

Fabian W. Otte/Sarah-Kate Millar/Stefanie Klatt

# INDIVIDUALTRAINING IN TEAMSPORTARTEN

## Das „PoST“ Modell zur Periodisierung von Fertigkeitstraining

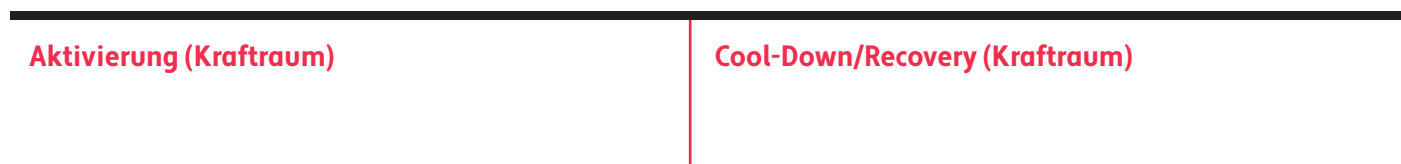
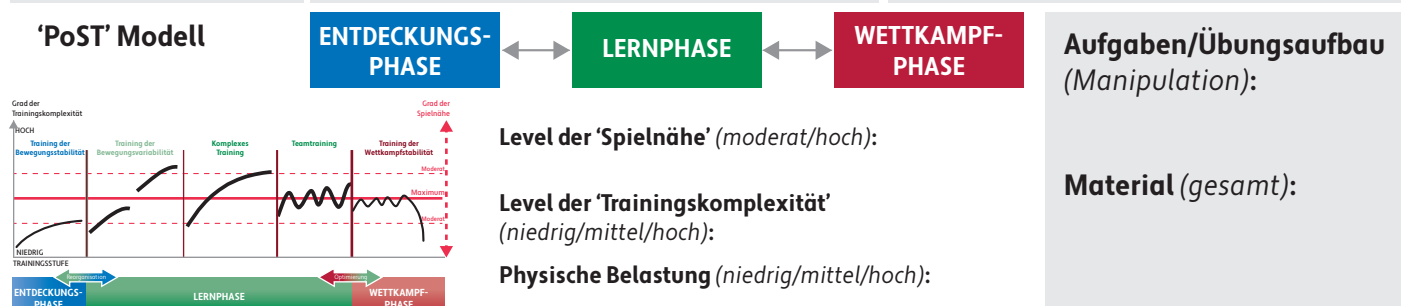
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<b>Datum:</b>	<b>Individuelle Notizen (Spieler):</b>	<b>Technisch-taktischer Inhalt des Teamtrainings (falls vorhanden):</b>
<b># an Spielern:</b>		
<b>Dauer:</b>		



**Warm-Up**  
(gesteuert vom Spieler)

**Teil 1**

	Training der Bewegungsvariabilität	Komplexes Training	Teamtraining
<b>Unterstufe:</b>	<b>LERNPHASE</b>		
<b>Aufgaben/Übungsaufbau (Manipulation):</b>	<b>Verändertes Material (falls vorhanden):</b>	<b>Trainingskomplexität (niedrig/medium/hoch):</b>	

**Teil 2**

	Training der Bewegungsvariabilität	Komplexes Training	Teamtraining
<b>Unterstufe:</b>	<b>LERNPHASE</b>		
<b>Aufgaben/Übungsaufbau (Manipulation):</b>	<b>Verändertes Material (falls vorhanden):</b>	<b>Trainingskomplexität (niedrig/medium/hoch):</b>	

**Teamtraining**  
*Integriert mit gesamten Team*

	Training der Bewegungsvariabilität	Komplexes Training	Teamtraining
<b>Unterstufe:</b>	<b>LERNPHASE</b>		
<b>Aufgaben/Übungsaufbau (Manipulation):</b>	<b>Verändertes Material (falls vorhanden):</b>	<b>Trainingskomplexität (niedrig/medium/hoch):</b>	

Abbildung A: Trainingsplanung einzelner Einheiten mithilfe des „PoST“ Modells