

**M. PEDROLETTI**

# **NATATION**

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collection



SPORT et CONNAISSANCE



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# Natation Du Dabutant Alinternational Exercices Pratiques

**RS Peters**

A decorative graphic element consisting of a light blue horizontal bar with a rounded right end, and a red circular shape with a gradient, partially overlapping the bar's end.

## **Natation Du Dabutant Alinternational Exercices Pratiques:**

**Natation** Michel Pedroletti, 2009 Pour chaque th me il d taille les connaissances th oriques fondamentales avec l aide de sch mas synth tique pour en faciliter la compr hension En s appuyant sur ses connaissances il propose des solutions concr tes pou une transposition coh rente et efficace sur le terrain Apr s avoir rappel le r le de l entra neur et d taill les bases fondamentales de l entra nement propos une m thode pratique permettant de transposer sur un plan pratique les principes th oriques de la physiologie de l activit musculaire il d veloppe les approches techniques d apprentissage propose diff rents entra nements sp cifiques des m thodologies des organisations et une planification adapt e aux objectifs et aux niveaux des nageurs Une derni re partie totalement novatrice propose une pr paration mentale simple et facile mettre en uvre afin d anticiper les probl mes que peuvent rencontrer les nageurs

**Natation** Michel Pedroletti, 1991 Cet ouvrage est le fruit d une exp rience de plus de vingt cinq ann es dans la natation Il est destin tous les ducateurs et entra neurs ainsi qu aux enseignants et tudians sans avoir oubli pour autant les nageurs Il traite de tous les l ments du programme demand pour les diff rents brevets d ducateurs sportifs Ce livre a l ambition d tre un guide sur le long chemin de la pratique sportive travers les conceptions que l auteur peut avoir sur la technique l entra nement la planification la musculation Il se veut tre pratique par de nombreux exemples touchant les diff rents niveaux de pratique du d butant l international en passant par les niveaux r gionaux et nationaux Il esp re r pondre aux probl mes qui se posent tous les jours et dans de nombreux domaines chaque s ance d entra nement L ducateur devrait y trouver en r ponse un probl me pos une conception un avis un exemple plus ou moins similaire qui lui permettra gr ce son exp rience sa sensation et sa connaissance du moment d tre fortifi dans la d marche entreprendre pour y trouver une solution

**Livres hebdo** ,2006

**Bibliographie nationale fran aise** ,1990

**Bibliographie nationale fran aise** ,1990 *Les Livres disponibles* ,2000 La liste exhaustive des ouvrages disponibles publi s en langue fran aise dans le monde La liste des diteurs et la liste des collections de langue fran aise **Congrès international de l'éducation physique**, Paris, 17-20 mars 1913 ... ,1913 *Serviços Bibliográficos da Livraria Portugal* Livraria Portugal. Serviços Bibliográficos,1988 **Livres de France** ,2006 *La Formation des maîtres* ,1957 **Le Bulletin du livre** ,1979-04 **RADAR** ,1976 **Natation : méthode d'entraînement pour tous** Matthieu

Chadeville, 2013-09-09 D couvrez une m thode d entra nement pour progresser durablement en natation Vous aurez les r ponses concr tes aux questions que se posent r guli rement les nageurs Comment se tester pour valuer son niveau et ses progr s Comment d velopper son efficacit pour nager plus longtemps plus vite ou tout simplement avec plus de plaisir Comment se pr parer pour atteindre ses objectifs Au travers de sept p riodes structur es de fa on progressive vous travaillerez diff rents th mes compl mentaires tels que le contr le de la vitesse la fr quence des mouvements la vitesse de nage la d couverte de la V2 ou la pr paration une comp titition Vous voluerez dans ces p riodes votre rythme en fonction de vos progr s et de vos besoins Vous b n ficierez galemment d exercices techniques pour vous perfectionner sur les diff rentes nages

et améliorer votre coule Ce guide vous accompagnera tout au long de l'année et vous apprendra mieux vous entraîner

**Swimming Manual** Fédération internationale natation, 1988

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