

3, 4 og 5 er stasjoner som varer i cirka 7 minutter. Blir det for trangt så bruker vi gangen til dette.

Opening comments

Closing comments

1. Oppvarming - forsvar ball

0:06

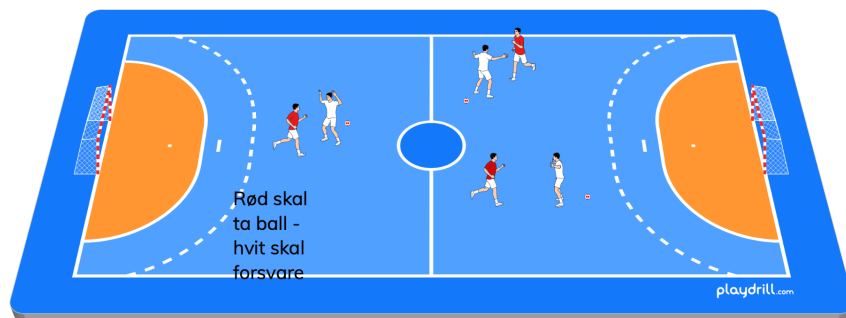
Set up

Execution

Variants

Tips

Tools



2. Kast mot vegg - høy arm - god balanse

0:07

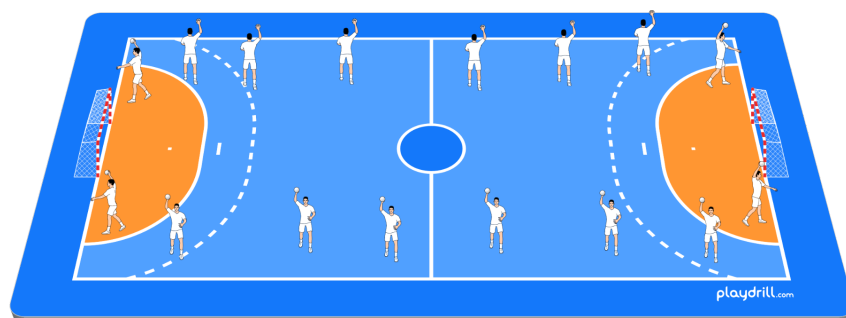
Set up

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3. Innhopp + skudd fra benk

0:07

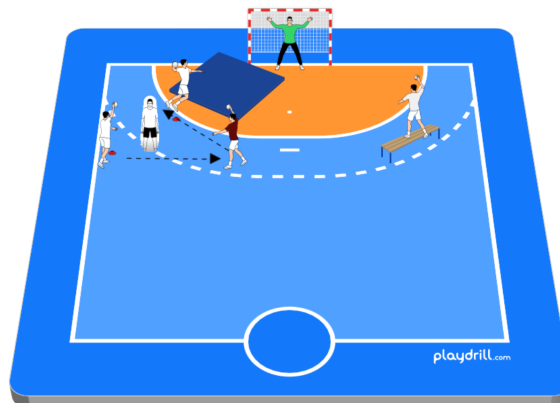
Set up

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4. Kast på vegg - neste i køen griper - hvor mange klarer gruppen?

0:07

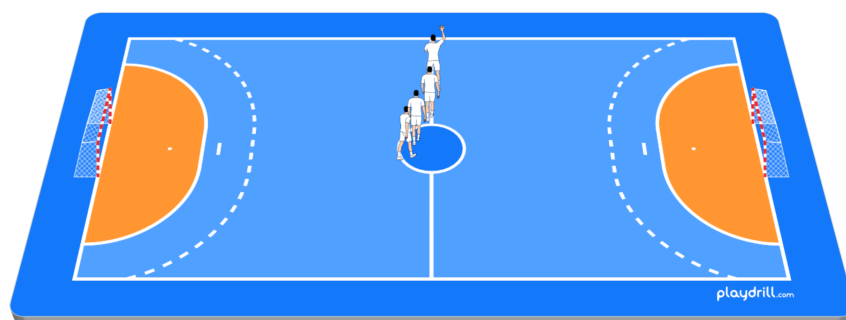
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5. Pådrag - viderspill - duell

0:07

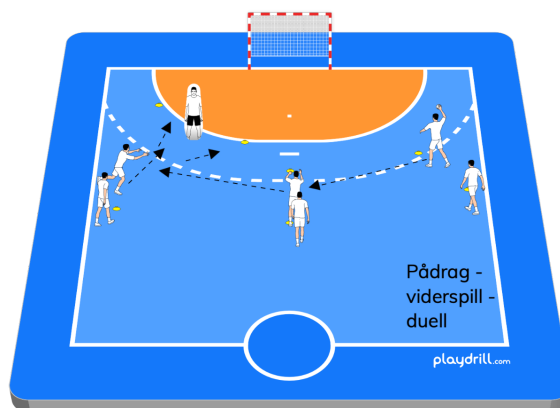
Set up

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6. 3 mot 3 - kontra/retur

Set up



Execution

Variants

Tips

Tools

