



# Loopscholing & Coördinatie training

## Oefening 2.1

Ketenstabiliteit kniehef

[https://www.youtube.com/watch?v=sbLvXKA-t1I&list=PLsIC0vSllibGj2xpfRatvUPI\\_Bxuo5bYG](https://www.youtube.com/watch?v=sbLvXKA-t1I&list=PLsIC0vSllibGj2xpfRatvUPI_Bxuo5bYG)

## Oefening 2.2

Acceleratie zijwaarts

[https://www.youtube.com/watch?v=Fxb7BCE633A&list=PLsIC0vSllibGj2xpfRatvUPI\\_Bxuo5bYG&index=2](https://www.youtube.com/watch?v=Fxb7BCE633A&list=PLsIC0vSllibGj2xpfRatvUPI_Bxuo5bYG&index=2)

## Oefening 2.3

Acceleratie en declaratie

[https://www.youtube.com/watch?v=Wo5fD0LuLAc&list=PLsIC0vSllibGj2xpfRatvUPI\\_Bxuo5bYG&index=3](https://www.youtube.com/watch?v=Wo5fD0LuLAc&list=PLsIC0vSllibGj2xpfRatvUPI_Bxuo5bYG&index=3)

## Oefening 2.4

Wendbaarheid

[https://www.youtube.com/watch?v=w2TlaCvNicU&list=PLsIC0vSllibGj2xpfRatvUPI\\_Bxuo5bYG&index=4](https://www.youtube.com/watch?v=w2TlaCvNicU&list=PLsIC0vSllibGj2xpfRatvUPI_Bxuo5bYG&index=4)

## Oefening 2.5

Duelkracht

[https://www.youtube.com/watch?v=z52LuVchwaI&list=PLsIC0vSllibGj2xpfRatvUPI\\_Bxuo5bYG&index=5](https://www.youtube.com/watch?v=z52LuVchwaI&list=PLsIC0vSllibGj2xpfRatvUPI_Bxuo5bYG&index=5)

## Oefening 2.6

Duelkracht

[https://www.youtube.com/watch?v=rBvEg97tKiw&list=PLsIC0vSllibGj2xpfRatvUPI\\_Bxuo5bYG&index=6](https://www.youtube.com/watch?v=rBvEg97tKiw&list=PLsIC0vSllibGj2xpfRatvUPI_Bxuo5bYG&index=6)

## Oefening 2.7

Zijwaarts met bal

[https://www.youtube.com/watch?v=U4StEZ\\_FHF&index=7&list=PLsIC0vSllibGj2xpfRatvUPI\\_Bxuo5bYG](https://www.youtube.com/watch?v=U4StEZ_FHF&index=7&list=PLsIC0vSllibGj2xpfRatvUPI_Bxuo5bYG)