

ENTRENAR EL CONTRAATAQUE

Bob Murray



Entrenar Al Contraataque Pb 2004

Santiago Vázquez Folgueira



Entrenar Al Contraataque Pb 2004:

ENTRENAR EL CONTRAATAQUE Bob Murrey, 2004-07-29 En este libro renombrados entrenadores de baloncesto explican qu estrategias utilizan para ense ar el contraataque desarrollar jugadas de tiro r pido sin perder el bal n jugar bajo presi n y c mo establecen sus objetivos seg n las caracter sticas de sus equipos Asimismo a trav s de claros esquemas y concisas explicaciones el lector podr seguir paso a paso el an lisis de los sistemas de contraataque que emplean

Organización del entrenamiento en el , *Teoría y planificación del entrenamiento deportivo* José Campos Granell, Víctor Ramón Cervera, 2005-10 *Quinientos 1 ejercicios de contraataque en fútbol* Santiago Vázquez Folgueira, 2023-11-30 Muchos t cnicos de f tbol defienden un sistema de juego basado en el contragolpe sin deparar en qu implica verdaderamente el desarrollo de este sistema de juego y no entrenan espec ficamente esta estrategia En 501 ejercicios de contraataque en f tbol el autor plantea de forma did ctica y progresiva ejercicios de contraataque primero de forma individual y en grupo reducido para pasar en la segunda parte de la obra a los ejercicios colectivos Tambi n recoge ejemplos de contraataques extra dos de diversas competiciones 501 ejercicios de contraataque en fútbol Santiago Vázquez Folgueira, 2014 *O Camiño do solpor* António Sá, 2000

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