

PreSeason Handball Fysical Level 2

	CORE introduce rotations	CONDITIONING introduce rotations	KNEE/ANKLE introduce side movement	THROWING increase weighth and speed	SPRINT/JUMP introduce explosive movement
week 3 level 2	super set  rotation side plank l/r 12x  superman 3x12  push-up small 3x8	3x3 min  speed: 10s per 40 m (distance of handball field) sprint 20 m back and forth  (distance of half court)  3x30s	single leg squad 3x12  skate jumps 3x 20 s  leg extention with weights 3x12  single leg side jumps (quick) 3x30s	play catch, speed bal size 2 2 min max 10 meter play catch, speed bal size 3 2 min max 10 meter play catch, speed tennisbal 2 min max 10 meter max ground throws bal size 2 3x12	single leg jump down 3x12  sprint 8*8 max speed
	rotation side plank l/r 12x  superman 3x12  push-up small 3x8	3x3 min  speed: 10s per 40 m (distance of handball field) sprint 20 m back and forth  (distance of half court)  3x30s	sinlge leg hop (hinkelen) 3x40 meter  ankle extention 3x12  hooghouden 'Keepie-Uppie' 3x1 min  wall sit 3x1 min	side throws bal size 2 5 min max 10 meter play catch + side step+ full swing bal size 2 10 min max 30 meter	single leg jump down 3x12  dribble 4*20 max speed  triangle shuffle 4x20s
	rotation side plank l/r 12x  superman 3x12  push-up small 3x8	3x3 min  speed: 10s per 40 m (distance of handball field) sprint 20 m back and forth  (distance of half court)  3x30s	single leg squad 3x12  skate jumps 3x 20 s  leg extention 3x12  single leg side jumps (quick) 3x30s	play catch, speed bal size 2 2 min max 10 meter play catch, speed bal size 3 2 min max 10 meter play catch, speed tennisbal 2 min max 10 meter max ground throws bal size 2 3x12	single leg jump down 3x12  sprint 8*8 max speed