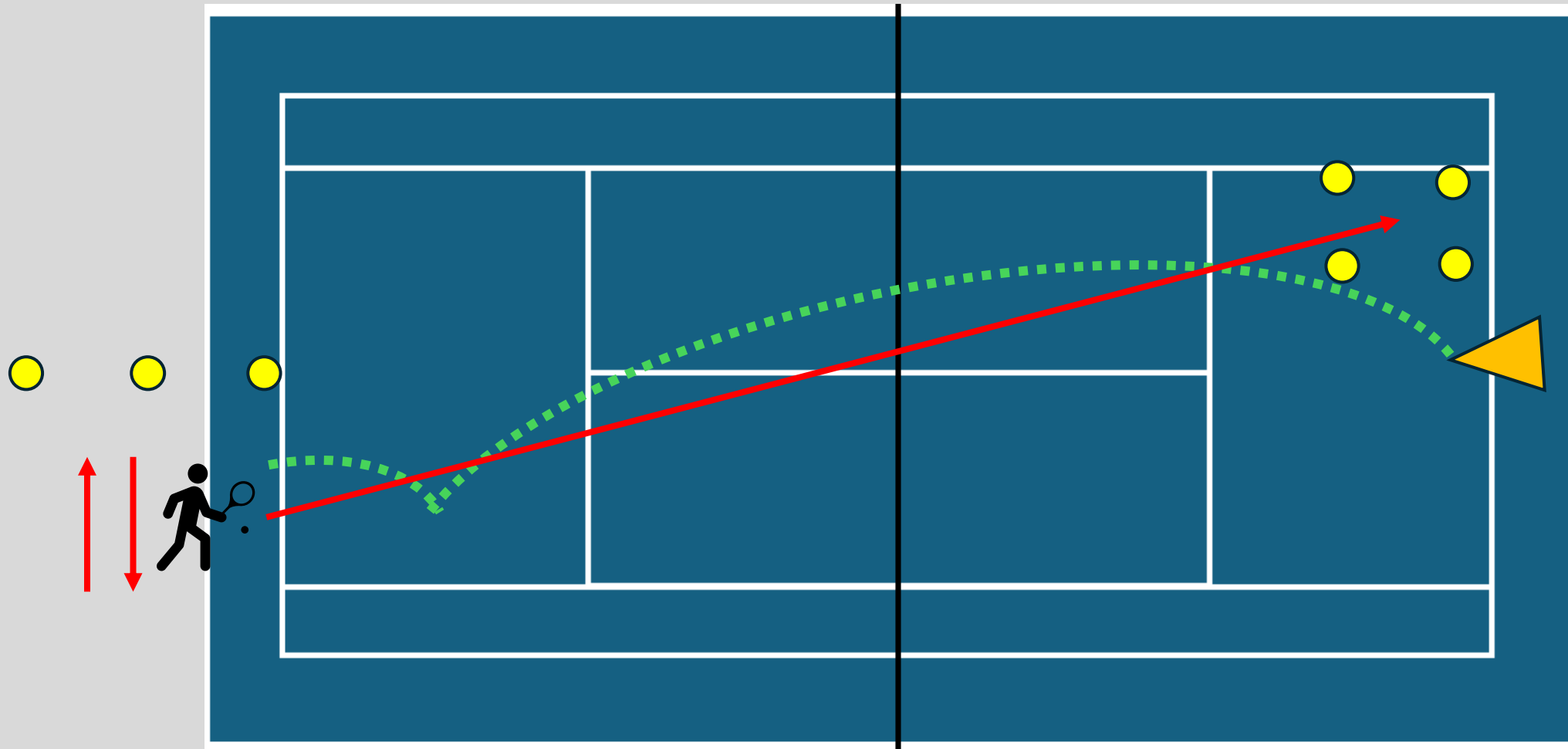
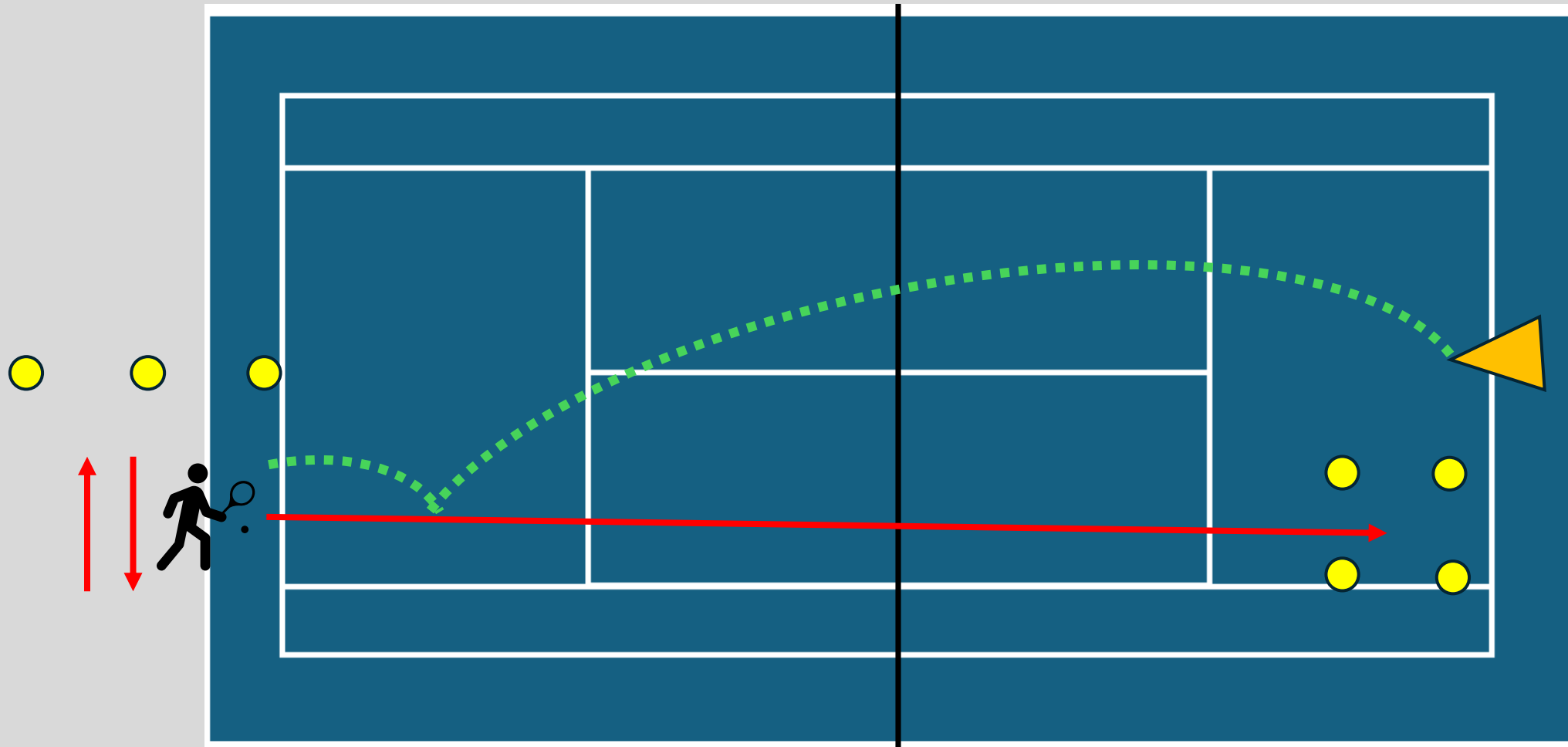


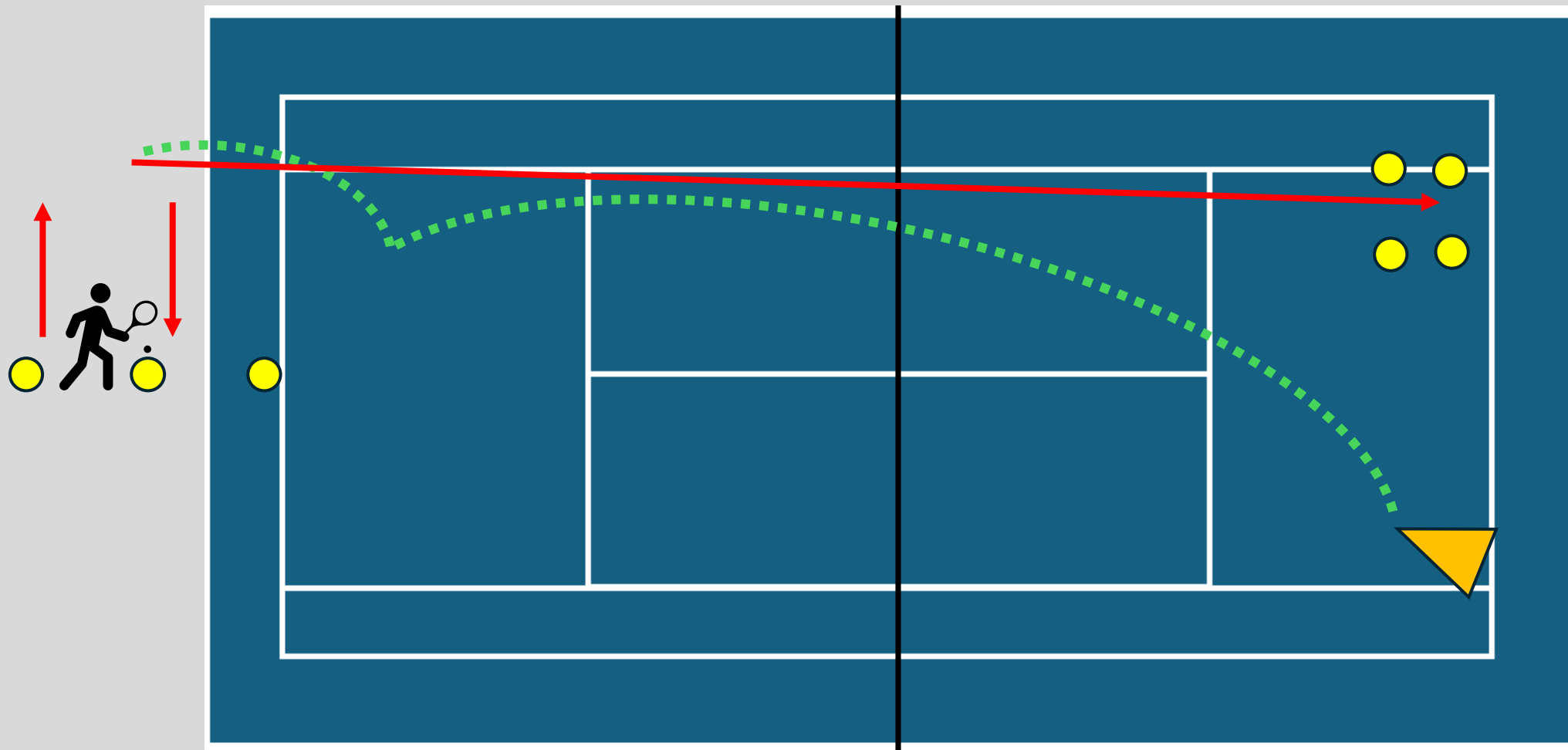
Übung: Vorhand cross



Übung: Vorhand longline



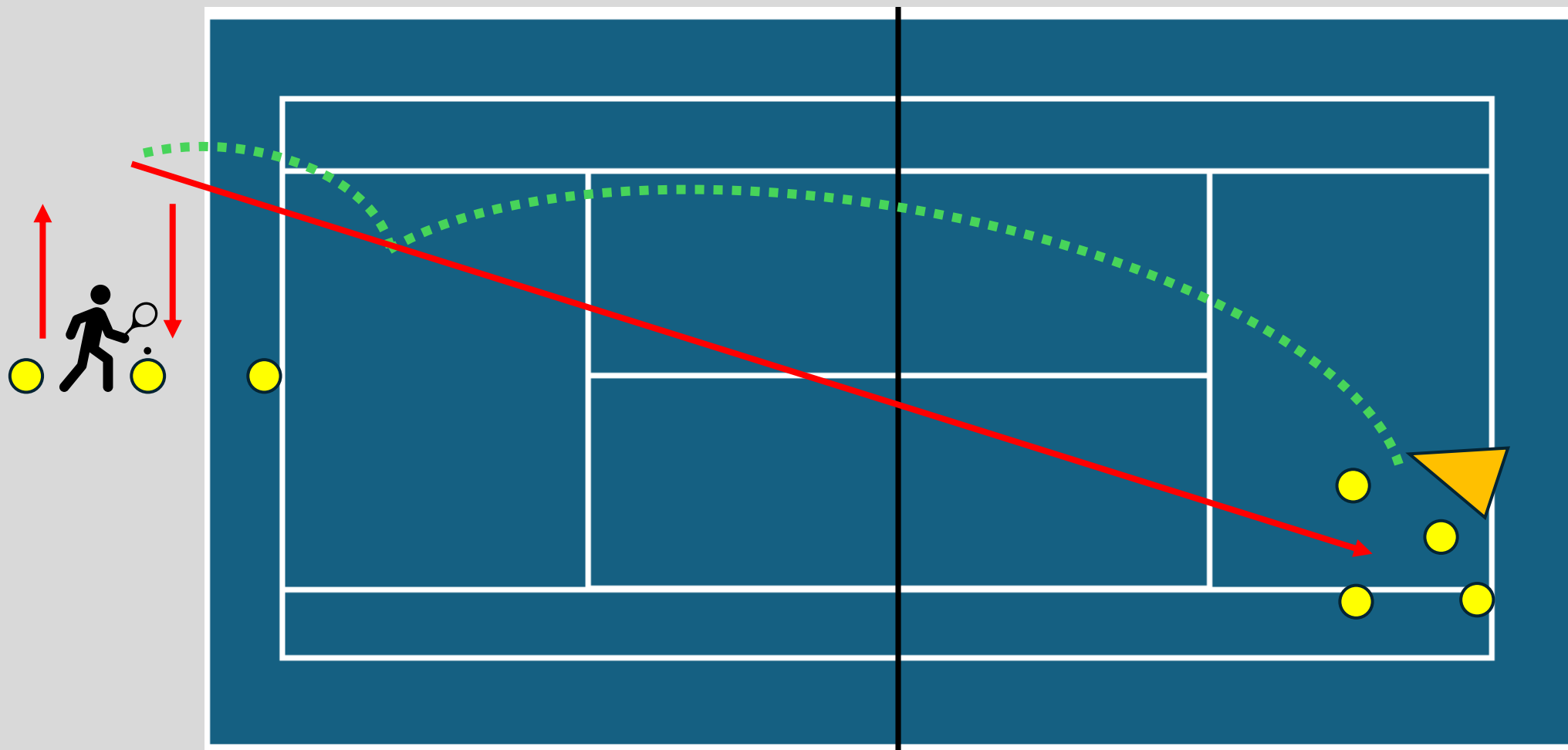
Übung: Rückhand longline



● Hütchen

▲ Ballmaschine

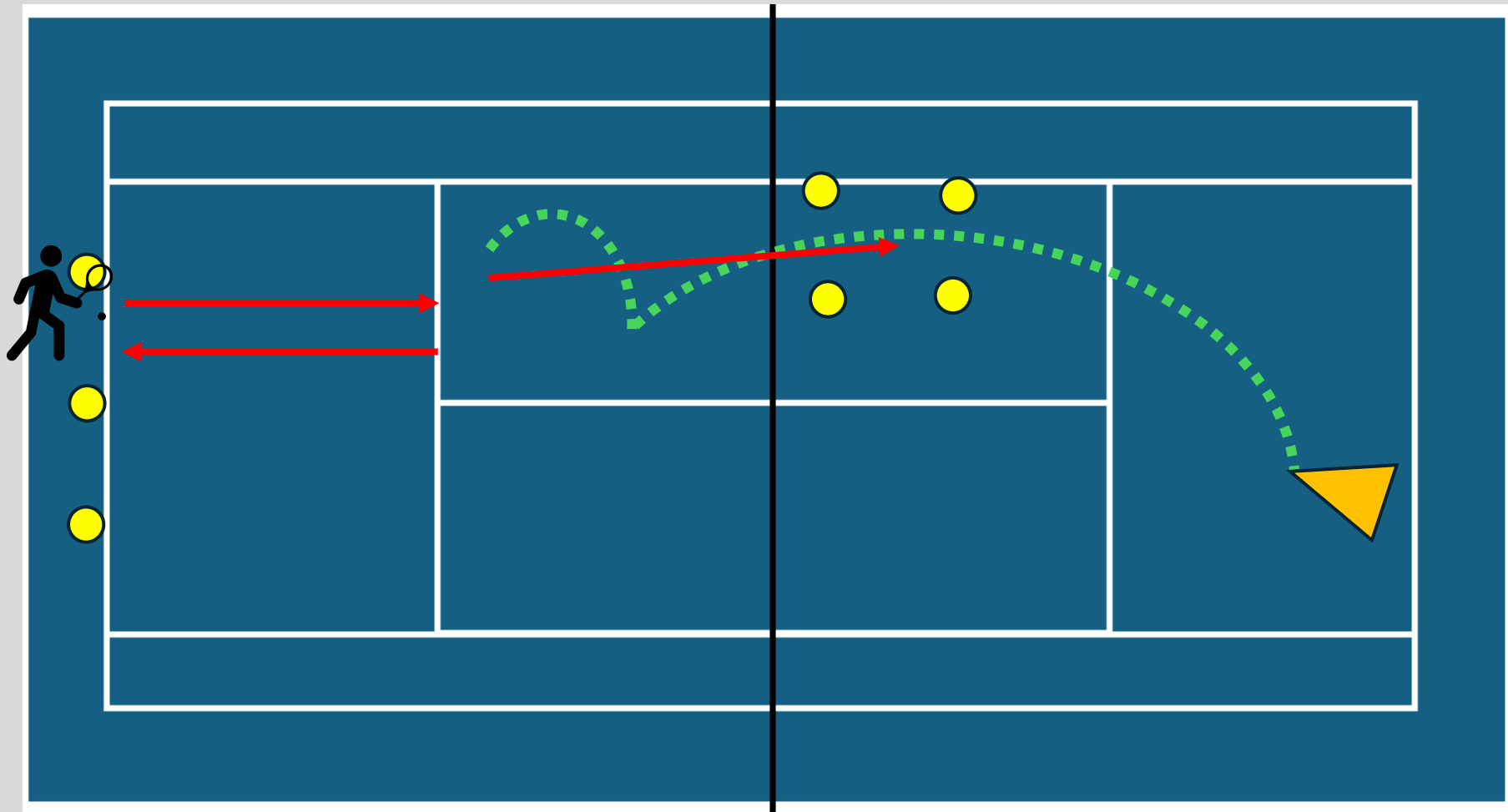
Übung: Rückhand cross



● Hütchen

▲ Ballmaschine

Übung: Gegnerischer Stoppball



● Hütchen

▲ Ballmaschine

Übung: Vorlage

