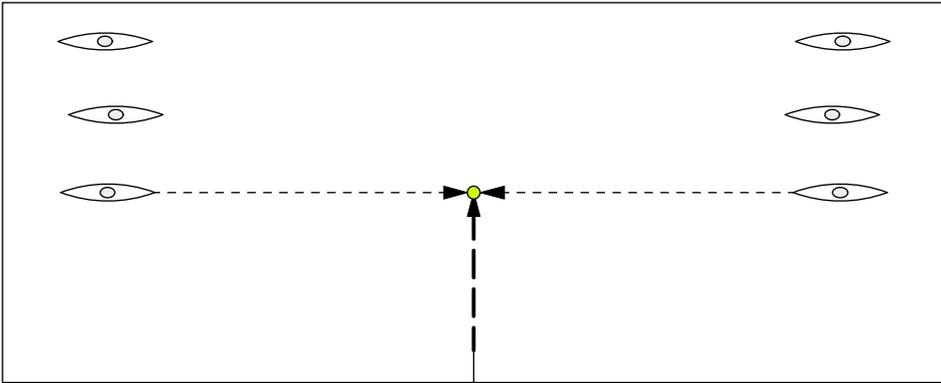
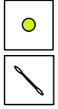
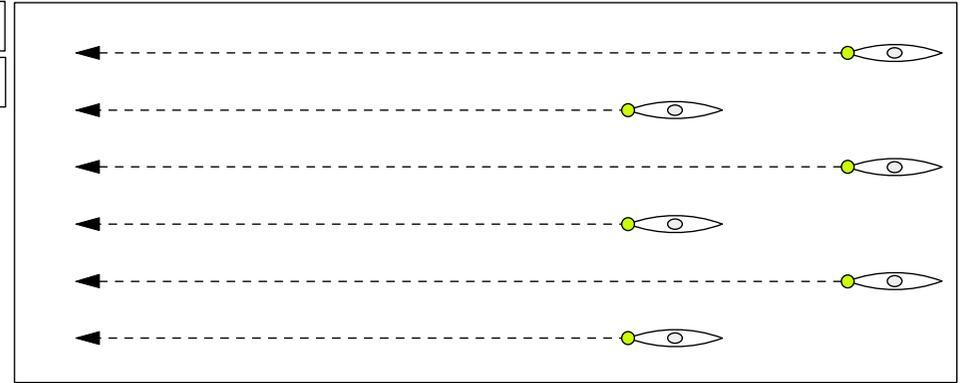
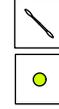


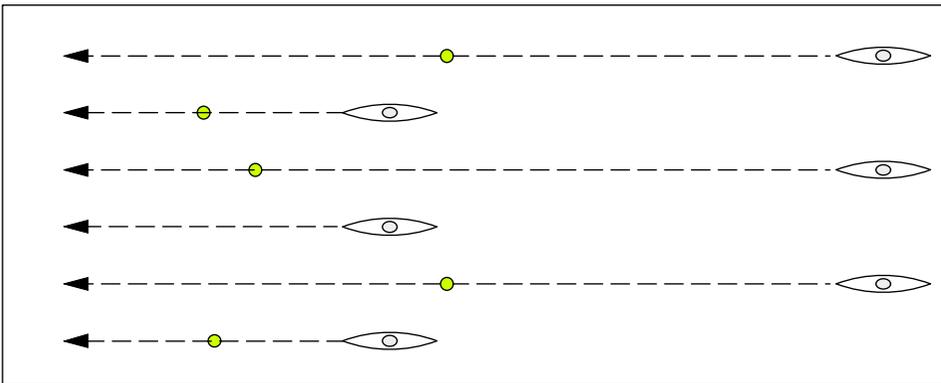
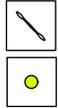
Koordination (Übungen mit Ball)



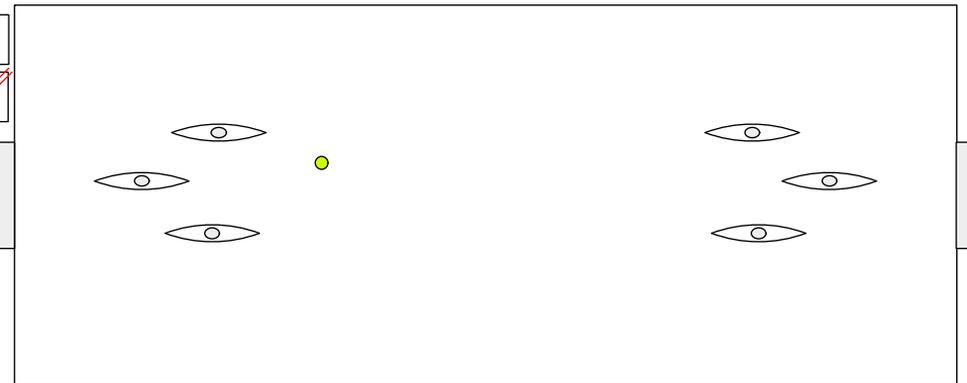
Anspringen



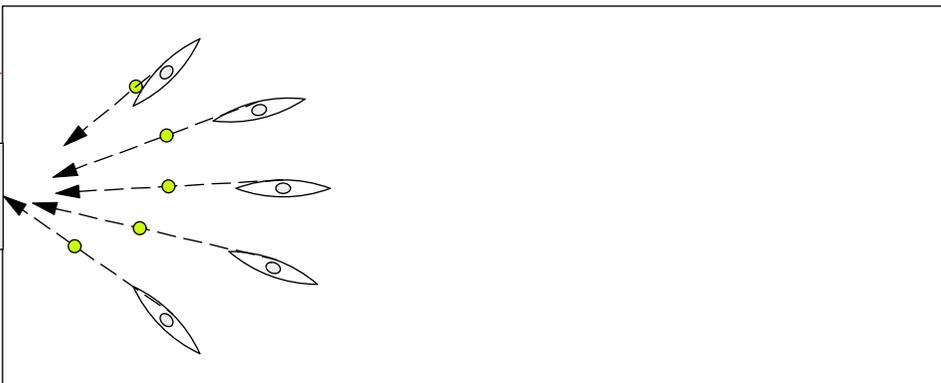
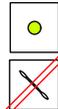
Ball mit der Bootsspitze aufnehmen und vorlegen



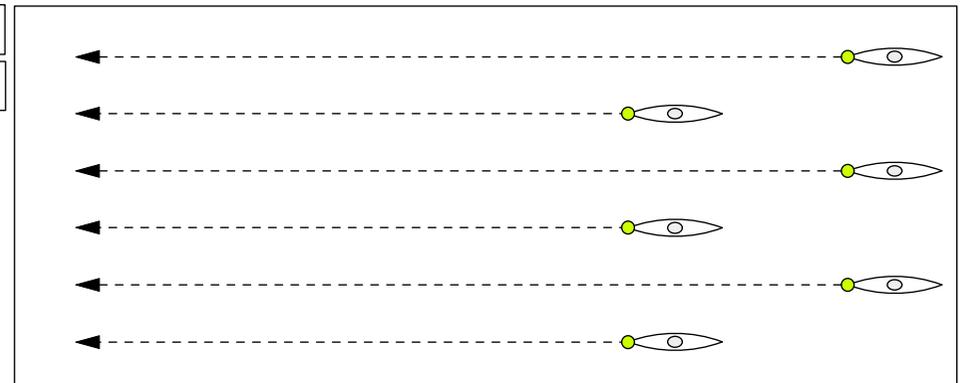
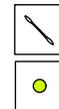
lange und kurze Bogenlampen



Spiel mit Ball ohne Paddel



gezieltes Werfen aus verschiedenen Positionen



Ball mit dem Paddel links und rechts aufnehmen und vorlegen