

# Differenziertes Reaktivkrafttraining für Handballer

## Literaturliste (für sämtliche Beitragsteile)

- (1)** American College of Sports Medicine. (2016). Plyometric training for children and adolescents. Indianapolis: American College of Sports Medicine.
- (2)** Asadi, A., Arazi, H., Young, W. B. & Sáez de Villarreal, E. (2016). The effects of plyometric training on change-of-direction ability: a meta-analysis. *International Journal of Sports Physiology and Performance*, 11, 563-573.
- (3)** Boeth, H., Morgenstern, C., Pourat, D., Krahl, L., Köhnecke, F., Schlausch, A. et al. (2016). Kniegelenksstabilisierungstraining. *Leistungssport*, 46 (6), 25-28.
- (4)** Bompa, T. O. & Buzzichelli, C. A. (2015). *Periodization: Training for sports* (3 Aufl.). Champaign: Human Kinetics.
- (5)** Booth, M. A. & Orr, R. (2016). Effects of plyometric training on sports performance. *Strength and Conditioning Journal*, 38 (1), 30-37.
- (6)** Büsch, D., Marschall, F., Arampatzis, A. & Granacher, U. (2016). Reaktivkrafttraining im Nachwuchsleistungssport. *Trainingspraktische Empfehlungen für den langfristigen Leistungsaufbau im Handball*. *Leistungssport*, 46 (6), 15-18.
- (7)** Chelly, M. S., Hermassi, S., Aouadi, R. & Shephard, R. J. (2014). Effects of 8-week in-season plyometric training on upper and lower limb performance of elite adolescent handball players. *Journal of Strength and Conditioning Research*, 28 (5), 1401-1410.
- (8)** Granacher, U., Lesinski, M., Büsch, D., Muehlbauer, T., Prieske, O., Puta, C. et al. (2016). Effects of Resistance Training in Youth Athletes on Muscular Fitness and Athletic Performance: A Conceptual Model for Long-Term Athlete Development. *Frontiers in physiology*, 7, 164. from <http://journal.frontiersin.org/article/10.3389/fphys.2016.00164/full>.
- (9)** Komi, P. V. (2003). Stretch-shortening cycle. In P. V. Komi (Hrsg.), *Strength and Power in Sport* (2. Aufl., S. 184-202). Oxford: Blackwell Science.
- (10)** Lesinski, M., Hortobagyi, T., Muehlbauer, T., Gollhofer, A. & Granacher, U. (2015). Dose-response relationships of balance training in healthy young adults: A systematic review and meta-analysis. *Sports Medicine*, 45 (4), 557-576.
- (11)** Lloyd, R. S. & Meyers, R. W. (2011). The natural development and trainability of plyometric ability during childhood. *Strength and Conditioning Journal*, 33 (2), 23-32.
- (12)** Markovic, G. & Mikulic, P. (2010). Neuro-musculoskeletal and performance adaptations to lower-extremity plyometric training. *Sports Medicine*, 40 (10), 859-895.
- (13)** McCormick, B. T., Hannon, J. C., Newton, M., Shultz, B., Detling, N. & Young, W. B. (2016). The Effects of Frontal- and Sagittal-Plane Plyometrics on Change-of-Direction Speed and Power in Adolescent Female Basketball Players. *International Journal of Sports Physiology and Performance*, 11 (1), 102-107. from <http://journals.humankinetics.com/doi/abs/10.1123/ijsspp.2015-0058>.
- (14)** Mersmann, F., Bohm, S. & Arampatzis, A. (2016). Dysbalancen der Muskel- und Sehnenadaptation. *Leistungssport*, 46 (6), 11-14.
- (15)** Petersen, W., Diermeier, T., Mehl, J., Stöhr, A., Ellermann, A., Müller, P. et al. (2016). Prävention von Knieverletzungen und VKB-Rupturen. Empfehlungen des DKG Komitees Ligamentverletzungen. *Orthopädische und Unfallchirurgische Praxis*, 5 (10), 542-550.
- (16)** Sáez de Villarreal, E., Requena, B. & Cronin, J. B. (2012). The effects of plyometric training on sprint performance: a meta-analysis. *Journal of Strength & Conditioning Research*, 26 (2), 575 - 584.
- (17)** Sáez de Villarreal, E., Requena, B. & Newton, R. U. (2010). Does plyometric training improve strength performance? A meta-analysis. *Journal of Science and Medicine in Sport*, 13 (5), 513-522.
- (18)** Seil, R., Nürnberger, C., Lion, A., Gerich, T., Hoffmann, A. & Pape, D. (2016). Knieverletzungen im Handball. *Sports Orthopaedics and Traumatology Sport-Orthopädie - Sport-Traumatologie*, 32 (2), 154-164.