

Vurder forsvarspiller i kastoppvarming
Vurder om egen linjeøvelse skal gjennomføres

Opening comments

Closing comments

1. Oppvarming matter

0:10

Set up

Execution

Variants

Tips

Tools



2. st og mottak to og to

0:08

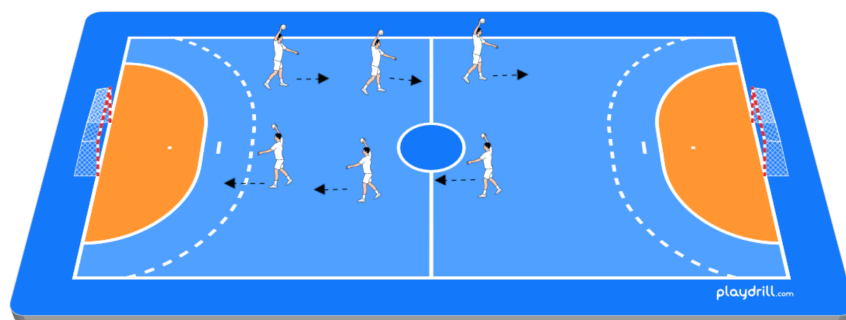
Set up

Execution

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3. 3 og 3 - kast og mottak

0:10

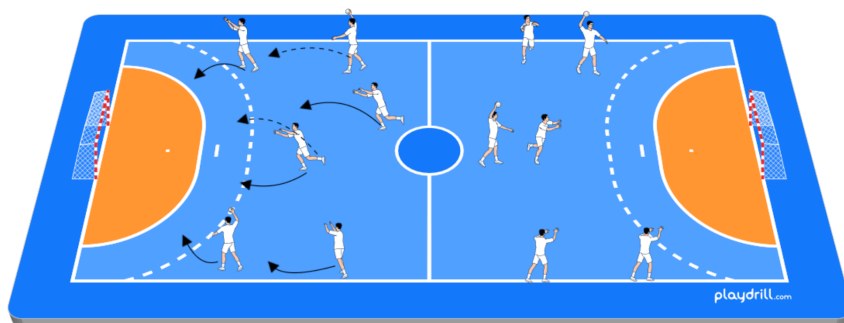
Set up

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4. Stasjoner - duell - linje - kant

0:13

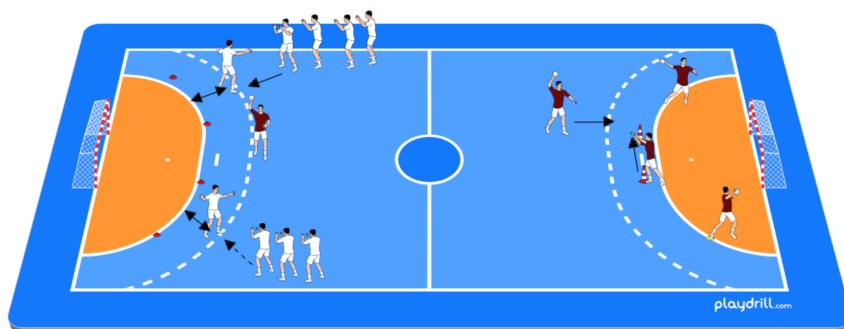
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5. 3 mot 3. Duell - viderespill

0:10

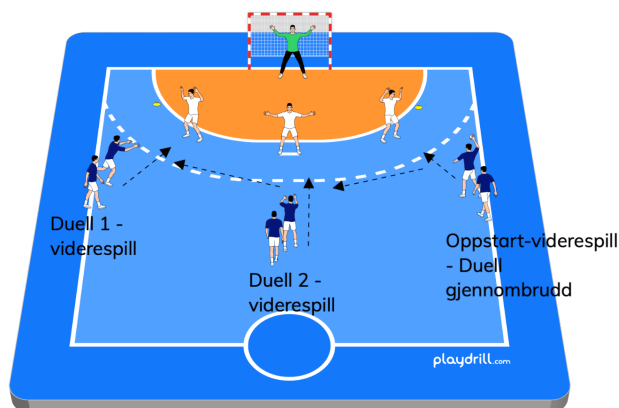
Set up

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6. 3 mot 3 - kontra/retur

Set up



Execution

Variants

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