



Manual sobre Técnicas de Balonmano. Preparación de Deportistas de 9 a 17 Años (Spanish Edition)

Angel Chávez Oviedo

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Documento del año 2015 en el tema Deportes - Teoría y Práctica, , Materia: Balonmano, Idioma: Español, Resumen: El libro abarca la preparación del deportista desde su selección a la edad de 9 años, pasando por el aprendizaje secuenciado de los elementos técnicos por cada una de los estadios hasta su maduración a la edad de 16-17 años.

Hemos tratado de elaborar un manual ilustrado, con fotos para su mejor comprensión, fácil en su lenguaje para el dominio de cualquier persona que desee instruir la disciplina, sea cual sea su nivel.

Todo lo que podrá apreciarse en este folleto, es la visión de los años de experiencia acumulada por su autor como miembro de la selección nacional, sus estudios sobre el tema y su trabajo con niños de estas edades, muchos de los cuales forman parte en este momento de nuestras selecciones nacionales juveniles y de mayores.

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