

Balonmano - Entrenarse Jugando (Spanish Edition)

Hans Gertstein, Gerd Konzag, Manfred Muller



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Balonmano - Entrenarse Jugando (Spanish Edition) Hans Gertstein, Gerd Konzag, Manfred Muller Este libro transmite la idea, asumida desde ya hace tiempo, de que el entrenamiento debe parecerse al juego real. Pero, como no es lo mismo entrenar a un equipo de liga que a un equipo juvenil, lo que en unas circunstancias es óptimo solucion

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