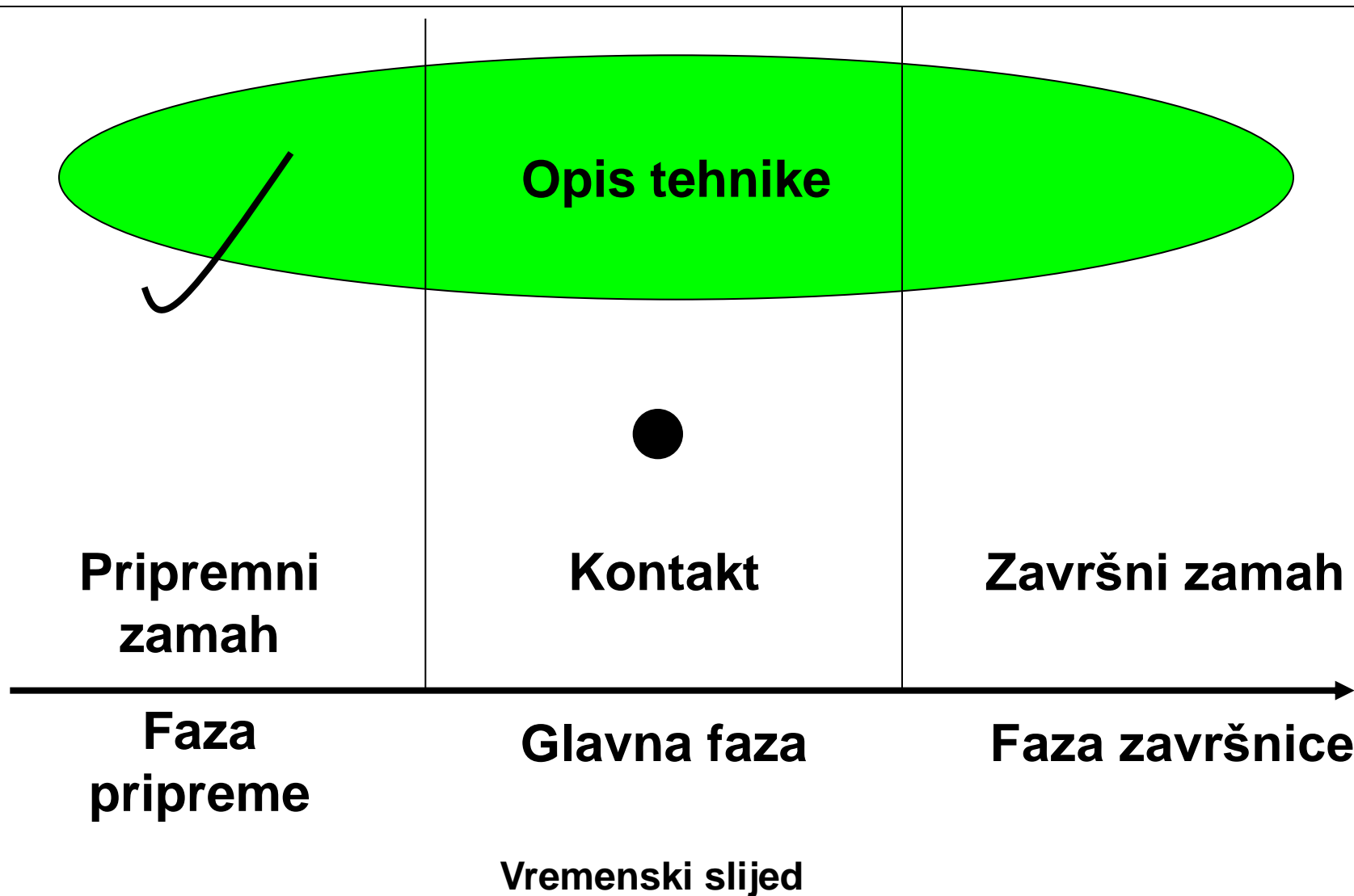


Dvoranski seminar za trenere



# Opis pokreta

# Struktura pokreta



# Struktura šlencica



**Osjećaj za pokret  
držanje**

**Pozicija loptice u odnosu na stopala/tijelo**

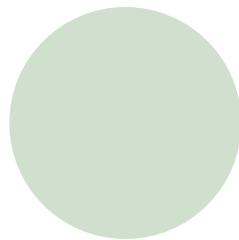
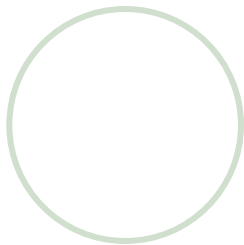
**priprema**

**kontakt**

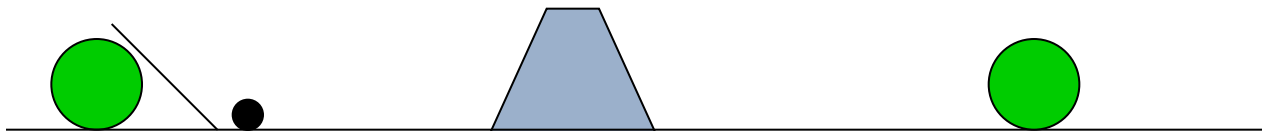
**završnica**

**Komentar trenera**

# Osjećaj

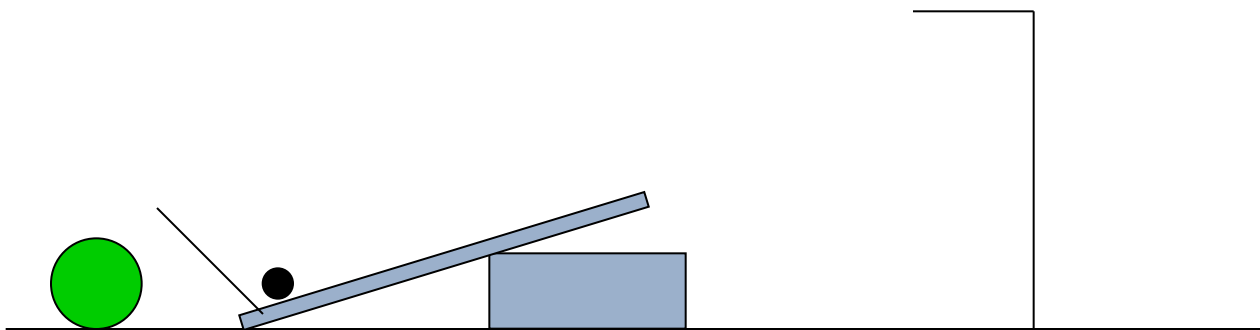


1.



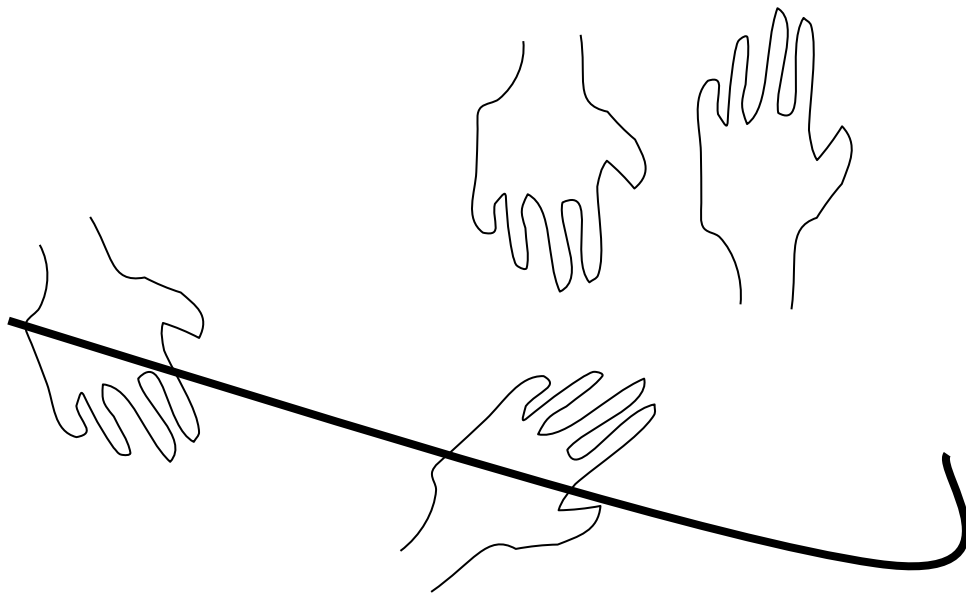
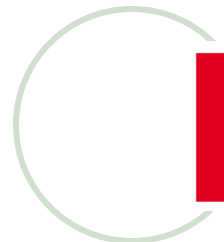
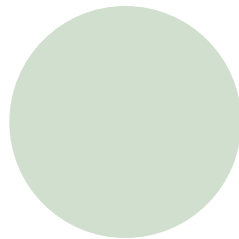
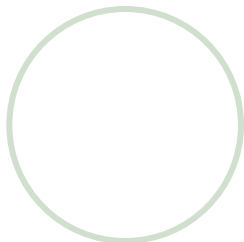
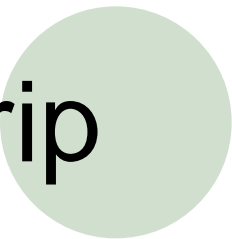
**Osnova za  
podizanje  
loptice**

2.



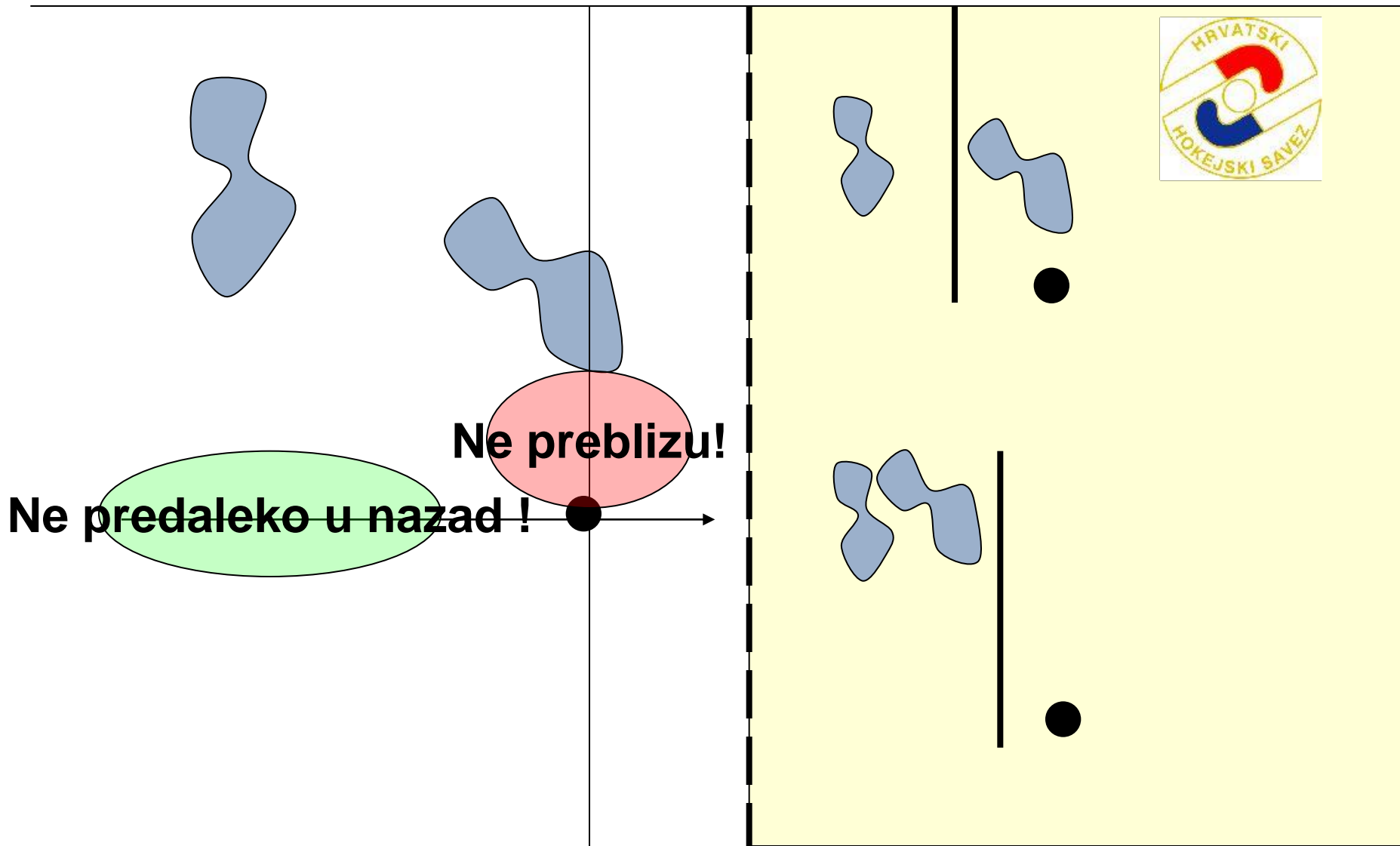
**Osnova za  
guranje  
loptice**

Grip



**Dijagonalno kroz dlanove**

# Pozicija nogu/ na lopticu

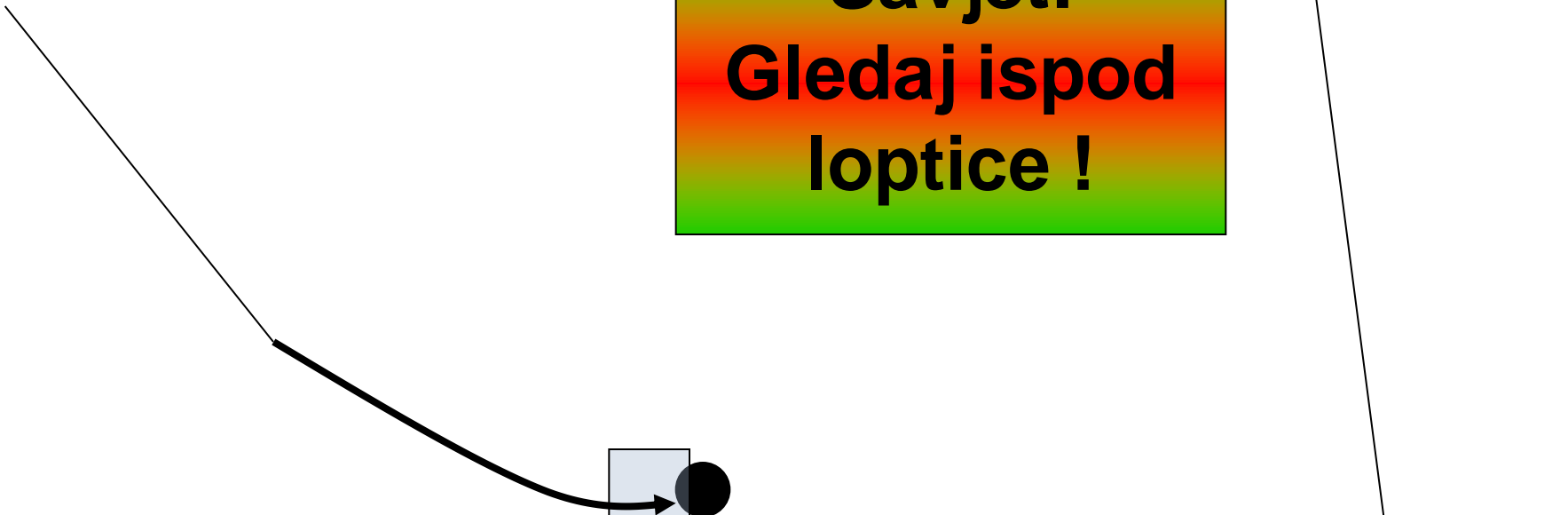


# Faza zamaha



**Savjet:  
Gledaj ispod  
loptice !**

**Faza prilaska  
loptici**

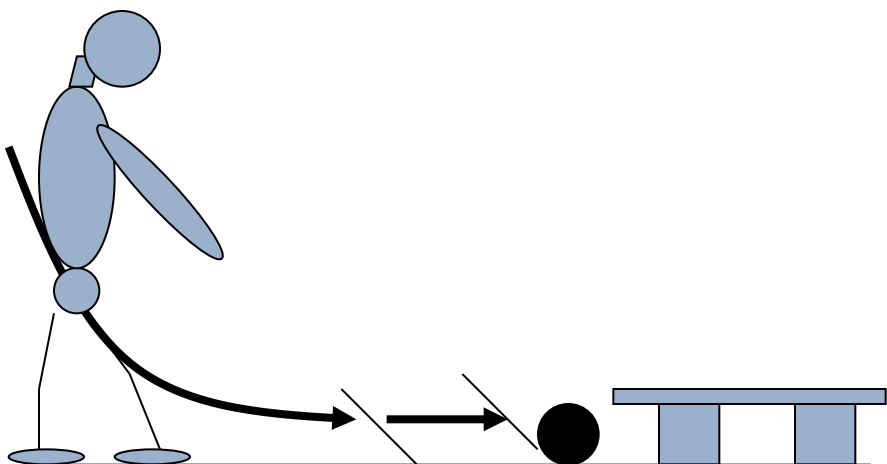
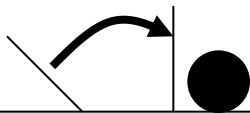


# Kontakt



# FIH

## Velika pogreška u prilasku loptici



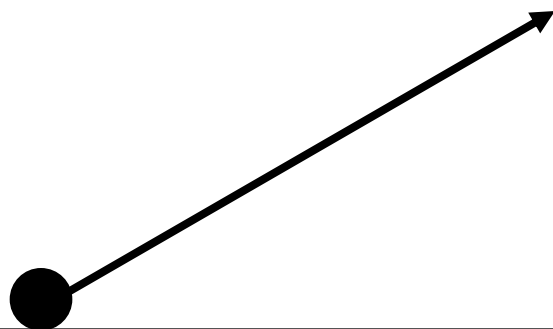
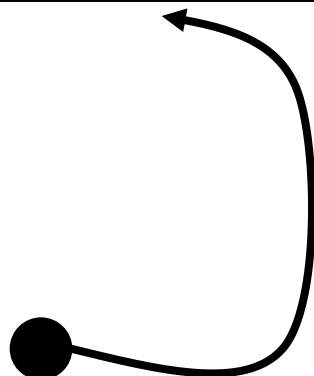
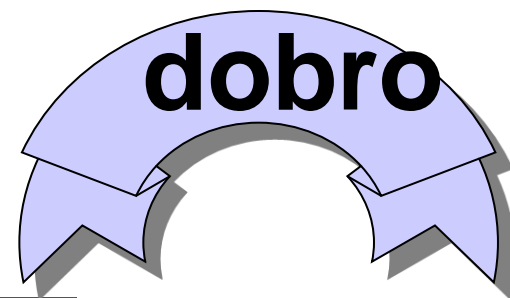
**Savjet:**

**Stavite klupicu sa strane.  
Držite svoj zglob dolje u  
razini klupuce.**

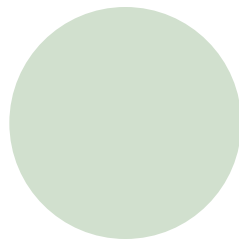
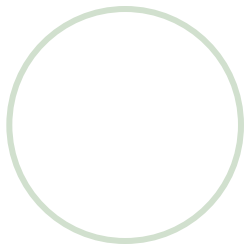


Završnica

FLH



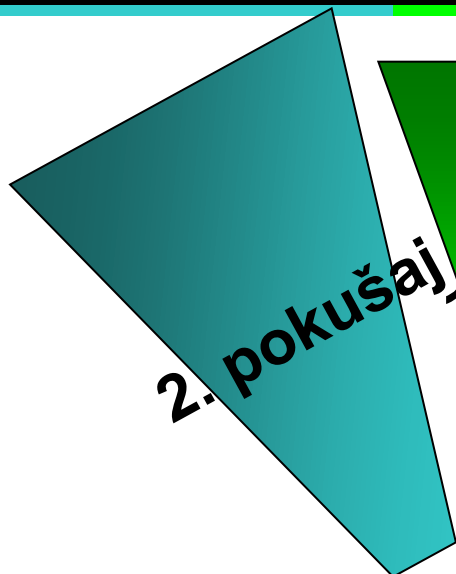
Pogled



Zamah

Kontakt

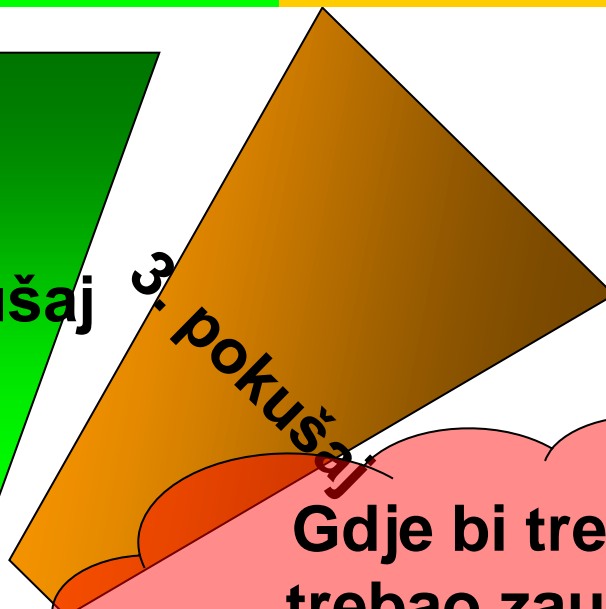
Završnica



2. pokušaj



1. pokušaj



3. pokušaj

Trener

Gdje bi trener  
trebao zauzeti  
poziciju da  
pogleda 1.pokušaj