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Wolfgang Schnepfer, Manfred Classen

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Dieses Buch richtet sich an F-Jugend- und E-Jugendtrainer und Betreuer, die noch keine oder wenig Erfahrung im Bereich des modernen, kindgerechten Trainings gesammelt haben. Aus diesem Grund werden hier über 100 effektive Übungen für die beiden Altersklassen vorgestellt, um den Trainern / Betreuern den Einstieg ins Trainergeschäft zu erleichtern. Aber auch die erfahrene Trainerin oder der erfahrene Trainer findet hier neue Anreize und Übungen. Die Spiele und Übungen werden ausführlich erklärt und mit zahlreichen Skizzen untermalt. Darüber hinaus werden die Grundregeln für den Umgang mit den jungen Spielern und Spielerinnen und diverse Trainingsgrundsätze vorgestellt."

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