

Practical demonstration

Wednesday 7:00 – 7:50 – 1 demonstration max 30 minutes + feedback

The goal of the demonstration is to mention the most common injuries in the given sport. Focus on one of the 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 here – bands, Bosu, roller, overall, 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 maximum of 30 minutes.

18.10.

Sara – pole dance

25.10.

Mark – crossfit

1.11.

Rocío – football

8.11

Lukas – swimming

15.11.

Natalia – volleyball

22.11.

Ignacio – fitness gym

29.11.

Daniela – tennis

6.12.

Isabel – paddle