



Differenzielles Torschusstraining im Fußball (German Edition)

Manuel Pircher

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Diplomarbeit aus dem Jahr 2009 im Fachbereich Sport - Bewegungs- und Trainingslehre, Note: 1, Leopold-Franzens-Universität Innsbruck (Institut für Sportwissenschaft), Sprache: Deutsch, Abstract: Um technische Fertigkeiten im Sport zu verbessern, wird oft empfohlen die gleiche Bewegung immer wieder zu wiederholen. Solche Lernstrategien nehmen an, dass es generalisierte Programme gibt, die durch ständiges Üben eingeschliffen werden können. Aufgrund der Individualität der Bewegung und dem Fakt, dass nie zwei gleiche Bewegungen hintereinander ausgeführt werden können, muss dieser Ansatz hinterfragt werden. Aus diesen Überlegungen heraus wurde der klassische Trainingsansatz mit dem differenziellen Trainingsansatz verglichen. Ein grundlegendes Element dieses Ansatzes ist die zentrale Bedeutung von Bewegungsdifferenzen und Bewegungsfehlern während des motorischen Lernens.

In einem Pre-Posttest Design wurden 28 talentierte Fußballspieler im Alter von 8 bis 9 Jahren in 2 Gruppen trainiert. Gruppe 1 trainierte den Torschuss nach dem klassischen Trainingsansatz mit methodischen Übungsreihen und Wiederholung der Übungen. Gruppe 2 trainierte nach dem differenziellen Ansatz, wobei keine Bewegung zweimal ausgeführt wurde. Die Ergebnisse bestätigen, dass durch differenzielles Training, auch bei jungen Athleten, ein größerer Lerneffekt im motorischen Lernen erzielt werden kann.

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