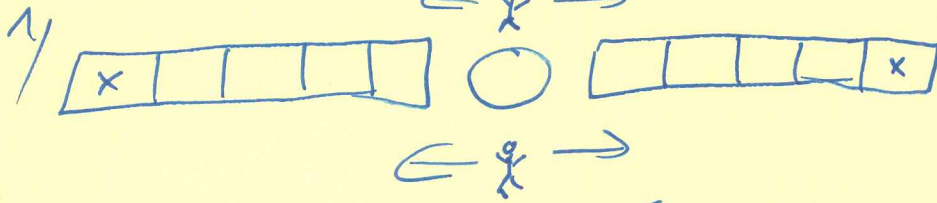
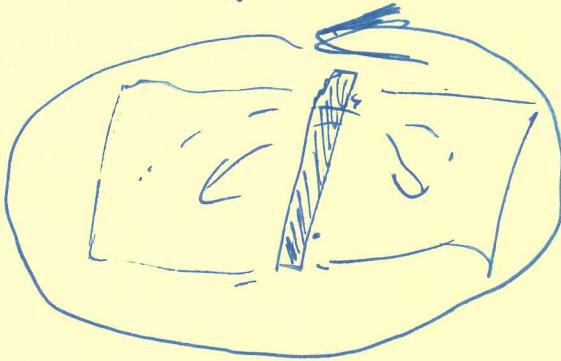


# ZMĚNY SMĚRU

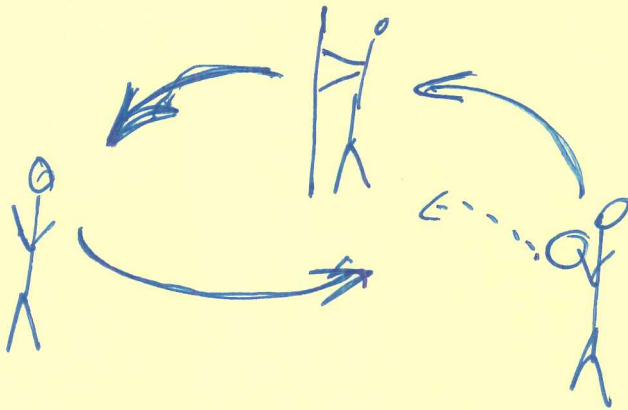


2/

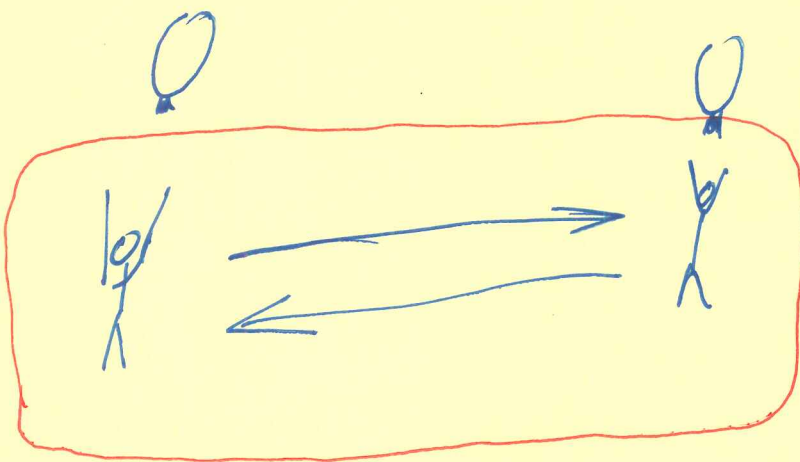


- obíhací
- 2x lavička na sobě
- změna směru - přistupit

3/



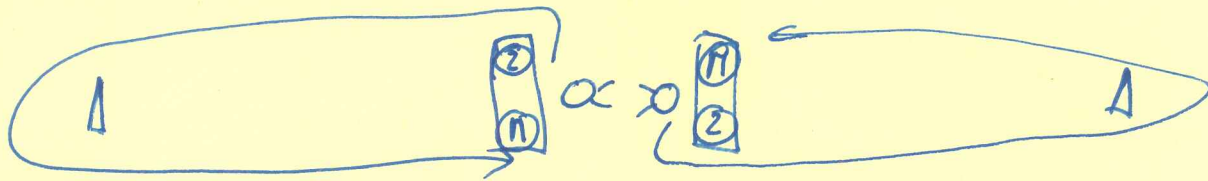
4/



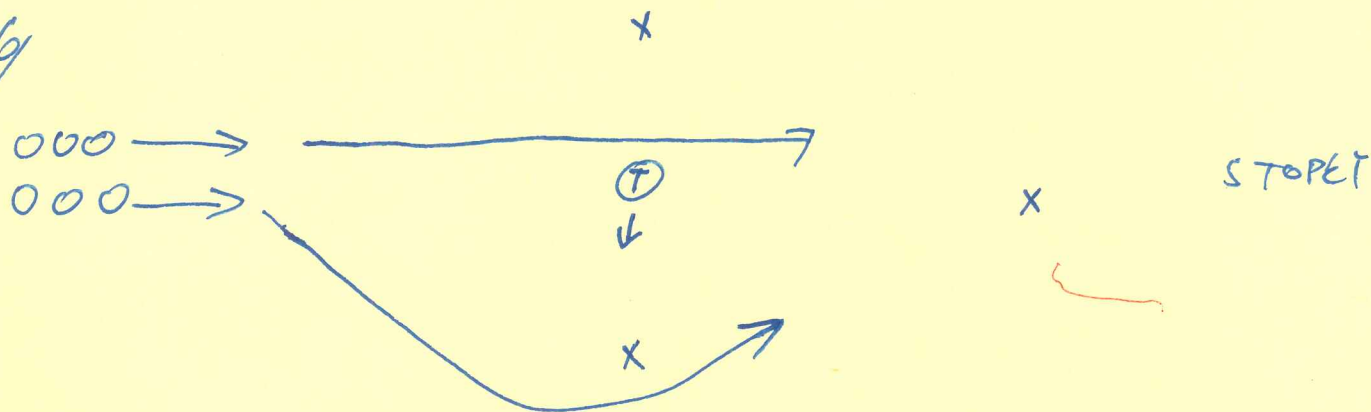
- kolem mantinelů
- „areňka“
- nebo lavičky

- trener rekne ("zeleňa"), hráči sa otočia, volí zelenou stranu, obetnou netu a berou MODE00

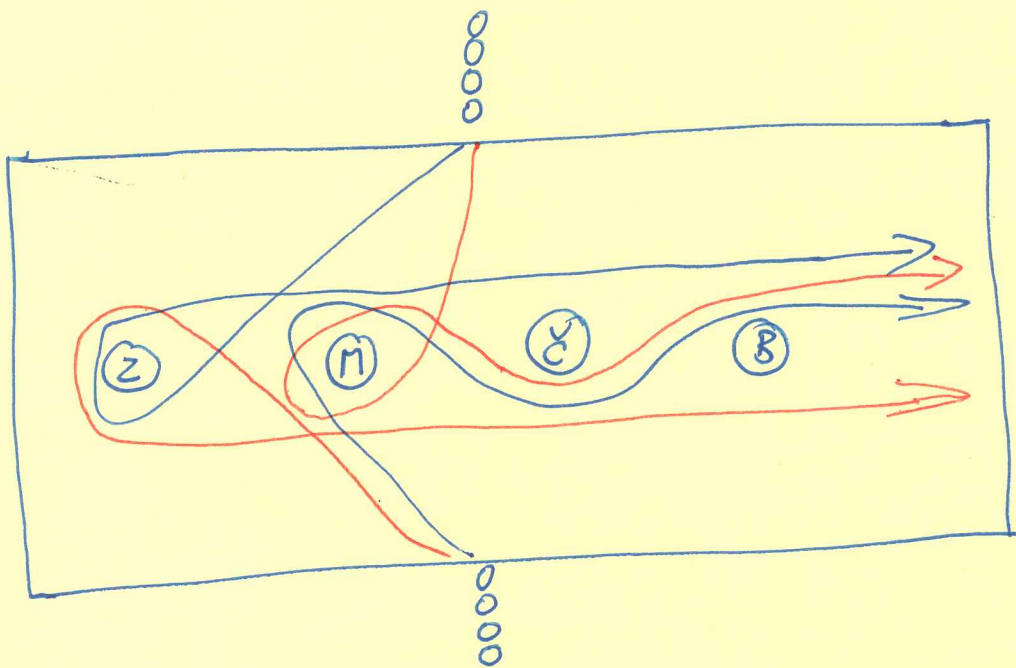
5/



6/

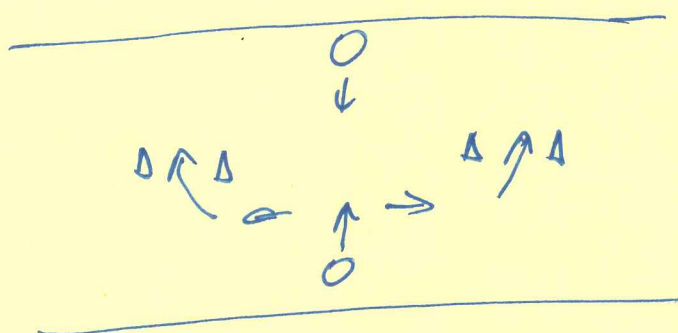


7/



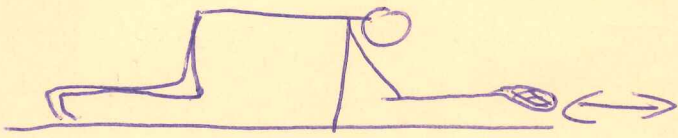
- hechat vyjsiet varianty

8/

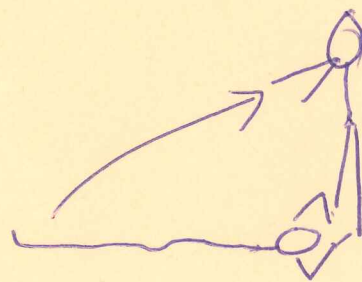
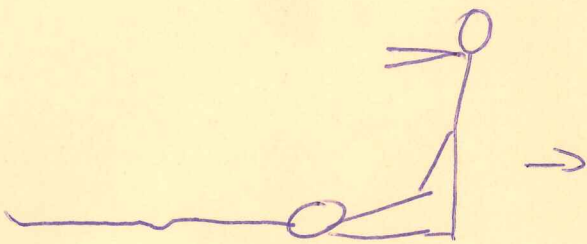


- snaha probetnouk  
brankou - utocit

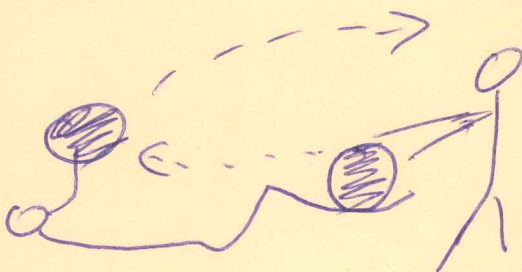
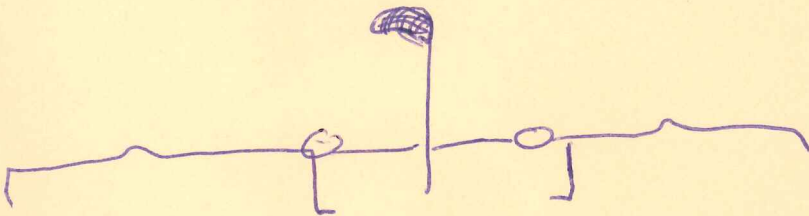
# CORE



- kolena na zemi

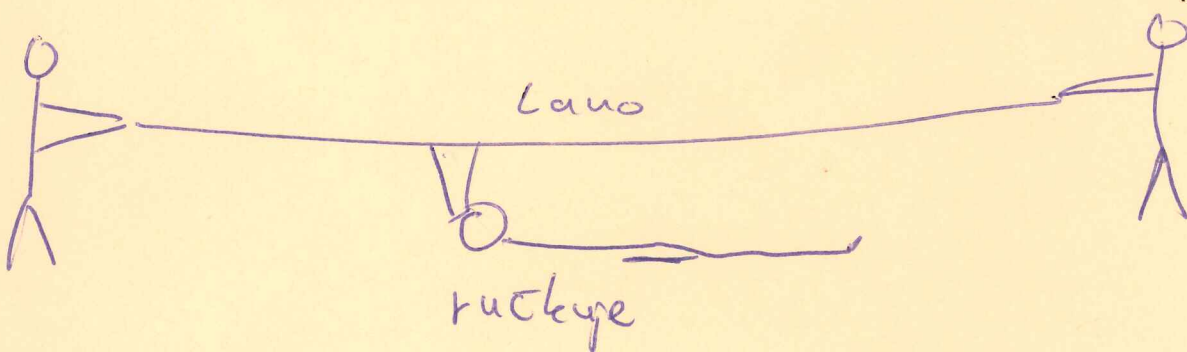


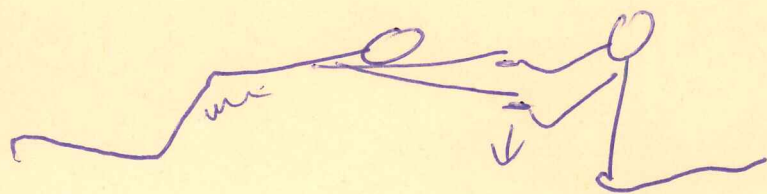
- couvat  
- prítahje  
→ - nohy - ruce



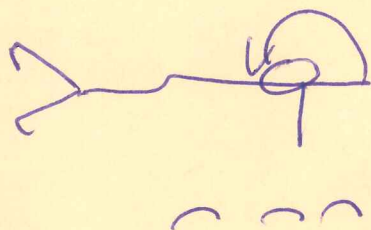
- stojat podáva me  
na nohy leziarho

- leziar hazi me stojcim  
a bere me z nohou



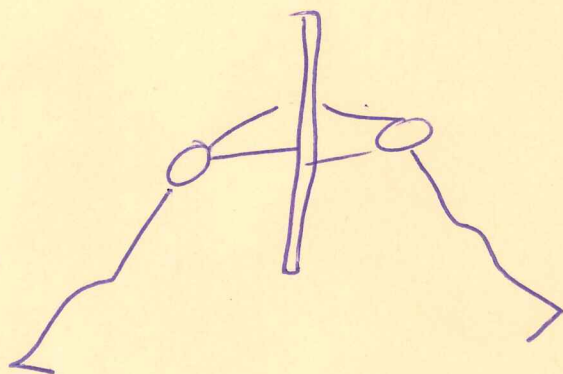


-pouští rukou



-dává si mety na záda

-žirafa



-přetlačování

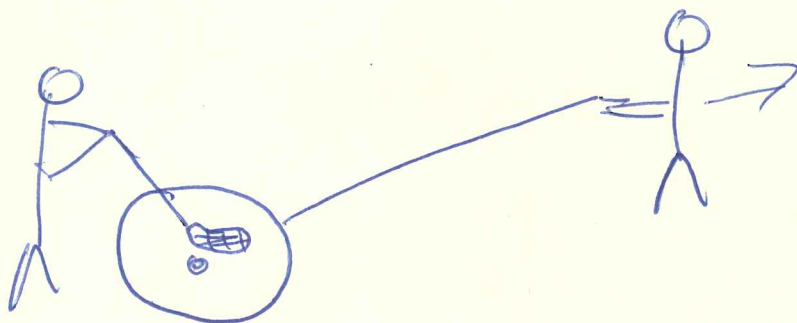
# KOORDINACE



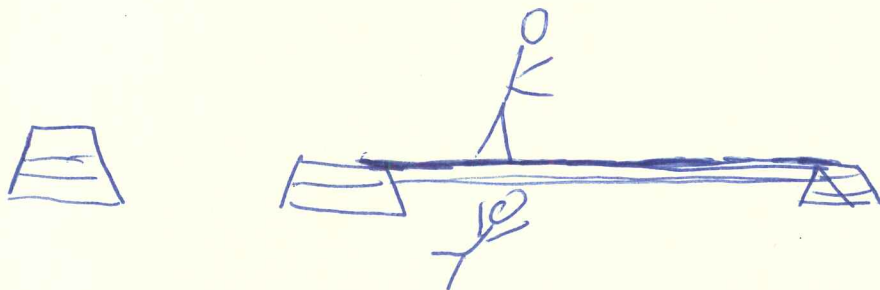
- kruh
- drží se za ruce
- provlékají obrouč

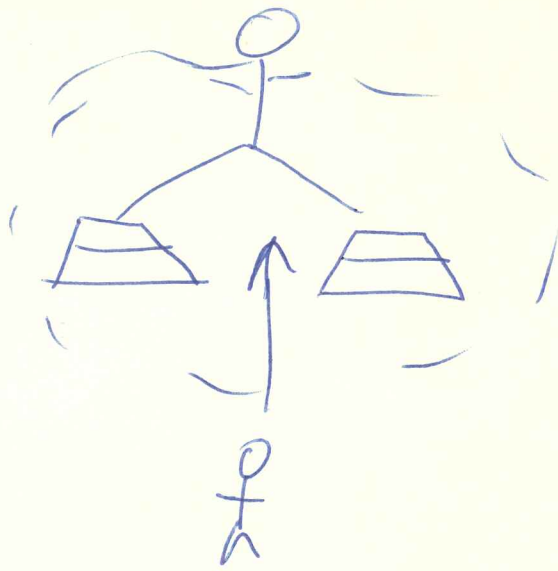


- přehazuje v ruce
- chytání net



DRIBLING





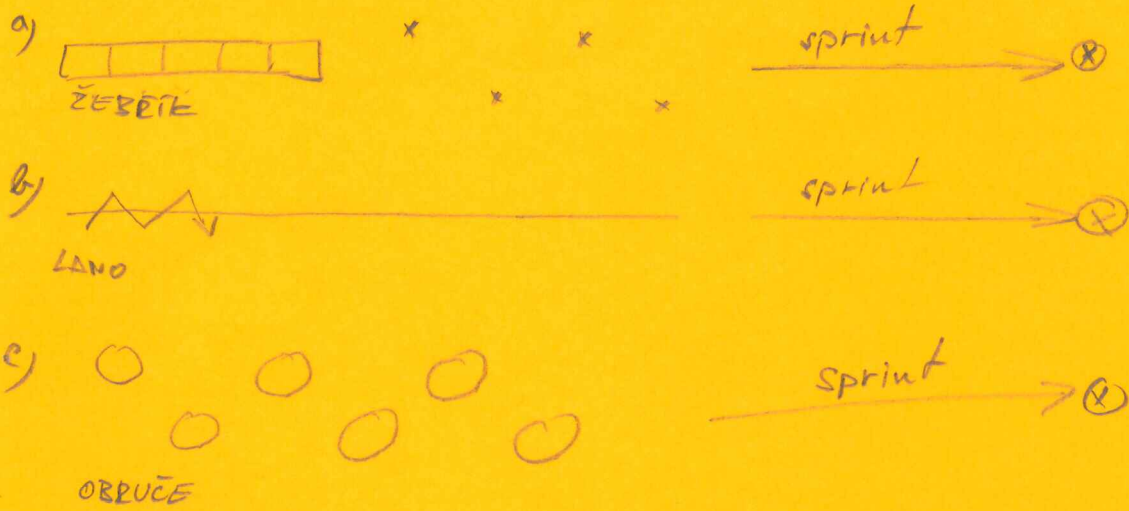
Loet Lauo  
-proleza-



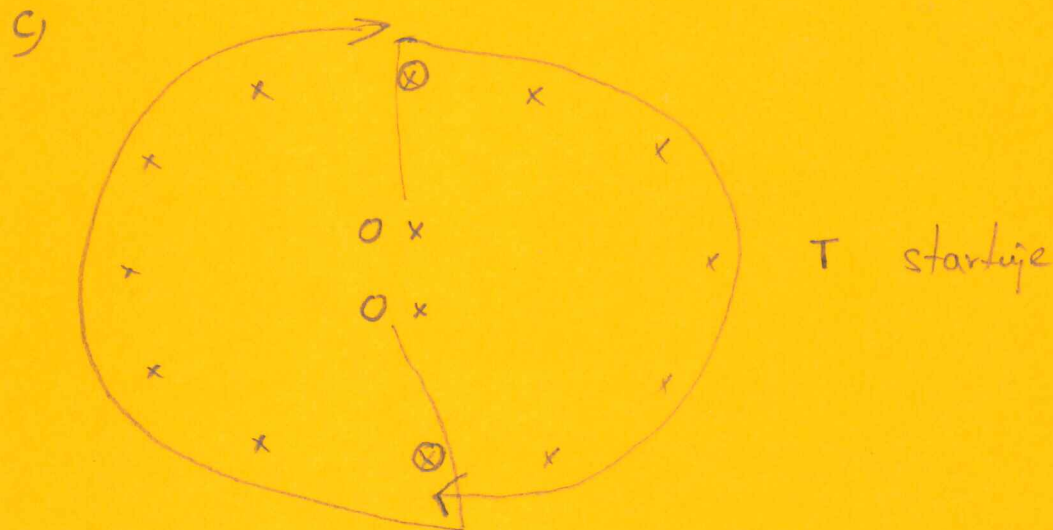
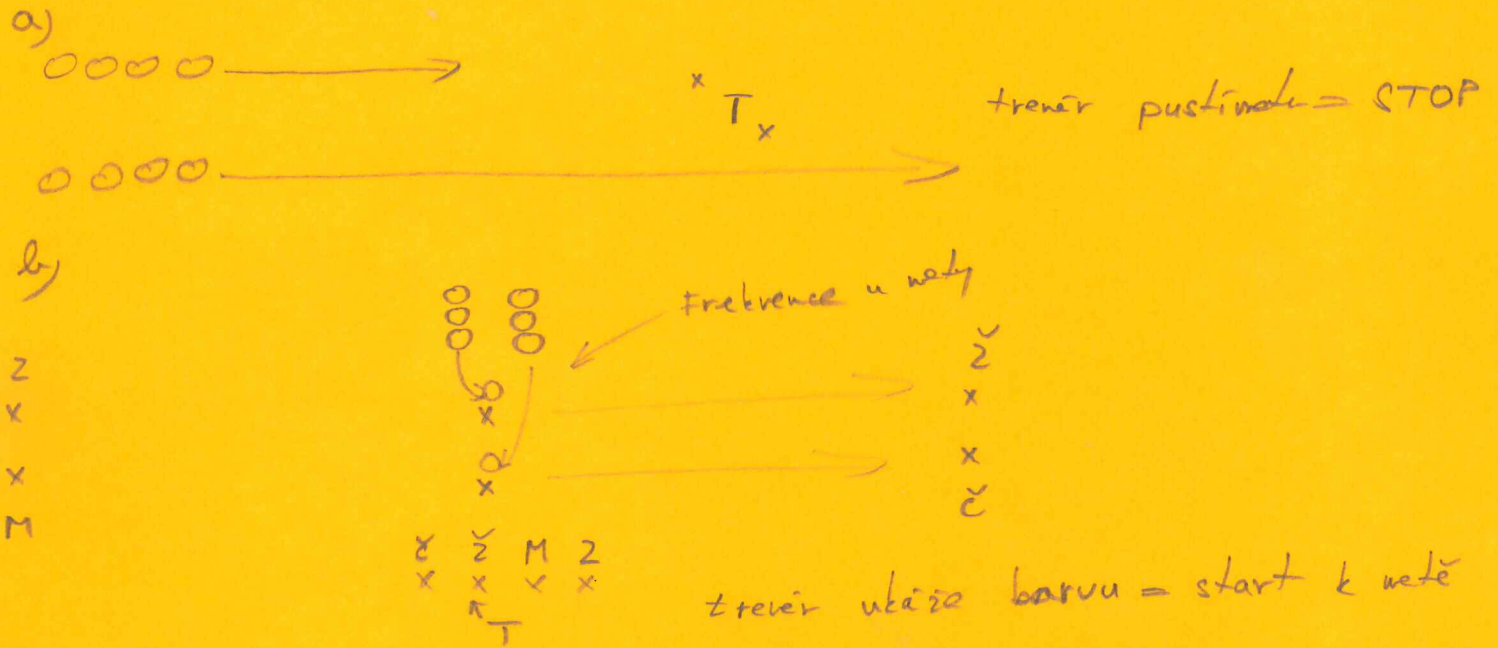
-piute do baloun  
a prikusje

# RYCHLOST

## FREKVENCE



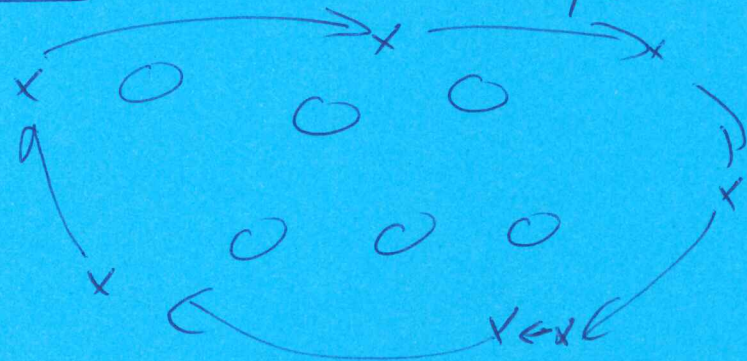
## REAKCE



# ZMĚNY SMĚRU

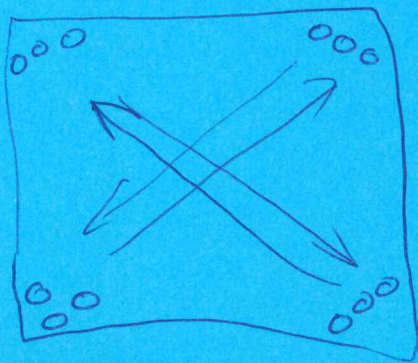
## HRŮ

1/ Obruce - o 1 min vez je deti



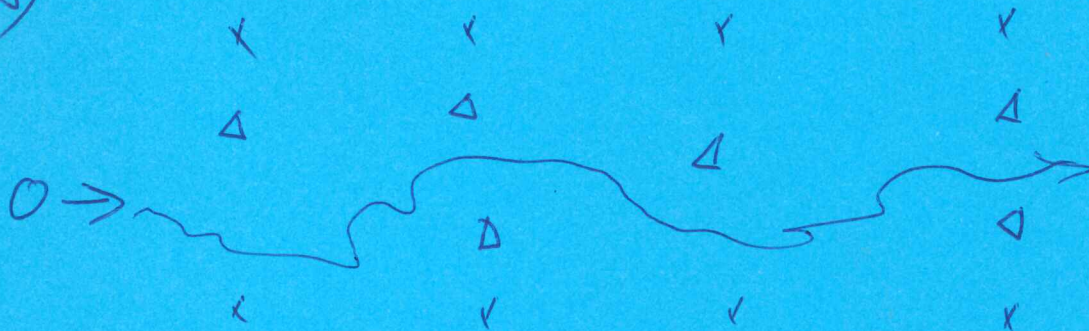
- deti behaji  
- trener pise na

2/



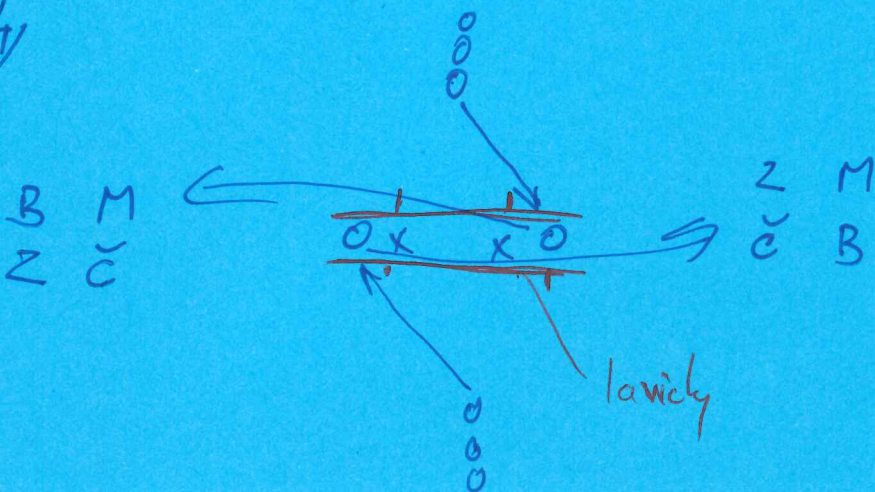
- presuny vchlopriceni

3/



Myslivec  
a zajaci

4/



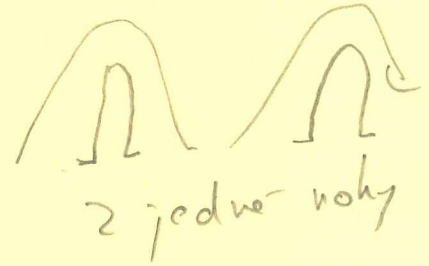
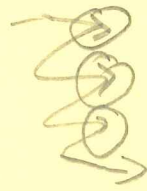
- nabeh  
- frekvence u nety  
- signal barva

↳ start k metě

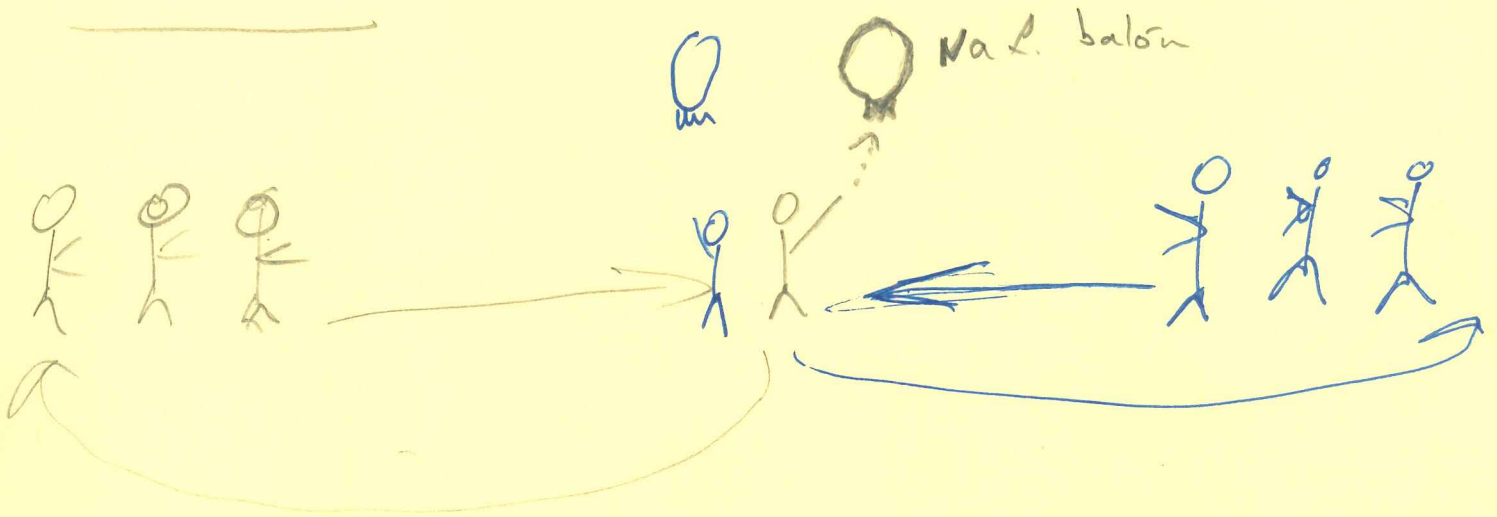
- lavicky



# Dynamika

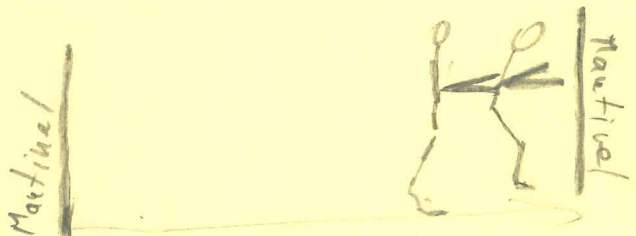


## START 4



Na L. balon

## BEZDY

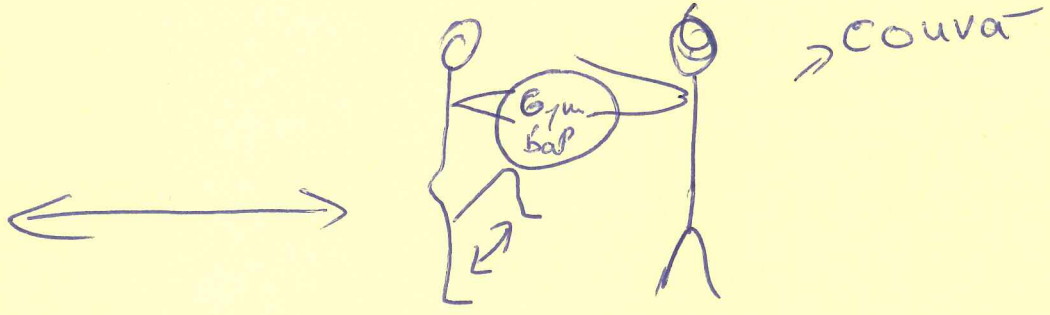


8 m sprint pod tlakem

- dvojice + střídání



pusiti netu = STOP



Stipinul ps pak sprinul

