



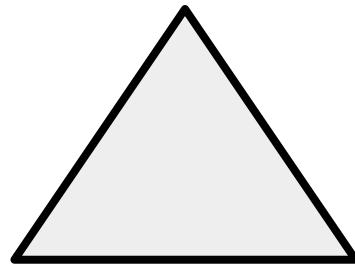
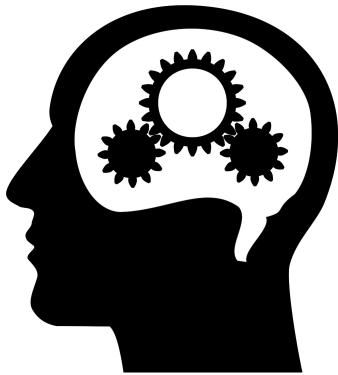
Webinář

*Trénink brankáře
s minimem pomůcek*

Ondřej Almaši



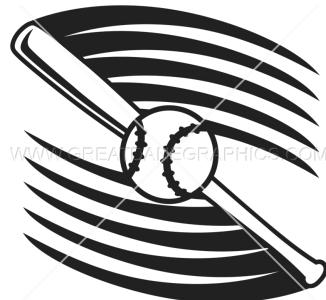
www.ondrejalmasi.com





DOPLŇKOVÉ SPORTY

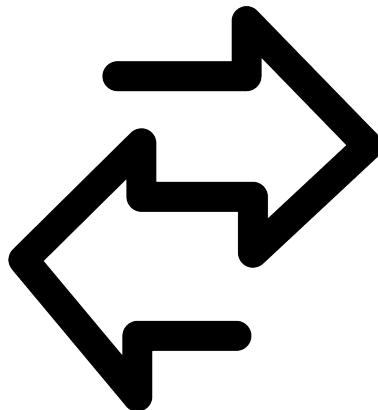
Proč jsou
důležité?



=

$1 + 1 = 3$

TRANSFER

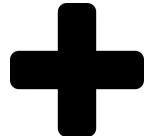


USA Hockey Goaltending - webinar 2016

Learning to Catch



NAUČIT SE CHYTIT



Upevňování pohybového vzoru / svalové paměti -
Chytat míček tzv. “**mezi prsty**”



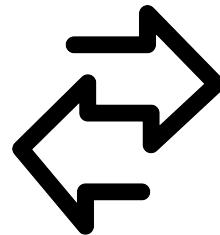
**Click
Here**



**Click
Here**



PŘED KAŽDÝM TRÉNINKEM



“Nebo si jít jen tak házet”



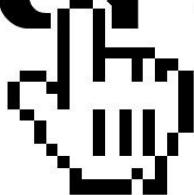


TUHÁ LAPAČKA - JAK NA TO!

Cviky s



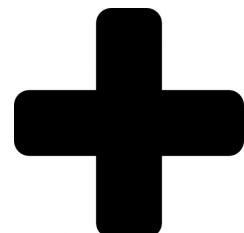
Click
Here







- HŘIŠTĚ
- KONDICE



- VÝCHOVA BR.
- DLOUH. TRÉNINK SP.
- BR. ZRALOST



Rychlé nohy + koordinace - kužílky



Rychlé nohy + koordinace - “line drill”



Rychlé nohy + koordinace - Goalie švihadlo





Odkaz ZDE







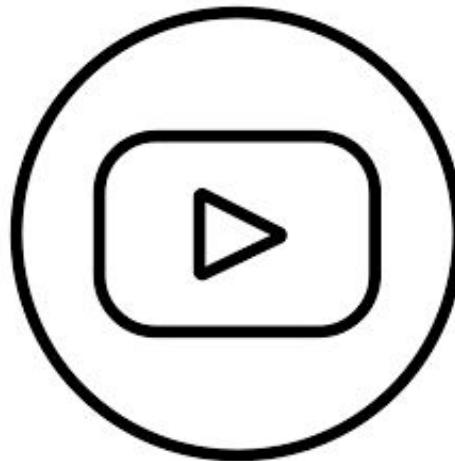








Inspirace



**Click
Here**







How to do Side Lunges











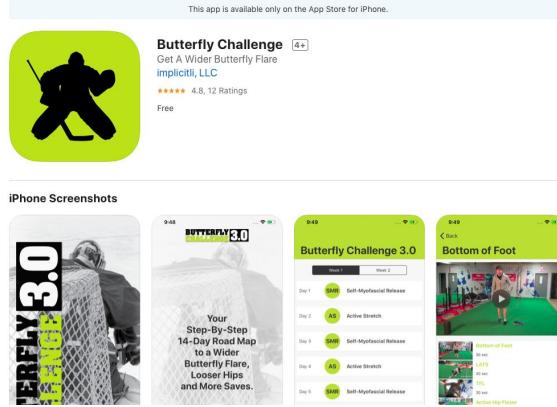






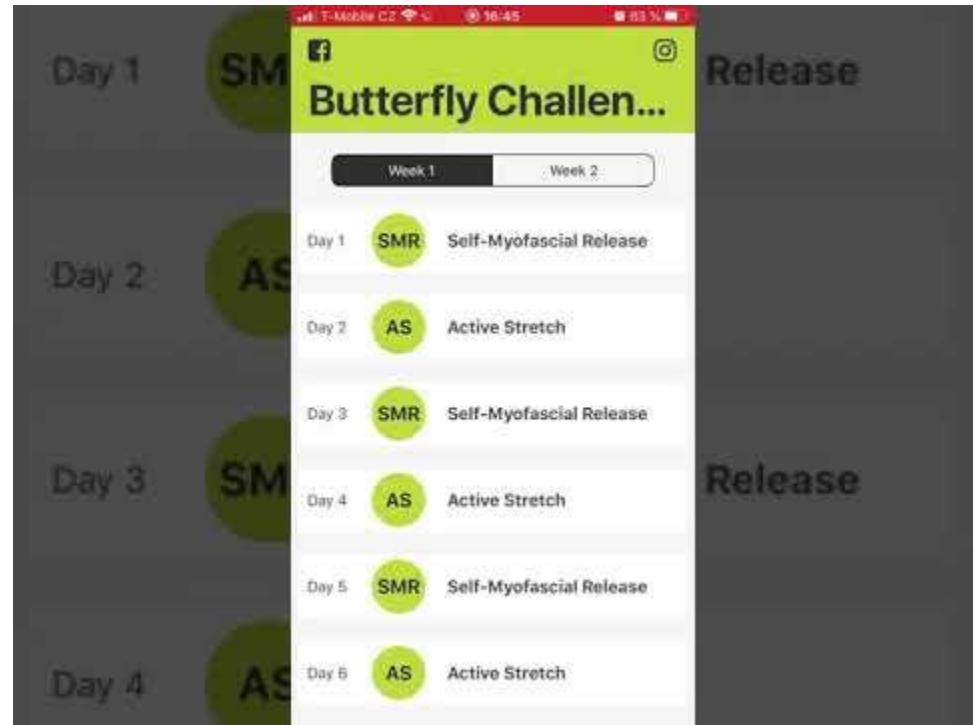
MOBILITA & FLEXIBLITA

App Store Preview



BUTTERFLY challenge IOS

BUTTERFLY challenge Android











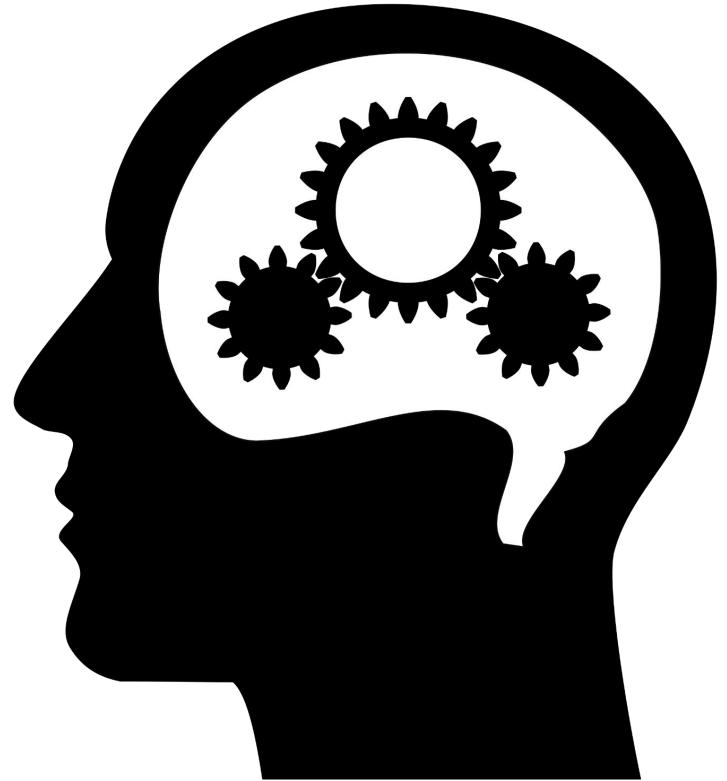


Posilování doma

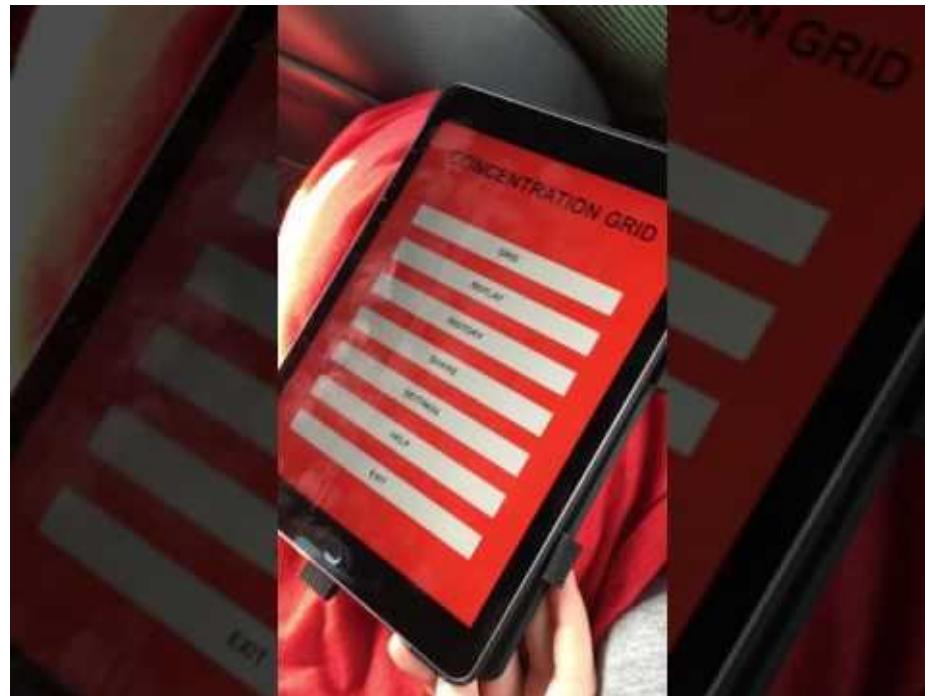
Posilování rukou a trupu

Posilování nohou s vlastní vahou

Posilování nohou - dynamika

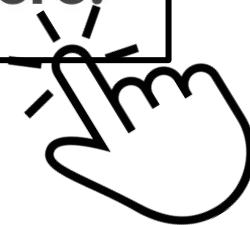


Trénink koncentrace - aplikace

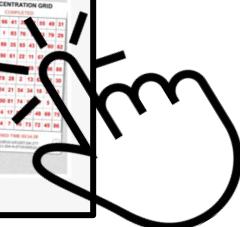


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CONCENTRATION GRID



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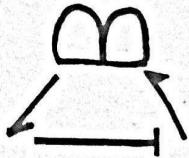
GET IT ON
Google Play



1



2



3



4



5



6



7



8



9



10





Přesun stranou



**Děkuji
za pozornost**

Ondřej Almaši