



Trainingssteuerung im Fußball (German Edition)

Sebastian Stark

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Trainingssteuerung im Fußball (German Edition) Sebastian Stark

Studienarbeit aus dem Jahr 2003 im Fachbereich Sport - Bewegungs- und Trainingslehre, Note: 2,3, Universität des Saarlandes, Sprache: Deutsch, Abstract: Fußball ist eine Mannschaftssportart, die ihre Wurzeln in England hat. In Deutschland liegen die Anfänge des Fußballspiels im Jahre 1874, ein Gymnasiallehrer gründete den ersten Schüler-Fußballverein (vgl. Bisanz/Gerisch 1995, 15). Seit dieser Zeit breitete sich das Fußballspiel rasant aus und wurde schnell zu einem der beliebtesten Spiele im europäischen Raum. Es bietet seinen Spielern eine einfache Art des Leistungsvergleichs und auch Anfänger können diesen Sport in seinen Grundzügen schnell erfassen. Im Fußball finden jüngere als auch ältere Menschen aller sozialen Schichten ein Spiel, welches ihnen eine Menge Spielfreude beschert und welches den Bewegungsdrang in ihnen weckt. Doch welche Grundvoraussetzungen müssen Sportler mitbringen, um den Anforderungen des Fußballs gerecht zu werden und eine adäquate Leistung zu erreichen? Diese Frage wird mit der Erstellung eines Anforderungsprofils für die Sportart Fußball beantwortet.

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