



# **Trainingslehre des Wellenreitens: Trainingsversuch: Verbesserung des Backside Top-Turn (German Edition)**

*Benjamin Müller*

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Studienarbeit aus dem Jahr 2010 im Fachbereich Sport - Bewegungs- und Trainingslehre, Note: 1,7, Universität Bremen (Sport- und Bewegungskultur), Sprache: Deutsch, Abstract: In der Hausarbeit geht es um die Durchführung eines Trainings des Backside Top-Turns im Wellenreiten. Hierzu werden zunächst grundlegende Begriffsdefinitionen des Wellenreitens vorgenommen. Anschließend wird ausführlich auf die spezielle Trainingslehre des Wellenreitens eingegangen und der Aufbau einer Trainingseinheit exemplarisch beschrieben. Danach ist eine Beschreibung der Trainingsdurchführung zu finden, welche in einem Fazit ausgewertet wird.

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