

Practical demonstration

Wednesday 15:00 – 15:50 – 1 demonstration 30-40 minutes + feedback

The goal of the demonstration is to mention the most common injuries in the given sport. Focus on one most common problems. e.g. volleyball players most often have shoulder problems. Then show us what exercises we could do with volleyball players to prevent these injuries. Don't forget to warm up, you can also use mobilisation, stretching, strengthening, breathing and relaxing exercises. You can also use any exercise equipment we have here – bands, Bosu, roller, overball, fitball etc., if you are not sure, please email me. I don't want to set the number of exercises for you, it will be different for each problem. Try to stick to a time frame of 30 to 40 minutes.

19.10.

Batsu – volleyball

26.10.

Bianka – hockey

2.11.

Curro – tennis

9.11

Jorge – football

16.11.

Iván – jiu jitsu

23.11.

Alicia – pole dance

30.11.

Daniel – basketball