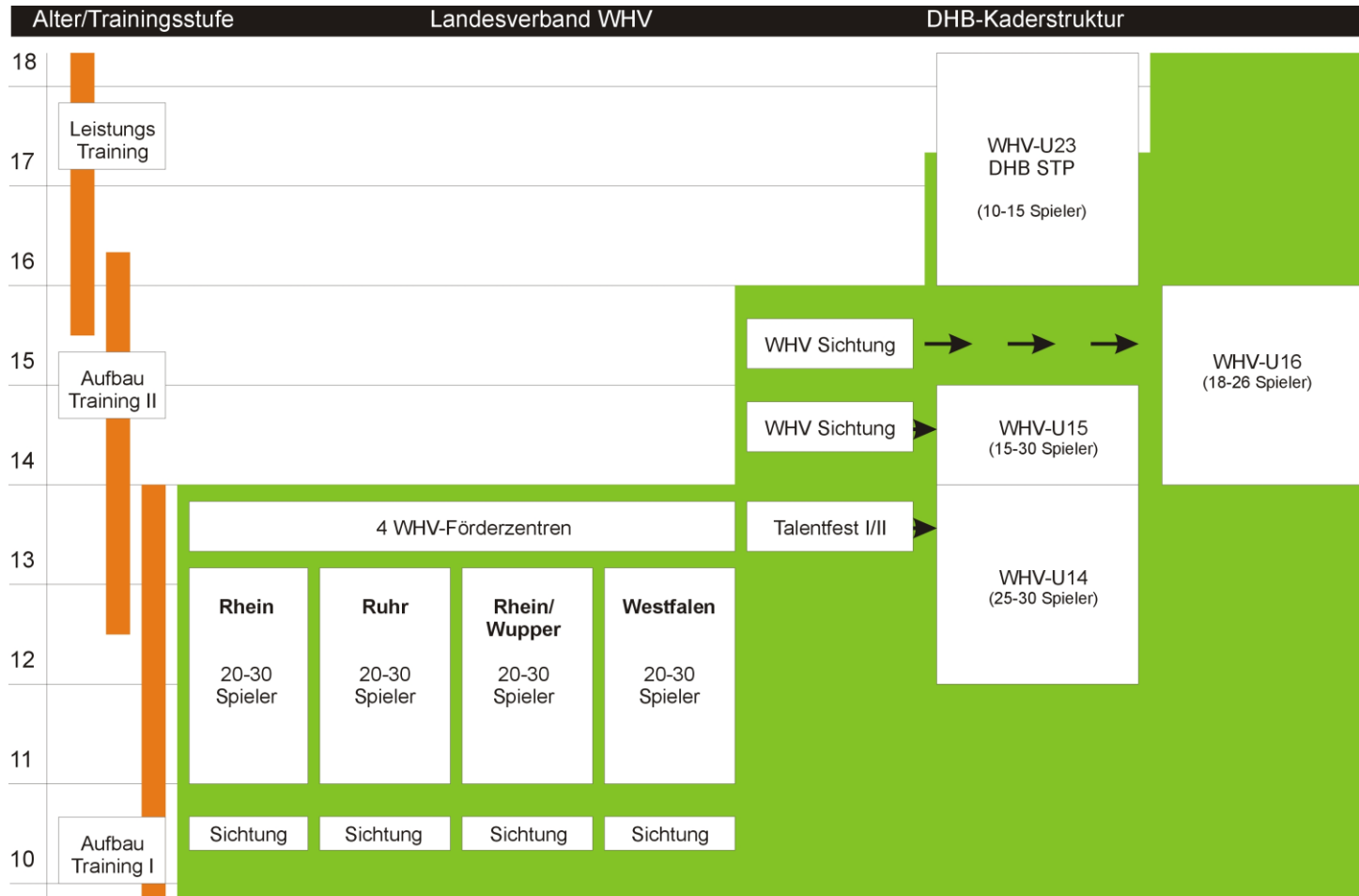


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U 16



Representivteams (West)



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Thank you!

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