# WEBINÁŘ ČMSHB.

## KONDIČNÍ TRÉNINK:

## “V JEDNODUCHOSTI JE SÍLA”

ONDŘEJ ALMAŠI

KVADRANT KVALIT

UČENÍ

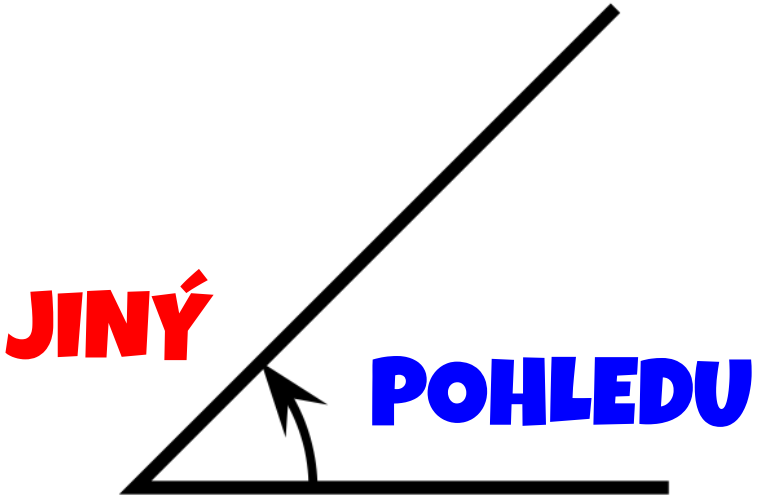
JEDNODUCHOST V PRAXI

SÍLA

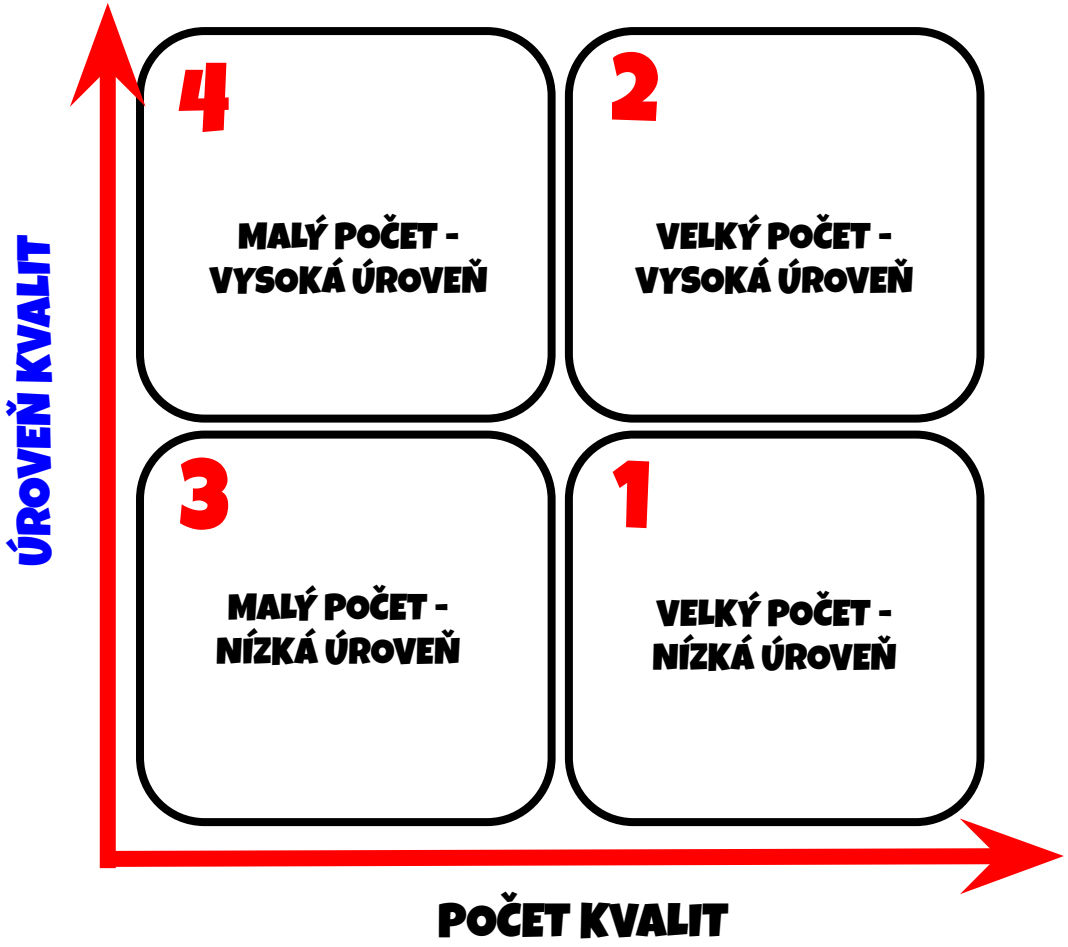
RYCHLOST

STREČINK?

DISKUZE




KVADRANTY SCHOP., DOVEDN. A KVALIT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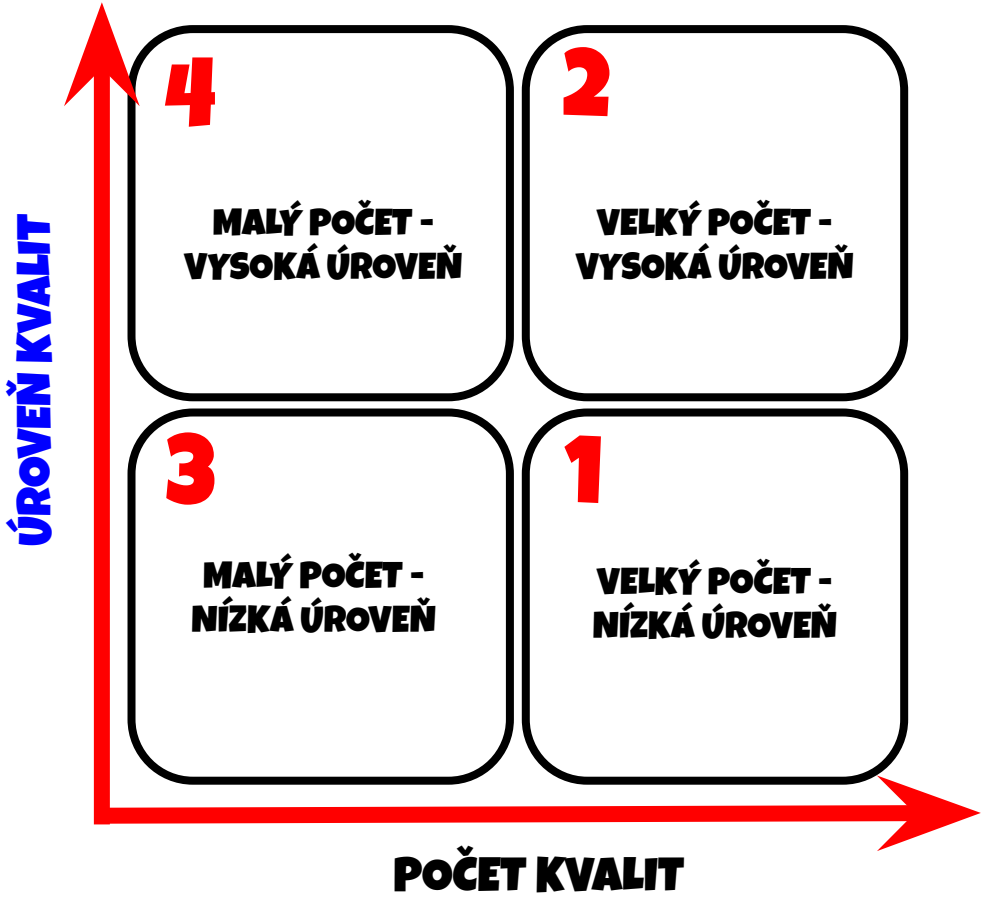
MALÝ POČET -
VYSOKÁ ÚROVEŇ
2
VELKÝ POČET -
VYSOKÁ ÚROVEŇ
3
MALÝ POČET -
NÍZKÁ ÚROVEŇ
1
VELKÝ POČET -
NÍZKÁ ÚROVEŇ
ÚROVEŇ KVALIT
POČET KVALIT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VELKÝ POČET - VYSOKÁ ÚROVEŇ
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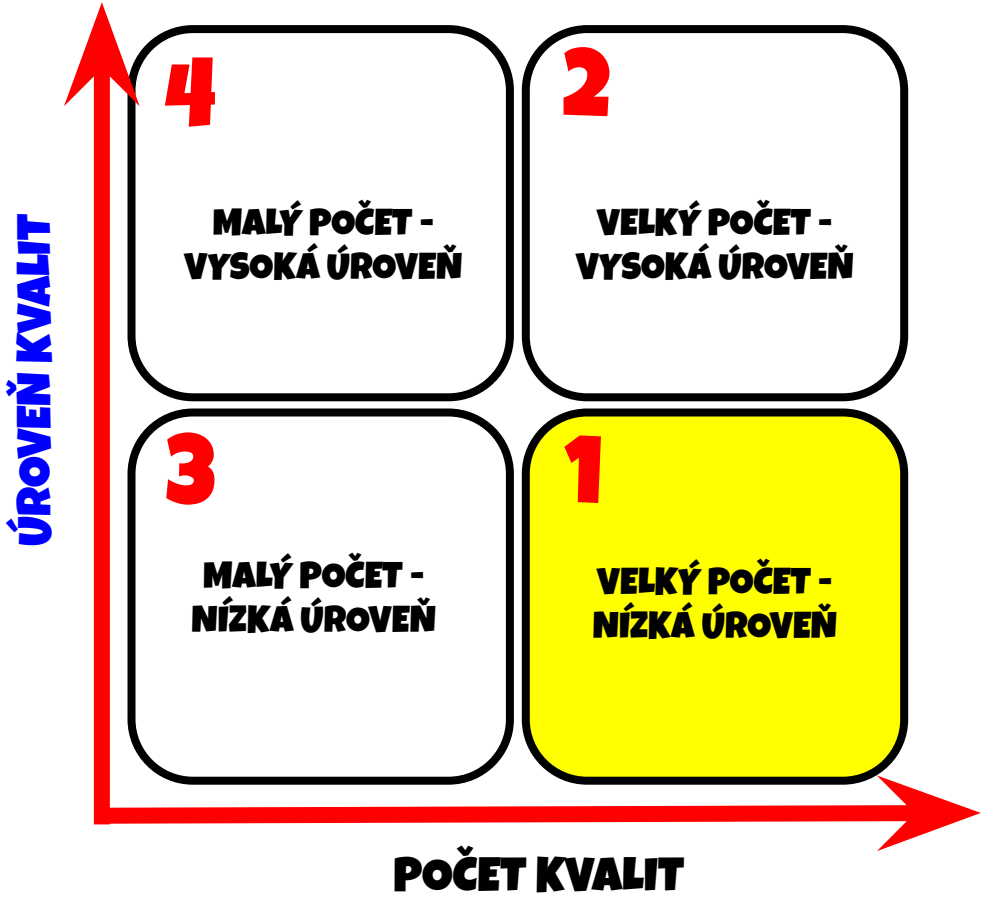
MALÝ POČET - NÍZKÁ ÚROVEŇ
1
VELKÝ POČET - NÍZKÁ ÚROVEŇ
ÚROVEŇ KVALIT
POČET KVALIT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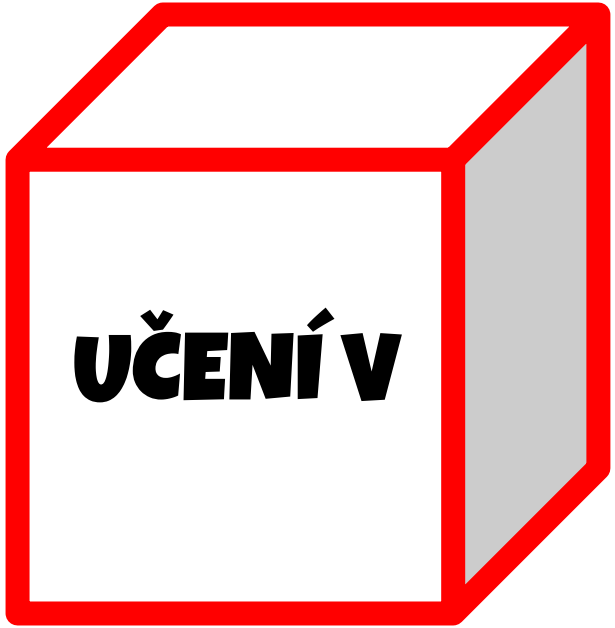
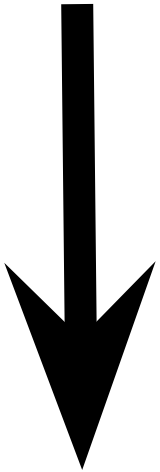
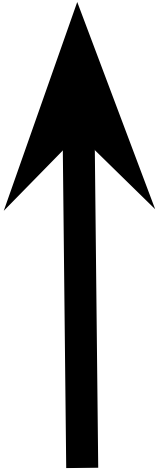
VYSOKÁ ÚROVEŇ
2
VELKÝ POČET -
VYSOKÁ ÚROVEŇ
3
MALÝ POČET -
NÍZKÁ ÚROVEŇ
1
VELKÝ POČET -
NÍZKÁ ÚROVEŇ
ÚROVEŇ KVALIT
POČET KVALIT


UČENÍ V

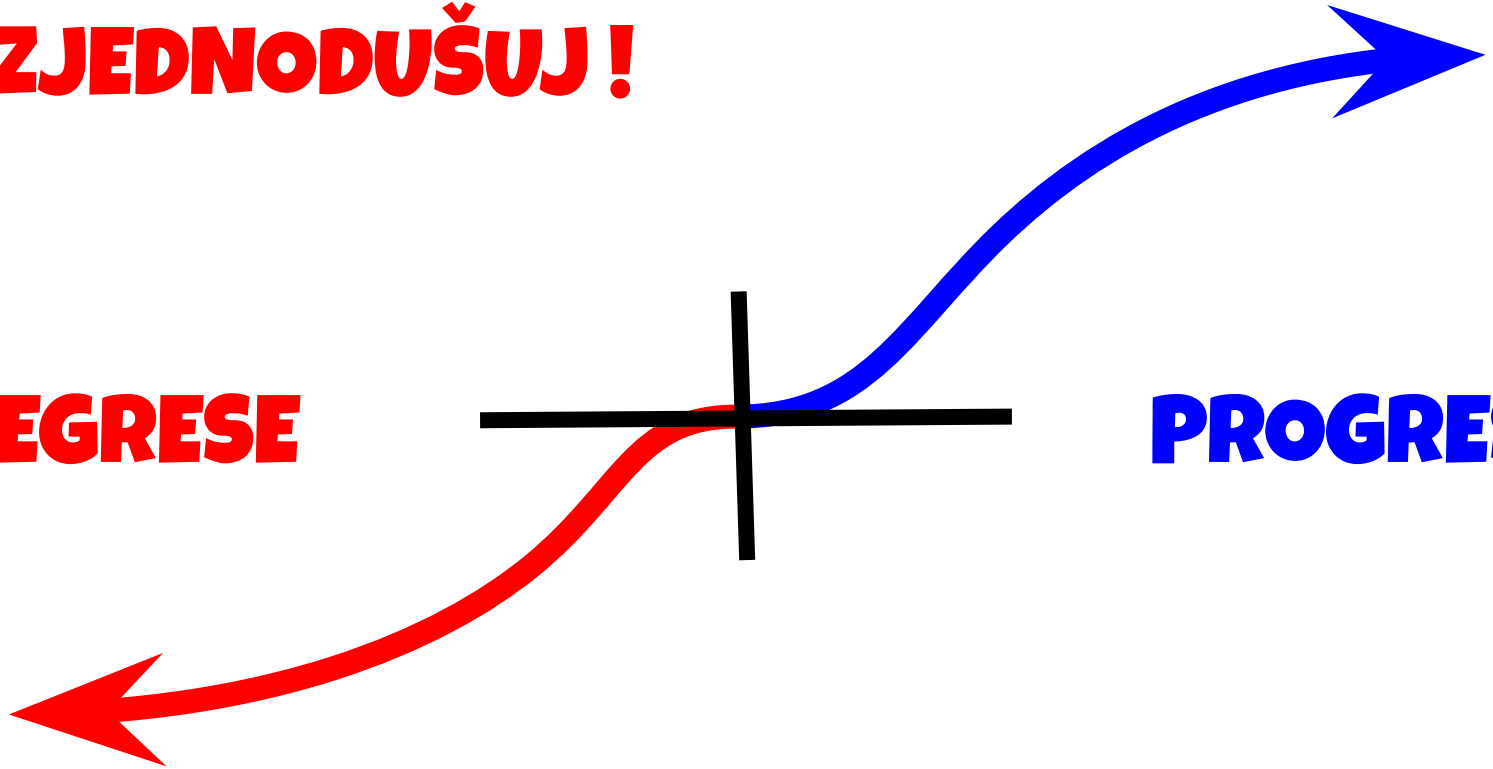


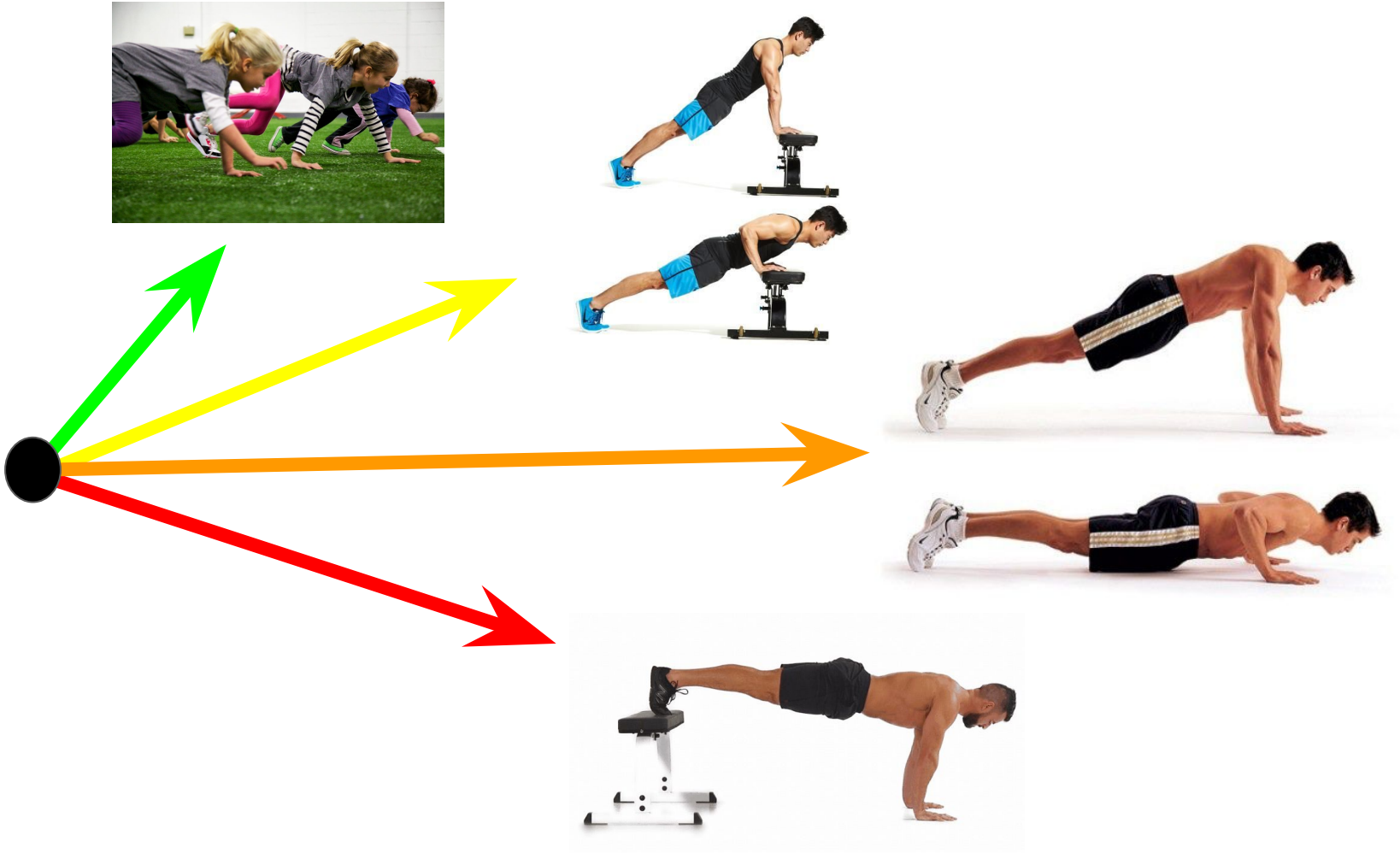
“DOKONALOST JE NEPŘÍTEL DOBRÉHO”

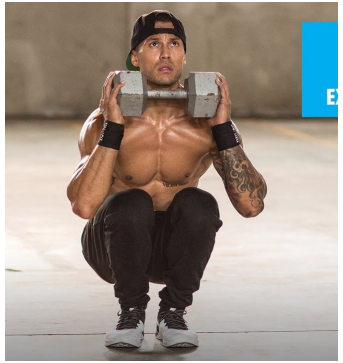


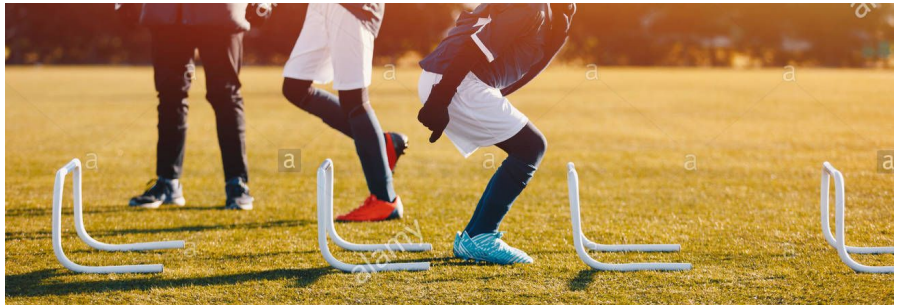
# NĚCO NEFUNGUJE?

## ZJEDNODUŠUJ !







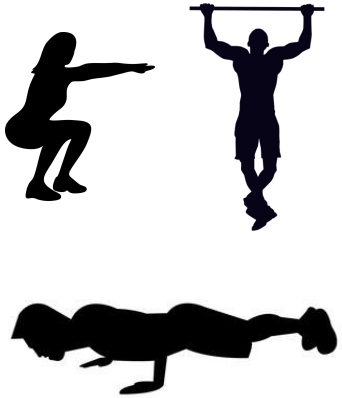


START
END
NEGATIVES

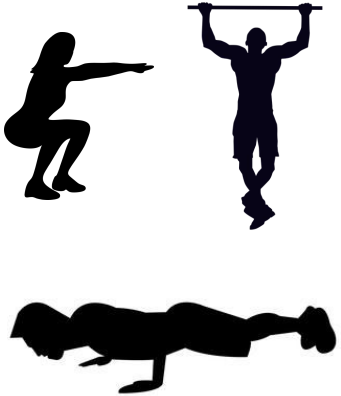
“SÍLA”

# “SÍLA”

# “BIG PICTURE”



# “BIG PICTURE”



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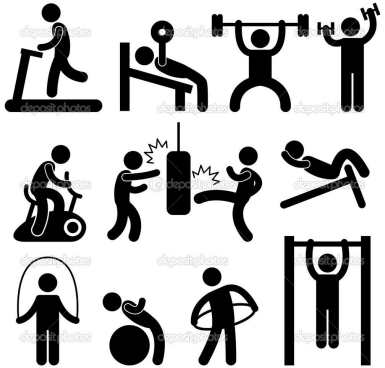

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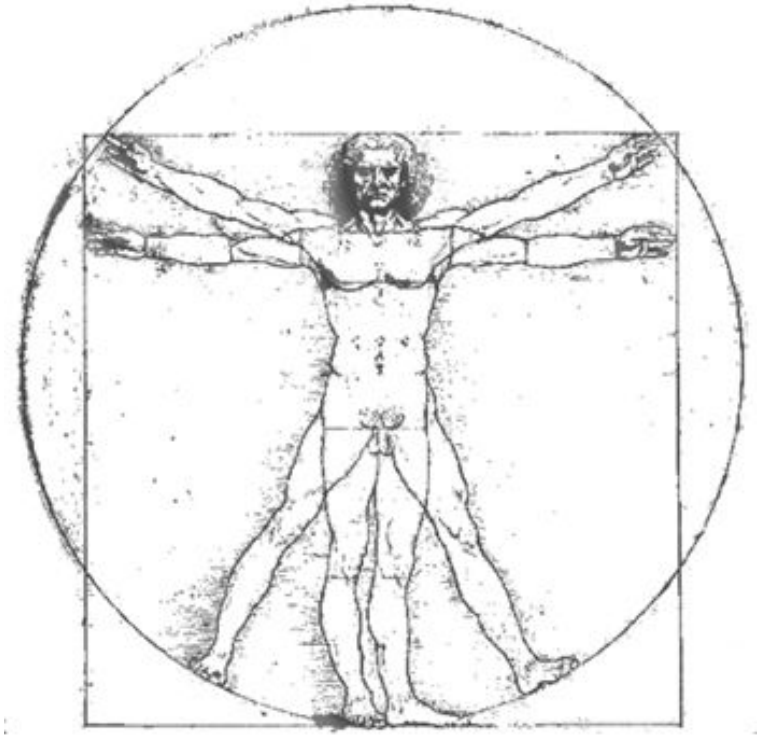


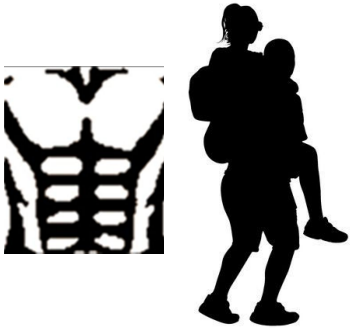
# JEDEN CELEK

# POHYBY
# NE
# SVALY

TAH

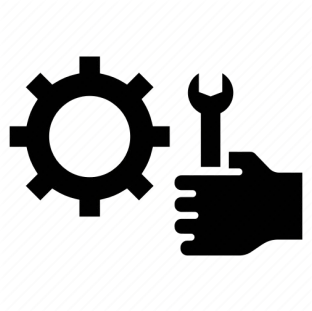
PŘEDKLON

TLAK



NOŠENÍ BŘEMENA / TRUP

DŘEP



ASISTENČNÍ CVIKY

# POHYB

# PŘÍKLADY CVIKŮ / VARIANT

**TAH**

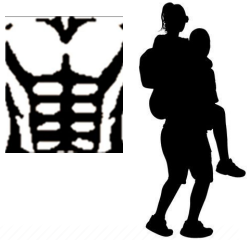
**TLAK**

**DŘEP**

# POHYB

# PŘÍKLADY CVIKŮ / VARIANT

## PŘEDKLON / KYČELNÍ OHYB



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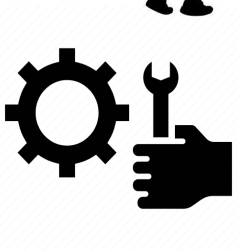


## ASISTENČNÍ CVIKY

•••

POHÁROVÝ DŘEP

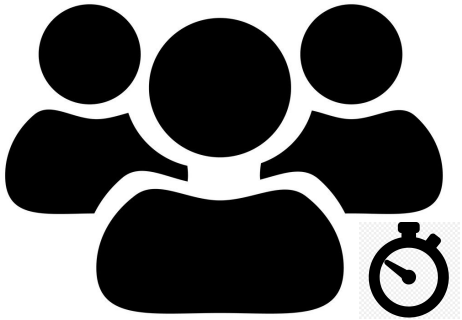
L ŠPLH

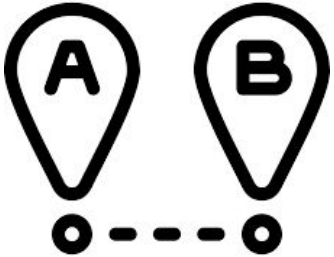
SÁNĚ

L STOJKA

TAH - TLAK - DŘEP

# RYCHLOST



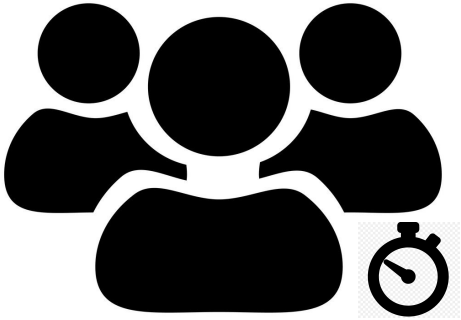


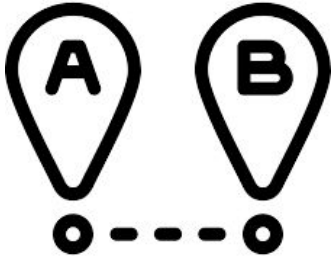
# RYCHLOST EFEKTIVNĚ

OBJEM

+

ÚNAVA






INTENZITA

+

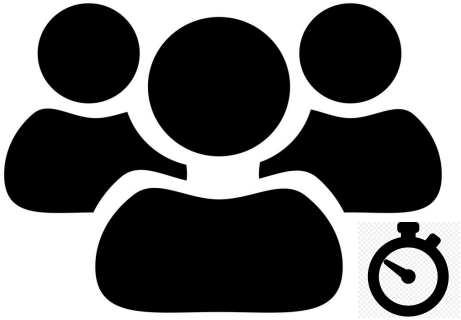
CNS

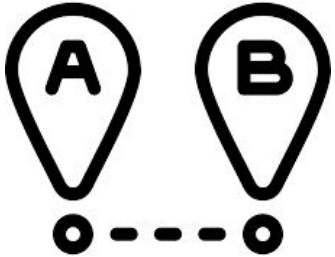
# RYCHLOST

OBJEM

+

ÚNAVA






INTENZITA

+

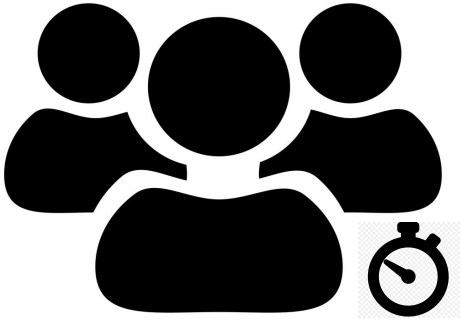
CNS

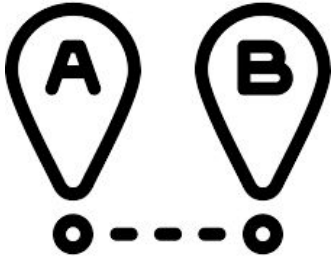
# RYCHLOST

OBJEM

+

ÚNAVA






INTENZITA

+

CNS

DRÁHA - ČÍSLA

PEŠEK

ČLUNKOVÝ BĚH - ČÍSLA

NAHÁNĚNÁ

NA ČÍSLA - KŘÍŽEM

DOBÍHAČKA

ZRCADLO + STARTY

# “STREČINK”
# ???

## AKTIVNÍ FORMA

## ZVYŠOVÁNÍ POHYBLIVOSTI POHYBEM

namaste☆kid

namaste☆kid

**VIDEO**

# DĚKUJI ZA POZORNOST!