

De NL-bioscoop

Bekijk de video: Visualiseren... hoe doe je dat?! (60 min)

- Inleiding Topsport Haarlemmermeer
- Uitleg en oefeningen - NLsportpsycholoog Jan Sleijfer
- Praktijkvoorbeeld – Cindy Boter (EK kampioen twirl)



The screenshot shows a video player interface. At the top left is the logo for 'TOPSPORT Haarlemmermeer', which consists of a blue square with a white stylized figure and the text 'TOPSPORT Haarlemmermeer' in blue and black. To the right of the logo is a small video thumbnail showing a woman in a blue jacket. Below the logo, the text 'Online sessie visualisatie' is displayed in white on a dark blue background. Underneath, the names and titles of the speakers are listed: 'Lisanne de Roever Topsport Haarlemmermeer, Olympisch kampioen hockey', 'Jan Sleijfer NLsportpsycholoog', and 'Cindy Boter Europees kampioen Twirl'. At the bottom of the video player, there is a progress bar showing '0:08 / 1:00:45' and various control icons.

https://www.youtube.com/watch?v=RzgXSL_RJpY&list=UU8F_2bnFe6hYemt_OnFIHow&index=11&t=3s

