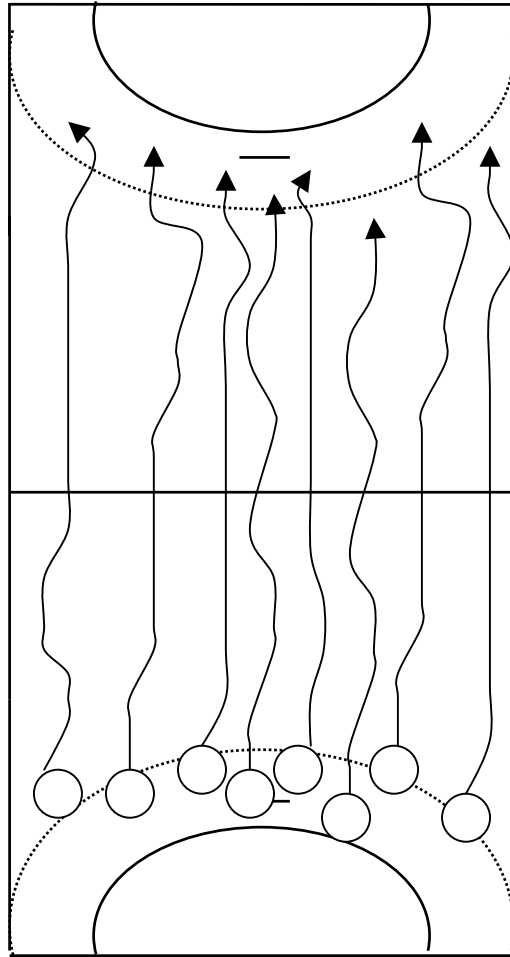




PRACTICAL EXERCISES OF BASIC ENDURANCE (Block I)

GRAPHIC



DESCRIPTION

- ⇒ To throw the ball up and advance and to catch it before it falls to the floor
- ⇒ The same thing but it is necessary to make a turn while the ball is in the air
- ⇒ The same thing but now we have to sit down
- ⇒ To throw the ball into the air, to make a change of direction and to catch it before it falls to the floor
- ⇒ The same thing, but after catching the ball we make a small acceleration
- ⇒ The same thing but we also make a feint (break)
- ⇒ To dribble with one hand and later with the other one
- ⇒ Change hand every three dribblings
- ⇒ Dribbling and doing changes of direction

COACH INFORMATION

The first work block will be:

Different individual exercises with the ball in hand.

Always in defined running lanes

We will go working of an area after the other one and the turn we will always carry out it in slow moving carrying out exercises of ball handling.

It is very important to maintain a continuous even low rhythm