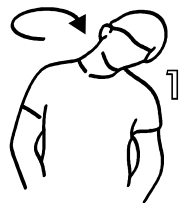


Strečingový program pre basketbal

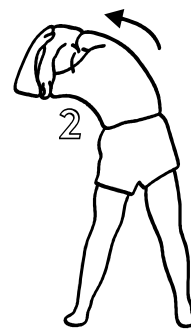
Celý strečingový program trvá približne 12 minút.

Uvedený materiál poskytol zo zahraničnej literatúry **Djorde Brzok**. Spracoval ho **Peter Mačura** (Katedra hier, FTVŠ UK v Bratislave).

Obrázky nakreslila **Karin Mačurová**.



5x na obidve strany



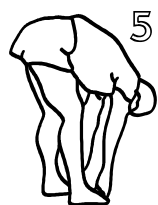
po 10 sekúnd na obidve strany



20 sekúnd



30 sekúnd



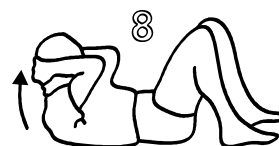
20 sekúnd



30 sekúnd



30 sekúnd



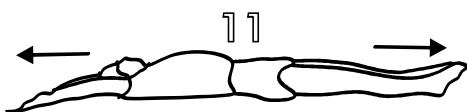
3x po 5 sekúnd



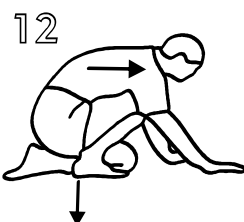
po 25 sekúnd na obidve strany



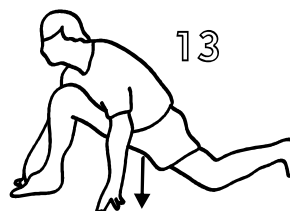
po 20 sekúnd na obidve strany



2x po 5 sekúnd



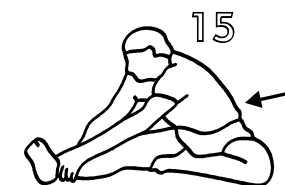
obidve nohy po 10 sekúnd



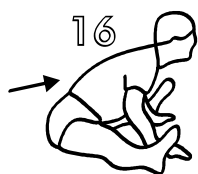
obidve nohy po 20 sekúnd



obidve nohy po 20 sekúnd



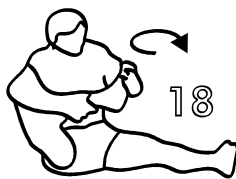
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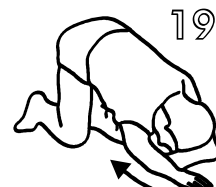
30 sekúnd



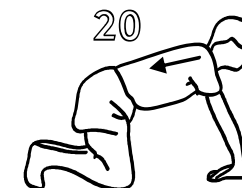
30 sekúnd



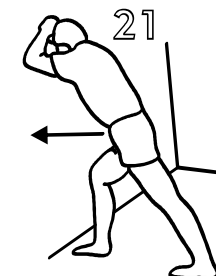
15x obidvoma smermi



obidve ramená po 10 sekúnd



20 sekúnd



obidve nohy po 30 sekúnd