



PROGRAM PENTRU DEZVOLTAREA FORTEI

STEFAN CIUNTU

DEZVOLTAREA FORTEI

OBIECTIVE

- dezvoltarea tehnicii exercitiilor de baza vs greutate corporala .
- dezvoltarea unei baze solide a fortei generale si stabilitate.
- optimizarea echilibrului muscular.

DEZVOLTAREA FORTEI PROGRESIE

FUNDATIE

- forta vs greutate corporala
- tehnica
- adaugam volum si complexitate inainte de incarcatura

DEZVOLTARE

- dezvoltarea fortei introducand exercitii complexe(genuflexiuni, indreptari, ramat cu bara)
- mentinerea tehnicii
- progresie la incarcatura

PERFORMANTA

- dezvoltarea fortei maximale
- concentric, izometric, excentric
- sistem avansat (periodizare)

PLANIFICARE ANTRENAMENTE

Volume (set x repetari)	2-3 seturi 8-12 repetari
Total exercitii pe sesiune	6-8
Intensitate	greutate corporala /50-70 % din 1RM
Pauza	1-2 min
Viteza de executie	moderata-rapida
Frecventa(sesiuni pe saptamana)	2
Recuperare	48-72H

Reguli pentru progresie

- Exercițiile trebuie executate cu o tehnică foarte bună.
- Sportivii trebuie să fie capabili să execute 8-15 repetări, 1-3 seturi.
- Când sportivul execută 3 seturi x12 repetări cu o tehnică foarte bună, atunci poate să treacă la nivelul următor.

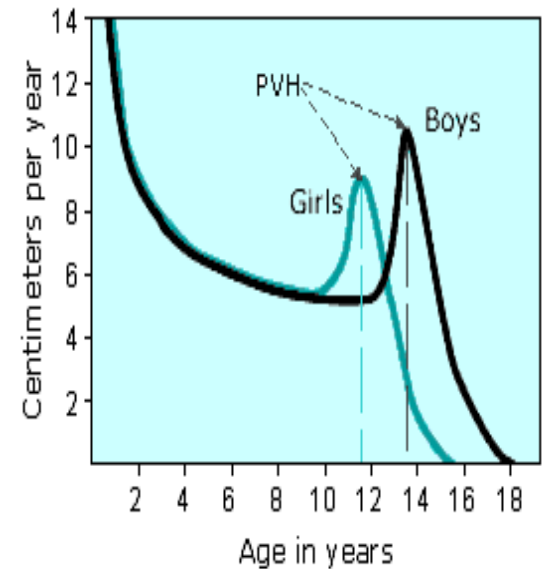
SELECTAREA GRUPELOR

Nivelul de forta → incepatori
→ intermediari
→ avansati (folosim un nivel mai mare din plan)

Tehnica → scazuta
→ buna
→ excelenta

Maturizare → pre
→ circa
→ post (PHV-peak high velocity)

Peak Velocity Height (PVH)




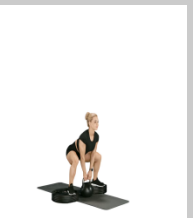
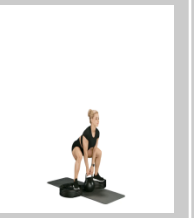
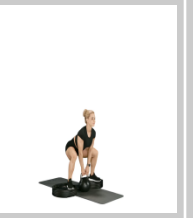
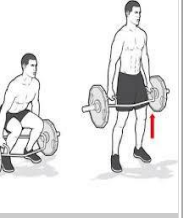




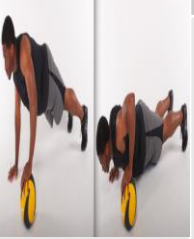
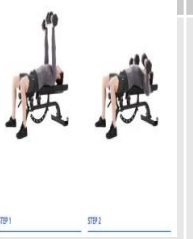





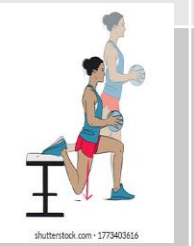











Accidentare- zona/ dar poate sa faca ceva


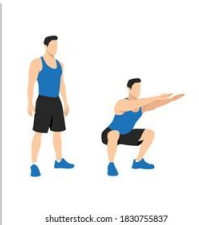

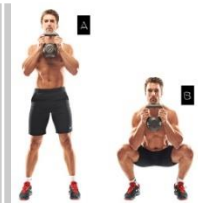
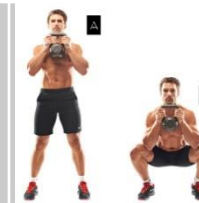

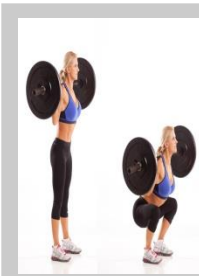
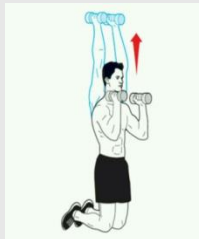


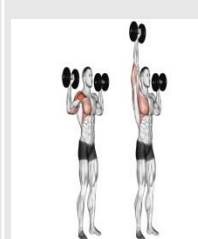






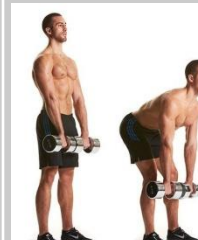

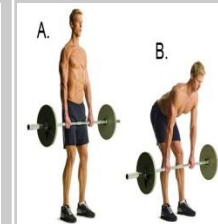
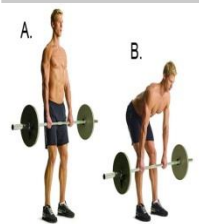




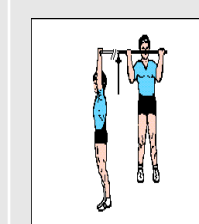
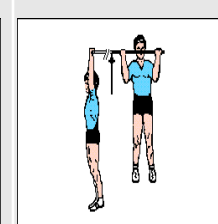
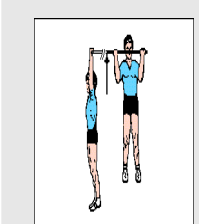
ROTATIE ANTRENAMENT

ANTRENAMENT A	ANTRENAMENT B
INDREPTARI	GENUFLEXIUNI
IMPINS ORIZONTAL	IMPINS VERTICAL
FANDARI	“HINGE” (INDREPTARI ROMANESTI)
TRAS ORIZONTAL	TRAS VERTICAL
ABDOMEN(ANTI EXTENSIE)	ABDOMEN(ANTI ROTATIE)

ANTRENAMENT A +PROGRESIE

Categorie	nivel1	nivel2	nivel3	nivel4	nivel5	nivel6	nivel7
Indreptari kettlebell	 <p>8-10kg</p>	 <p>10-12kg</p>	 <p>12-14kg</p>	 <p>14-16kg</p>	 <p>16-20kg</p>	 <p>20-26kg</p>	 <p>25+</p>
Impins orizontal							
Fandari							
Tras orizontal							

ANTRENAMENT B+PROGRESIE

Categorie	level1	level2	level3	level4	level5	level6	level7
Genuflexiuni		 <small>shutterstock.com - 1830755837</small>	 8-12kg	 14-20kg	 20-26kg		
Impins vertical							
Indreptari romanesti "hinge"						 20KG	 20+KG
Tras vertical					 3reps	 6reps	 8reps

DEZVOLTAREA PUTERII OBIECTIVE

-Dezvoltarea puterii si elasticitati prin sarituri(jump,hop,bound)

JUMP -desprindere de pe ambele picioare urmata de aterizare pe ambele picioare

BOUND -desprindere de pe un picior urmat de aterizare pe piciorul opus

HOP - desprindere de pe un picior urmat de aterizare pe acelasi picior

-Identificam punctele tari si punctele slabe in sarituri si aterizare!!!!

REZULTAT:

Toti sportivii trebuie sa poata efectua(jump,hop,bound) cu o tehnica foarte buna(pe ambele picioare)

Sarituri /Aterizare A

Sarituri pe cutie



Aterizare de pe cutie



Genuflexiuni cu saritura/pauza



Bound/Hop pe loc/in inaltime cat mai mult



Sarituri/Aterizare B

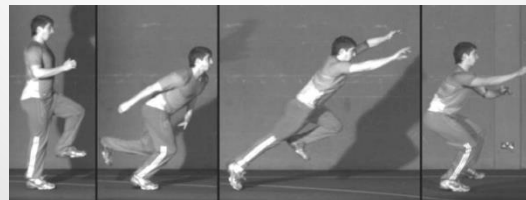
Sarituri repetate



Sarituri in lungime



Saritura in lungime(1-2) si (2-1)
plecare de pe un picior/ambele aterizare pe
ambele/picior



Hop si Bound stang/drept in linie

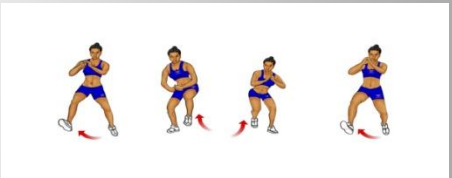


Sarituri/Aterizare C

Lateral bound
stang/drept



Sarituri in diagonala
(bound)45 grade



Lateral si medial sarituri pe
un picior



medial

lateral

REZUMAT

Antrenamentul pliometric este o metoda sigura si eficienta pentru sportivii tineri.

Ca si in cazul antrenamentelor de forta, dezvoltarea tehnicii de saritura/aterizare este prioritate.

Progresul pliometrei trebuie sa fie treptat, cu o atentie deosebita acordata numarului de contacte si intensitatii sariturilor.

Incepeti cu sarituri pe loc cu amplitudini mici si contact mai lung inainte de a trece la sarituri cu amplitudini mai mari si contacte mai scurte cu solul.

PROGRAM A

P U T E R E

Exercitii	sapt1	sapt2	sapt3	sapt4	sapt5	sapt6
Sarituri pe cutie 30-40 cm	2x4	2x5	2x6			
Sarituri de pe cutie /30cm	2x4	2x5	2x6			
Genuflexiuni cu saritura(stop)		2x5	2x6	2x4	3x4	3x5
Bound pe loc				2x3(fiecare picior)	3x3	3x4
Hop pe loc				2x3(fiecare picior)	3x3	3x4

F O R T A

Exercitii	sapt1	sapt2	sapt3	sapt4	sapt5	sapt6
Kettlebell Indreptari	1-2x12	2x10	2x15	2x15	3x10	3x12
Impins inclinat	1-2x12	2x8	2x10	2x12	3x10	3x12
Fandari	1-2x12	2x8(picior)	2x10/picior	2x12/picior	3x10/picior	3x12/picior
Trx ramat 45*	1-2X12	2X8	2X10	2X12	3X10	3X12
Plansa variatii	3X20sec	3x25sec	3x30sec	4x25sec	4x30sec	4x35sec

PROGRAM B

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R
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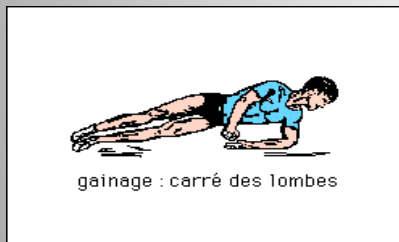
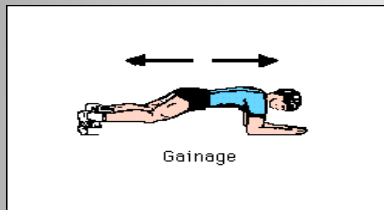
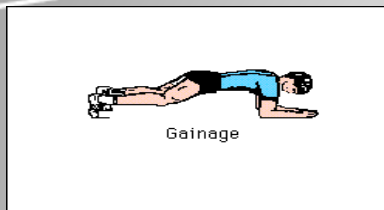
Exercitii	sapt1	sapt2	sapt3	sapt4	sapt5	sapt6
Lateral bound	2x4	2x4	2x4	1x4	1x4	1x4
Sarituri în diagonala 45*	2x4	2x4	2x4	1x4	1x4	1x4
Lateral hop				1x6	1x6	1x6
Medial hop				1x5	1x5	1x5
Sarituri cu spatete	2x6	2x6	2x6	1x5	1x5	1x5

F
O
R
T
A

Exercitii	sapt1	sapt2	sapt3	sapt4	sapt5	sapt6
Genuflexiuni goblet squat	2x8-12	3x8	3x10	3x12	3x12-15	3x12-15
Impins vertical	2x8-12	3x8	3x10	3x12	3x12	3x12-15
Indreptari romanesti "hip hinge"	2x8-12	3x8	3x10	3x12	3x12	3x12-15
Vertical tras tractiuni	2x8-12(elastic)	3x8 (elastic)	3x10 (elastic)	3x12 (elastic)	3x5	3x6
Abdomen Anti rotatie /rotational	3x8	3x10	3x12	3x8.8	3x10.10	3x12.12

ABDOMEN

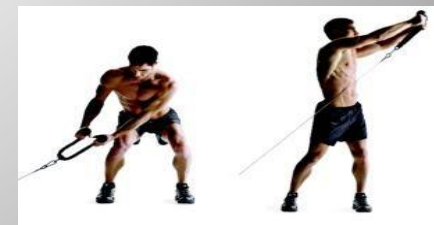
- ANTI-EXTENSIE



ANTI-ROTATIE



ROTATIONAL



INCHEIERE

- Sportivii trebuie sa avanseze in ritmul lor,sa fiti pregatiti sa aveti sportivi cu nivel diferit de forta.
- Focus in miscarile de baza (genuflexiuni,indreptari,tras,impins) si mentinerea unei tehnici foarte bune.



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