Exercises for Inline Skates or CC Skies

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| Drive In-Run position moving center of pressure (COP) forward and backward. | Macintosh HD:Users:Stoaxn:Documents:Stams:Übungssammlung:data:collection_current:075_An_gl_S_AF_Hocke_Knie_vor_zurueck:images:image1.jpgMacintosh HD:Users:Stoaxn:Documents:Stams:Übungssammlung:data:collection_current:075_An_gl_S_AF_Hocke_Knie_vor_zurueck:images:image2.jpgMacintosh HD:Users:Stoaxn:Documents:Stams:Übungssammlung:data:collection_current:075_An_gl_S_AF_Hocke_Knie_vor_zurueck:images:image3.jpg |
| Drive In-Run position making short and long back. | Macintosh HD:Users:Stoaxn:Documents:Stams:Übungssammlung:data:collection_current:081_An_gl_S_AF_Hocke_Ruecken_flach_rund:images:image1.jpgMacintosh HD:Users:Stoaxn:Documents:Stams:Übungssammlung:data:collection_current:081_An_gl_S_AF_Hocke_Ruecken_flach_rund:images:image2.jpgMacintosh HD:Users:Stoaxn:Documents:Stams:Übungssammlung:data:collection_current:081_An_gl_S_AF_Hocke_Ruecken_flach_rund:images:image3.jpg |
| Drive In-Run position stretching and bending arms. | Macintosh HD:Users:Stoaxn:Documents:Stams:Übungssammlung:data:collection_current:080_An_gl_S_AF_Hocke_Arme_kurz_lang:images:image1.jpgMacintosh HD:Users:Stoaxn:Documents:Stams:Übungssammlung:data:collection_current:080_An_gl_S_AF_Hocke_Arme_kurz_lang:images:image2.jpgMacintosh HD:Users:Stoaxn:Documents:Stams:Übungssammlung:data:collection_current:080_An_gl_S_AF_Hocke_Arme_kurz_lang:images:image3.jpg |
| Drive In-Run position taking arms up and down | Macintosh HD:Users:Stoaxn:Documents:Stams:Übungssammlung:data:collection_current:079_An_gl_S_AF_Hocke_Arme_hoch_tief:images:image2.jpgMacintosh HD:Users:Stoaxn:Documents:Stams:Übungssammlung:data:collection_current:079_An_gl_S_AF_Hocke_Arme_hoch_tief:images:image3.jpgMacintosh HD:Users:Stoaxn:Documents:Stams:Übungssammlung:data:collection_current:079_An_gl_S_AF_Hocke_Arme_hoch_tief:images:image1.jpg |
| Drive In-Run position taking head in and out | Macintosh HD:Users:Stoaxn:Documents:Stams:Übungssammlung:data:collection_current:078_An_gl_S_AF_Hocke_Kopf_hoch_tief:images:image1.jpgMacintosh HD:Users:Stoaxn:Documents:Stams:Übungssammlung:data:collection_current:078_An_gl_S_AF_Hocke_Kopf_hoch_tief:images:image2.jpgMacintosh HD:Users:Stoaxn:Documents:Stams:Übungssammlung:data:collection_current:078_An_gl_S_AF_Hocke_Kopf_hoch_tief:images:image3.jpg |
| Drive In-Run position moving pressure from left to right foot | Macintosh HD:Users:Stoaxn:Documents:Stams:Übungssammlung:data:collection_current:077_An_gl_S_AF_Hocke_Belastunngswechsel_li_re:images:image1.jpgMacintosh HD:Users:Stoaxn:Documents:Stams:Übungssammlung:data:collection_current:077_An_gl_S_AF_Hocke_Belastunngswechsel_li_re:images:image2.jpgMacintosh HD:Users:Stoaxn:Documents:Stams:Übungssammlung:data:collection_current:077_An_gl_S_AF_Hocke_Belastunngswechsel_li_re:images:image3.jpg |
| Drive In-Run position taking knees in and out | Macintosh HD:Users:Stoaxn:Documents:Stams:Übungssammlung:data:collection_current:082_An_gl_S_AF_Hocke_Beine_O_X:images:image1.jpgMacintosh HD:Users:Stoaxn:Documents:Stams:Übungssammlung:data:collection_current:082_An_gl_S_AF_Hocke_Beine_O_X:images:image2.jpgMacintosh HD:Users:Stoaxn:Documents:Stams:Übungssammlung:data:collection_current:082_An_gl_S_AF_Hocke_Beine_O_X:images:image3.jpg |
| Drive In-Run position opening and closing hip | Macintosh HD:Users:Stoaxn:Documents:Stams:Übungssammlung:data:collection_current:074_An_gl_S_AF_Hocke_Schultern_hoch_tief:images:image1.jpgMacintosh HD:Users:Stoaxn:Documents:Stams:Übungssammlung:data:collection_current:074_An_gl_S_AF_Hocke_Schultern_hoch_tief:images:image2.jpgMacintosh HD:Users:Stoaxn:Documents:Stams:Übungssammlung:data:collection_current:074_An_gl_S_AF_Hocke_Schultern_hoch_tief:images:image3.jpg |
| Drive In-Run position obening and closing knee | Macintosh HD:Users:Stoaxn:Documents:Stams:Übungssammlung:data:collection_current:073_An_gl_S_AF_Hocke_Gesaess_hoch_tief:images:image1.jpgMacintosh HD:Users:Stoaxn:Documents:Stams:Übungssammlung:data:collection_current:073_An_gl_S_AF_Hocke_Gesaess_hoch_tief:images:image2.jpgMacintosh HD:Users:Stoaxn:Documents:Stams:Übungssammlung:data:collection_current:073_An_gl_S_AF_Hocke_Gesaess_hoch_tief:images:image3.jpg |
| Drive In-Run position getting higher and lower | Macintosh HD:Users:Stoaxn:Documents:Stams:Übungssammlung:data:collection_current:072_An_gl_S_A_Hocke_Gleiten_hoch_tief:images:image1.jpgMacintosh HD:Users:Stoaxn:Documents:Stams:Übungssammlung:data:collection_current:072_An_gl_S_A_Hocke_Gleiten_hoch_tief:images:image2.jpgMacintosh HD:Users:Stoaxn:Documents:Stams:Übungssammlung:data:collection_current:072_An_gl_S_A_Hocke_Gleiten_hoch_tief:images:image3.jpg |
| Drive In-Run position taking arms forward and backward | Macintosh HD:Users:Stoaxn:Documents:Stams:Übungssammlung:data:collection_current:047_An_gl_In_AF_Hocke_mit_Bew_aufgaben:images:image1.jpgMacintosh HD:Users:Stoaxn:Documents:Stams:Übungssammlung:data:collection_current:047_An_gl_In_AF_Hocke_mit_Bew_aufgaben:images:image2.jpg |
| Drive and balance on one leg | Macintosh HD:Users:Stoaxn:Documents:Stams:Übungssammlung:data:collection_current:019_An_gl_LL_AF_Ein_Bein_Gleiten:images:image1.jpg |
| Make different variations of jumps, e.g. elasto, stato, series, single, variate hands, ... | Macintosh HD:Users:Stoaxn:Documents:Stams:Übungssammlung:data:collection_current:045_Ab_ti_In_AF_Serienspr_ueb_Hindernisse:images:image1.jpgMacintosh HD:Users:Stoaxn:Documents:Stams:Übungssammlung:data:collection_current:045_Ab_ti_In_AF_Serienspr_ueb_Hindernisse:images:image2.jpg |
| Immitations with catcher only blocking shortly, not the whole way up | Macintosh HD:Users:Stoaxn:Documents:Stams:Übungssammlung:data:collection_current:088_Ab_spr_S_FE_Spruenge_mit_Blocken:images:image1.jpgMacintosh HD:Users:Stoaxn:Documents:Stams:Übungssammlung:data:collection_current:088_Ab_spr_S_FE_Spruenge_mit_Blocken:images:image2.jpgMacintosh HD:Users:Stoaxn:Documents:Stams:Übungssammlung:data:collection_current:088_Ab_spr_S_FE_Spruenge_mit_Blocken:images:image3.jpg |
| Jumps with telemark landing | Macintosh HD:Users:Stoaxn:Documents:Stams:Übungssammlung:data:collection_current:048_L_In_AF_Telemarklandung:images:image1.jpgMacintosh HD:Users:Stoaxn:Documents:Stams:Übungssammlung:data:collection_current:048_L_In_AF_Telemarklandung:images:image2.jpgMacintosh HD:Users:Stoaxn:Documents:Stams:Übungssammlung:data:collection_current:048_L_In_AF_Telemarklandung:images:image3.jpg |
| Jumps with obstacles | Macintosh HD:Users:Stoaxn:Documents:Stams:Übungssammlung:data:collection_current:009_Ab_ti_LL_AFE_Sprung_hindernisse:images:image1.jpgMacintosh HD:Users:Stoaxn:Documents:Stams:Übungssammlung:data:collection_current:009_Ab_ti_LL_AFE_Sprung_hindernisse:images:image2.jpg |

Exercises for Timing and Balance on Take-Off

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| Jump half ways and try to keep ancle control | Macintosh HD:Users:Stoaxn:Documents:Stams:Übungssammlung:data:collection_current:063_Ab_spr_A_AF_Spruenge_mit_kontroll_Sprunggelenk:images:image1.jpgMacintosh HD:Users:Stoaxn:Documents:Stams:Übungssammlung:data:collection_current:063_Ab_spr_A_AF_Spruenge_mit_kontroll_Sprunggelenk:images:image1.jpgMacintosh HD:Users:Stoaxn:Documents:Stams:Übungssammlung:data:collection_current:063_Ab_spr_A_AF_Spruenge_mit_kontroll_Sprunggelenk:images:image3.jpg |
| Jump over rolling ball as late as possible | Macintosh HD:Users:Stoaxn:Documents:Stams:Übungssammlung:data:collection_current:057_Ab_ti_A_AF_Sprung_ueber-rollenden_Ball:images:image1.jpgMacintosh HD:Users:Stoaxn:Documents:Stams:Übungssammlung:data:collection_current:057_Ab_ti_A_AF_Sprung_ueber-rollenden_Ball:images:image2.jpgMacintosh HD:Users:Stoaxn:Documents:Stams:Übungssammlung:data:collection_current:057_Ab_ti_A_AF_Sprung_ueber-rollenden_Ball:images:image3.jpg |
| Jump at signal (e.g. Clapping or Counting) | Macintosh HD:Users:Stoaxn:Documents:Stams:Übungssammlung:data:collection_current:058_Ab_ti_A_AF_Sprung_auf_Signal:images:image1.jpgMacintosh HD:Users:Stoaxn:Documents:Stams:Übungssammlung:data:collection_current:058_Ab_ti_A_AF_Sprung_auf_Signal:images:image2.jpgMacintosh HD:Users:Stoaxn:Documents:Stams:Übungssammlung:data:collection_current:058_Ab_ti_A_AF_Sprung_auf_Signal:images:image3.jpg |
| Jump synchoniously in pairs or groups | Macintosh HD:Users:Stoaxn:Documents:Stams:Übungssammlung:data:collection_current:059_Ab_ti_A_AFE_Partner_Spruenge_nach_vorgeg_Rhythmus:images:image1.jpgMacintosh HD:Users:Stoaxn:Documents:Stams:Übungssammlung:data:collection_current:059_Ab_ti_A_AFE_Partner_Spruenge_nach_vorgeg_Rhythmus:images:image2.jpgMacintosh HD:Users:Stoaxn:Documents:Stams:Übungssammlung:data:collection_current:059_Ab_ti_A_AFE_Partner_Spruenge_nach_vorgeg_Rhythmus:images:image3.jpg |
| Jumps with reduced surface on foot | Macintosh HD:Users:Stoaxn:Documents:Stams:Übungssammlung:data:collection_current:070_Ab_spr_A_AF_Sprung_mit_verring_Standflaeche:images:image1.jpgMacintosh HD:Users:Stoaxn:Documents:Stams:Übungssammlung:data:collection_current:070_Ab_spr_A_AF_Sprung_mit_verring_Standflaeche:images:image2.jpgMacintosh HD:Users:Stoaxn:Documents:Stams:Übungssammlung:data:collection_current:070_Ab_spr_A_AF_Sprung_mit_verring_Standflaeche:images:image3.jpg |
| Jumps from a bar over hurdle or on box | Macintosh HD:Users:Stoaxn:Documents:Stams:Übungssammlung:data:collection_current:069_Ab_spr_A_FE_Sprung_von_Stange_auf_Kasten:images:image1.jpgMacintosh HD:Users:Stoaxn:Documents:Stams:Übungssammlung:data:collection_current:069_Ab_spr_A_FE_Sprung_von_Stange_auf_Kasten:images:image2.jpgMacintosh HD:Users:Stoaxn:Documents:Stams:Übungssammlung:data:collection_current:069_Ab_spr_A_FE_Sprung_von_Stange_auf_Kasten:images:image3.jpg |
| Jumps from a wobbly surface over hurlde or on box | Macintosh HD:Users:Stoaxn:Documents:Stams:Übungssammlung:data:collection_current:067_Ab_spr_A_FE_Sprung_von_Kissen_auf_Kasten:images:image1.jpgMacintosh HD:Users:Stoaxn:Documents:Stams:Übungssammlung:data:collection_current:067_Ab_spr_A_FE_Sprung_von_Kissen_auf_Kasten:images:image2.jpgMacintosh HD:Users:Stoaxn:Documents:Stams:Übungssammlung:data:collection_current:067_Ab_spr_A_FE_Sprung_von_Kissen_auf_Kasten:images:image3.jpg |
| Jumps from the rolling board | Macintosh HD:Users:Stoaxn:Documents:Stams:Übungssammlung:data:collection_current:068_Ab_spr_A_AFE_Sprung_auf_Rollbrett:images:image1.jpgMacintosh HD:Users:Stoaxn:Documents:Stams:Übungssammlung:data:collection_current:068_Ab_spr_A_AFE_Sprung_auf_Rollbrett:images:image2.jpgMacintosh HD:Users:Stoaxn:Documents:Stams:Übungssammlung:data:collection_current:068_Ab_spr_A_AFE_Sprung_auf_Rollbrett:images:image3.jpg |
| Jumps on roller waggon with landing on it | Macintosh HD:Users:Stoaxn:Documents:Stams:Übungssammlung:data:collection_current:046_Ab_spri_Wa_FE_kl_Spr_i_auf_Wagerl:images:image1.jpgMacintosh HD:Users:Stoaxn:Documents:Stams:Übungssammlung:data:collection_current:046_Ab_spri_Wa_FE_kl_Spr_i_auf_Wagerl:images:image2.jpgMacintosh HD:Users:Stoaxn:Documents:Stams:Übungssammlung:data:collection_current:046_Ab_spri_Wa_FE_kl_Spr_i_auf_Wagerl:images:image3.jpg |
| Jumps from roller waggon over hurdle | Macintosh HD:Users:Stoaxn:Documents:Stams:Übungssammlung:data:collection_current:061_Ab_spr_Wa_FE_Sprung_von_Rollwagen_ueber_Huerde:images:image1.jpgMacintosh HD:Users:Stoaxn:Documents:Stams:Übungssammlung:data:collection_current:061_Ab_spr_Wa_FE_Sprung_von_Rollwagen_ueber_Huerde:images:image2.jpgMacintosh HD:Users:Stoaxn:Documents:Stams:Übungssammlung:data:collection_current:061_Ab_spr_Wa_FE_Sprung_von_Rollwagen_ueber_Huerde:images:image3.jpg |

Acrobatic Exercises for Balance and Core Strenght

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| Group of three pushing the one in the middle forward and backward. Middle persons stays totally stiff in the hip. |  |
| Gordic Knot: Group comes together grabbing hands in the middle and then trying to get into a line by stepping over and under the arms without letting go of eachother |  |
| Group Balance: Try to stay in balance on one foot during holding hands in a group |  |
| Pairs grab hands and try to go as far back as possible while staying in balance |  |
| Pairs stand back to back leaning toward each other and going up and down while staying in balance |  |
| Falling Tree: One person stays stiff and falls back and the others catch. |  |
| Carrying a Tree: One persons stays totally stiff while the others carry him around |  |
| The Conveyor: One person is transportet forward by rolling oft he ohters |  |
| Pair-Acrobatics: See pictures |  |
| Pair-Acrobatics: See pictures |  |
| Pair-Acrobatics: See pictures |  |
| Pair-Acrobatics: See pictures |  |
| Pair-Acrobatics: See pictures |  |
| Group-Acrobatics: See picture |  |
| Group-Acrobatics: See picture |  |
| Group-Acrobatics: See picture |  |