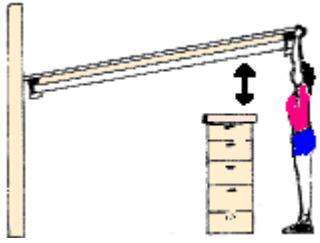


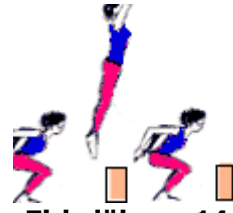
Zirkeltraining für Volleyball

je Station 20 Sekunden dann 30 Sekunden Stationswechsel

B-Trainer Stefan Haberkorn



Zirkelübung 01



Zirkelübung 14



Zirkelübung 13



Zirkelübung 12



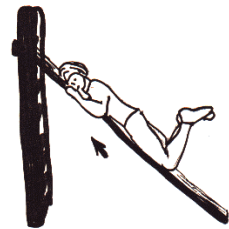
Zirkelübung 02



Zirkelübung 03



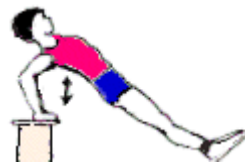
Zirkelübung 04



Zirkelübung 05



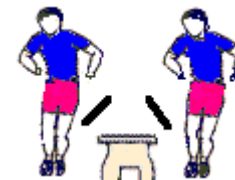
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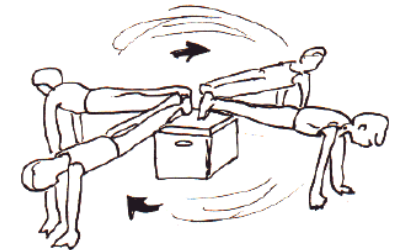
Zirkelübung 07



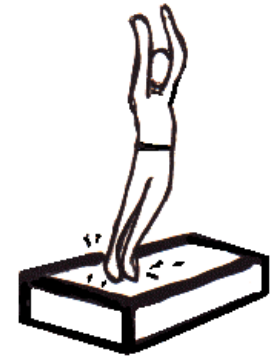
Zirkelübung 08



Zirkelübung 09



Zirkelübung 10



Zirkelübung 11