|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| C.B. HONDARRIBIA | | **DIA: 23/8/2011**  **20:00 – 22:00** | | | | SESION Nº 4 | | |
| OBJETIVOS:  * Resistencia Aeróbica (POTENCIA AEROBICA) * TEC - TAC   + Adaptación y manejo de balón ([ver C.T 193](../../ataque/tec-tac-individua/pase-recpcion/CT193-AEBM-Adaptacion%20y%20manejo%20Balon-Gabriel%20Torres_%5bbarbolax%5d.pdf) )   + Pase – recepción ([ver](../../ataque/tec-tac-individua/pase-recpcion/pases-recepciones-2.pdf) y [ver](../../ataque/tec-tac-individua/pase-recpcion/mas-contenidos-pase-recepcion.doc) ) | | | | | | | | |
| FASES DE LA SESIÓN /EJERCICIO | ESQUEMAS | | | | INFORMACION | | | |
| CALENTAMIENTO | | | | | | | 15’ | |
| * Carrera continua alrededor de la pista balonmano * 4 x (ABD(25) + LUMB(15) + FLEXIONES(15) + SALTOS(15) ) | | | | | | | | |
| Resistencia Aeróbica | | | | | | | | 50’ |
|  |  | | | | | | |  |
|  | | | | | | |  |
|  | | | | | | |  |
| TEC – TAC | | | | | | | | 30’ |
|  |  | |  | | | | |  |
|  |  | |  | | | | |  |
| Estiramientos | | | | | | | | 10’ |
|  |  | | |  | | | |  |
|  | | | | | | | |  |