

PreSeason Handball Fysical Level 1

	CORE	CONDITIONING	KNEE/ANKLE	THROWING	SPRINT/JUMP
week 1 level 1	super set side plank 3x30s man-maker pushup(only) 3x16 deadbug 3x12	3x3 min speed: 11s per 40 m (distance of handball field) afterwards: zonnegroet 5x (= sun salution)	single leg squad 3x8 wall sit 3x30s double leg bridge 3x12 for knee: leg extention 3x12 for ankle: ankle rolls 3x20s	regular throw bal size 2 10 min max 15 meter (=overspelen, = play catch) reverse throws 3x12	jump down 3x12 ONLY! Landing
	super set side plank 3x30s man-maker pushup(only) 3x16 deadbug 3x12	3x3 min speed: 11s per 40 m (distance of handball field) afterwards: zonnegroet 5x	sinlge leg hop (hinkelen) 3x20 meter play catch while standing on 1 3x 1 min leg hooghouden 'Keepie-Uppie' 3x 1 min wall sit 3x30s	regular throw tennisbal + bal size 3 5 min max 20 meter add: full swing side throw bal size 2 5 min max 10 meter	jump down 3x12 ONLY! Landing
	super set side plank 3x30s man-maker pushup(only) 3x16 deadbug 3x12	3x3 min speed: 11s per 40 m (distance of handball field) afterwards: zonnegroet 5x	single leg squad 3x8 wall sit 3x30s double leg bridge 3x12 for knee: leg extention 3x12 for ankle: ankle rolls 3x20s	regular throw bal size 2 10 min max 30 meter add: side step before throw reverse throw 3x12	jump down 3x12 ONLY! Landing