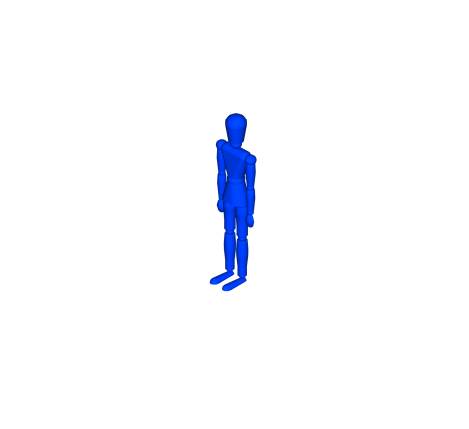
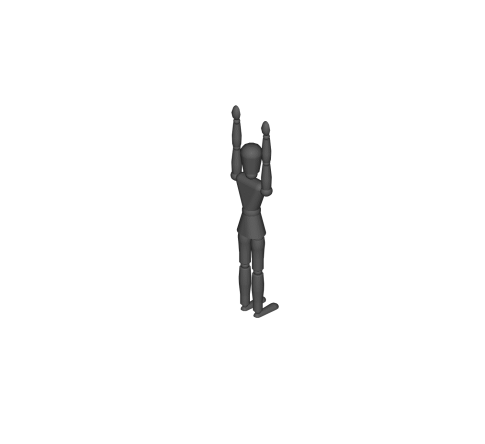
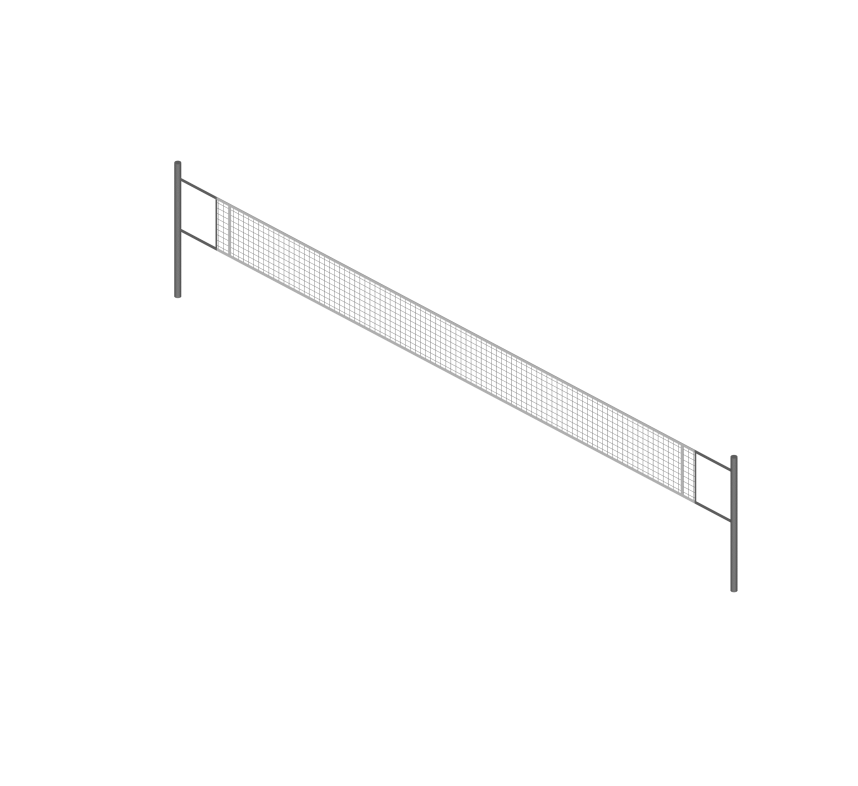
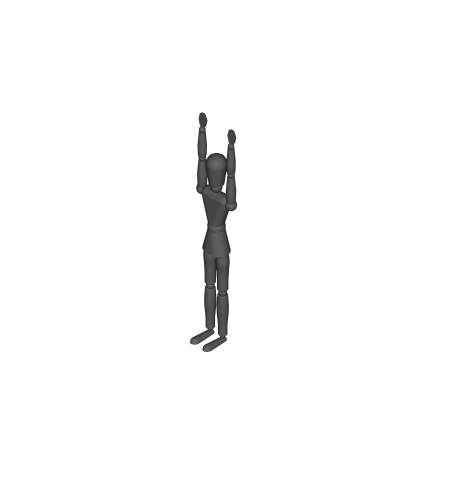
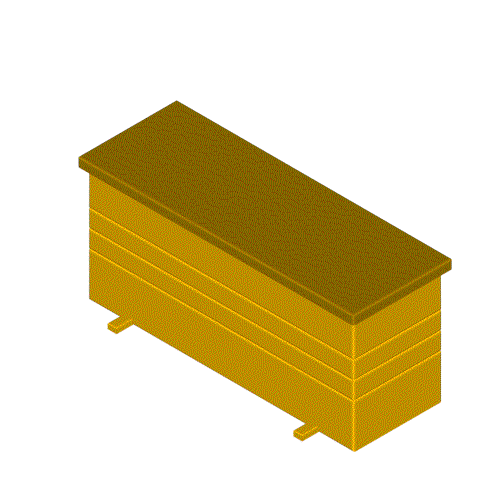
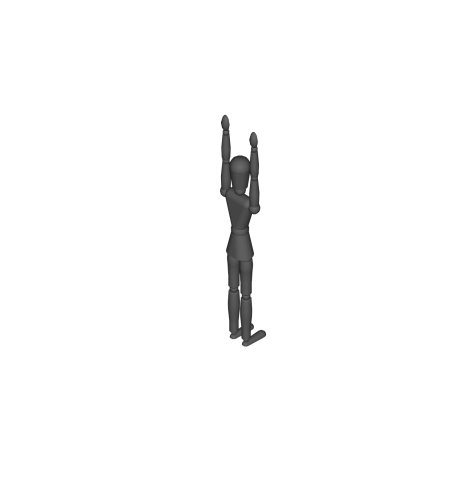
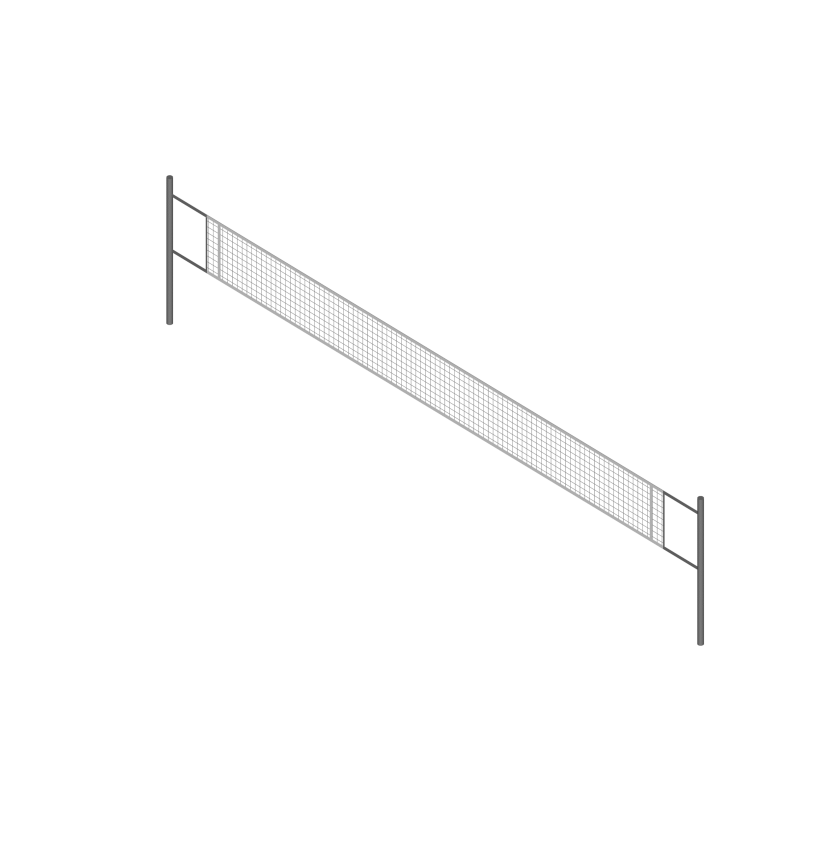
**Station 1**



Von der Brust geworfenen Ball im Sprung blocken

**Station 2**



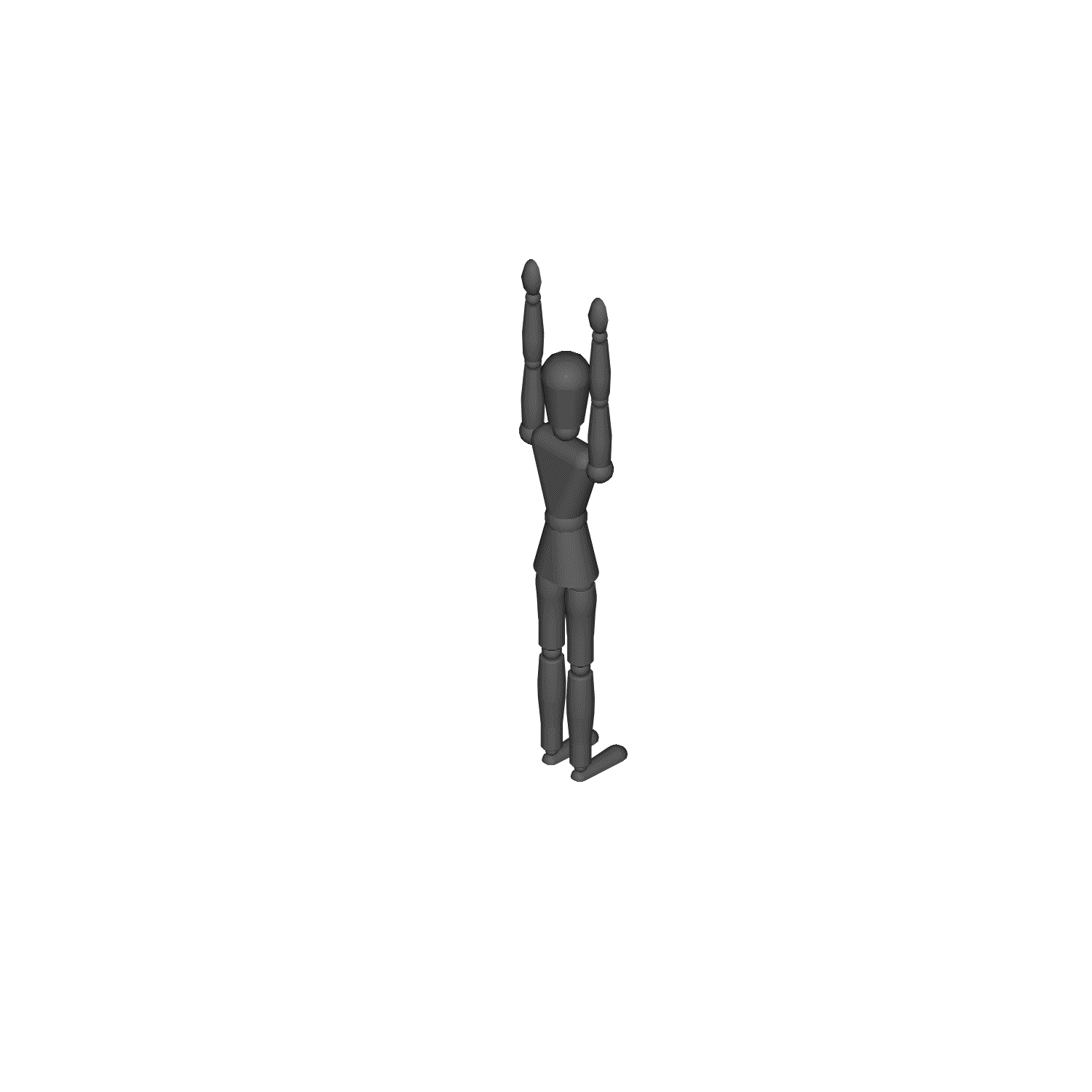
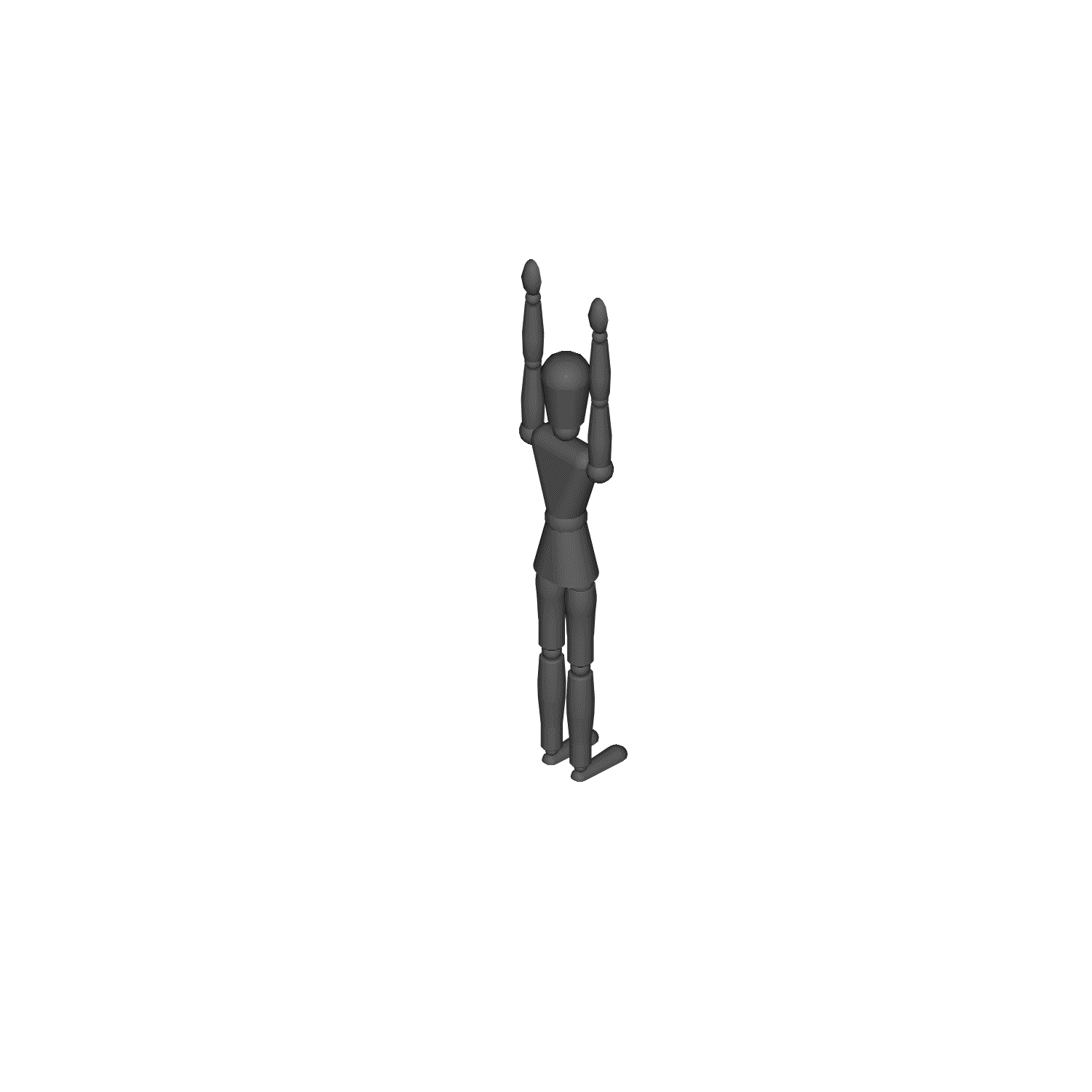
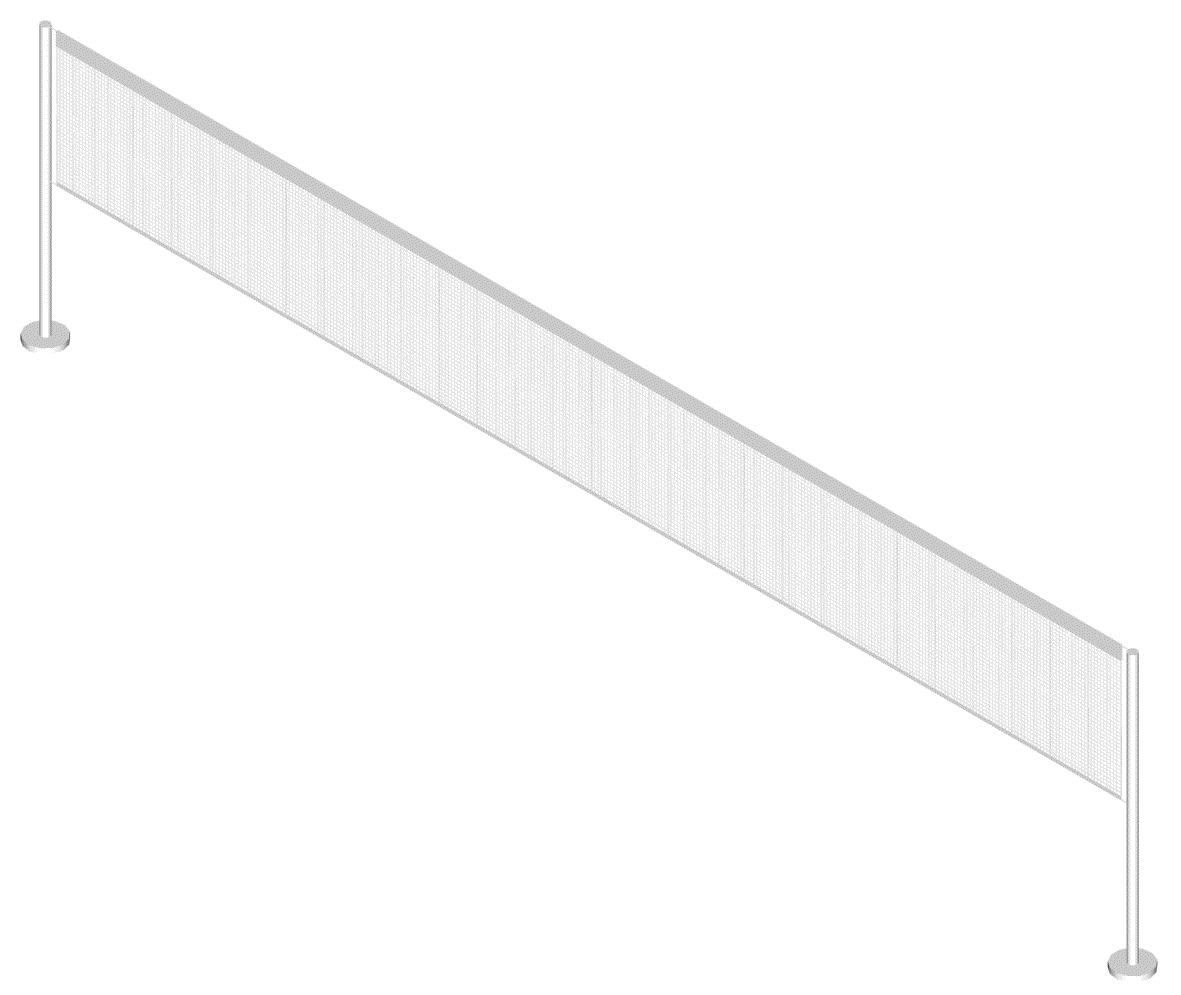
Von einem Kasten leicht von oben nach unten geworfenen Ball blocken

**Station 3**



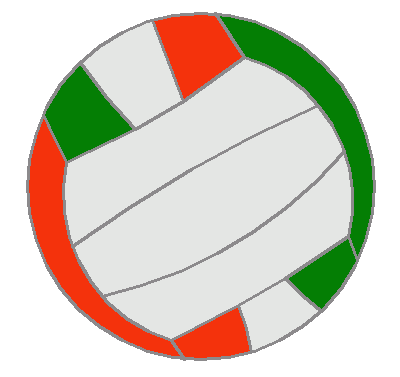
Zugeworfenen Ball im Sprungpritsch-angriff gegen Block

**Station 4**

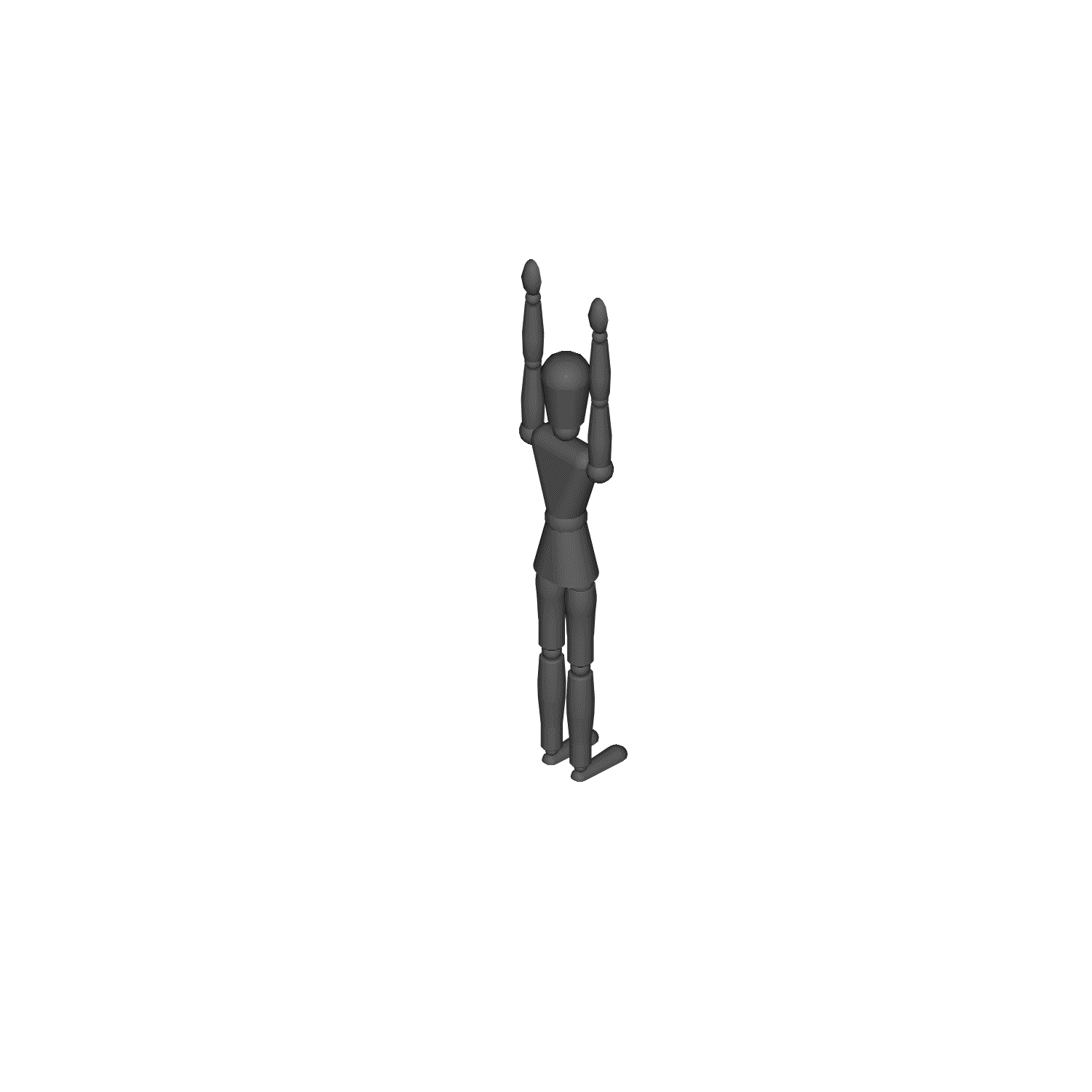
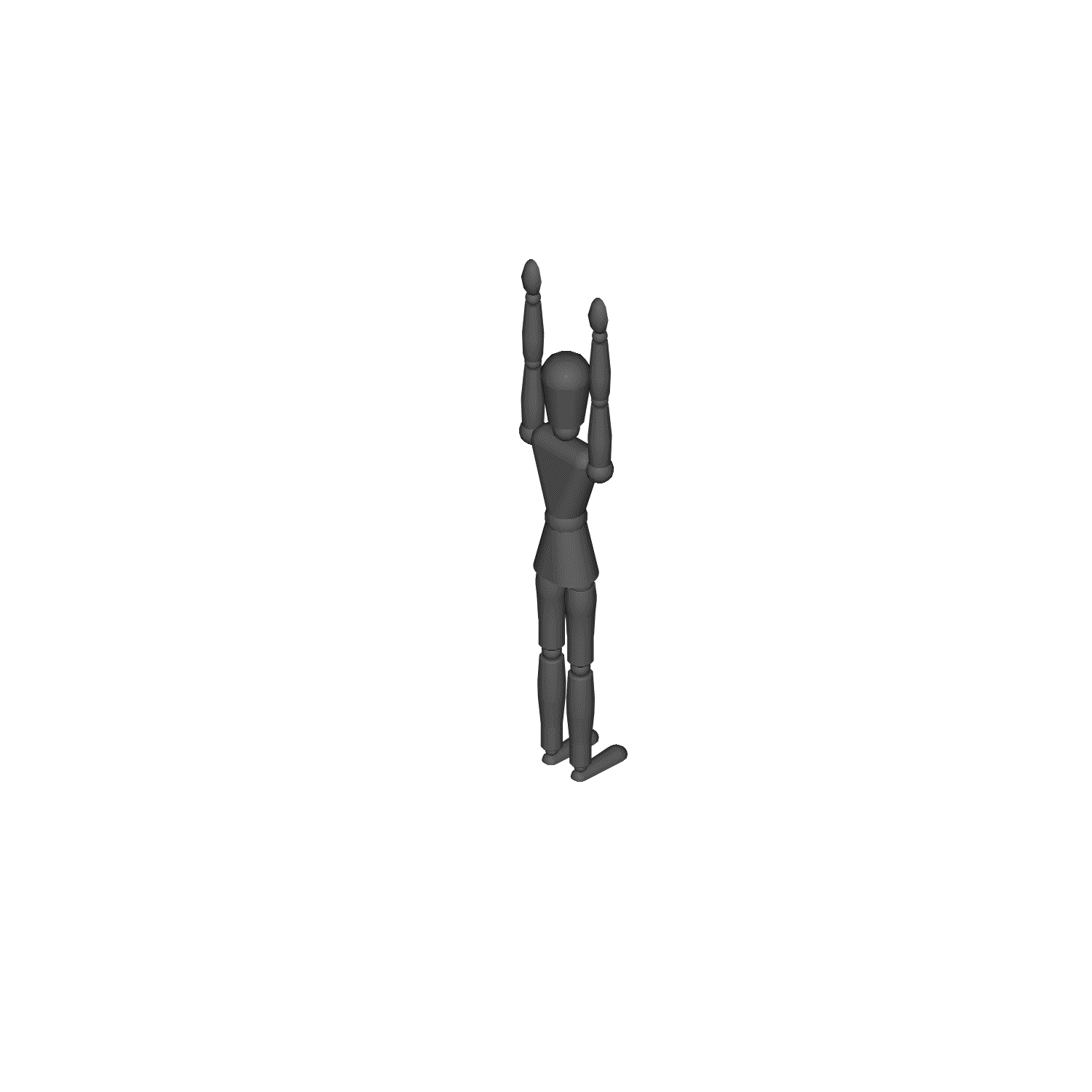
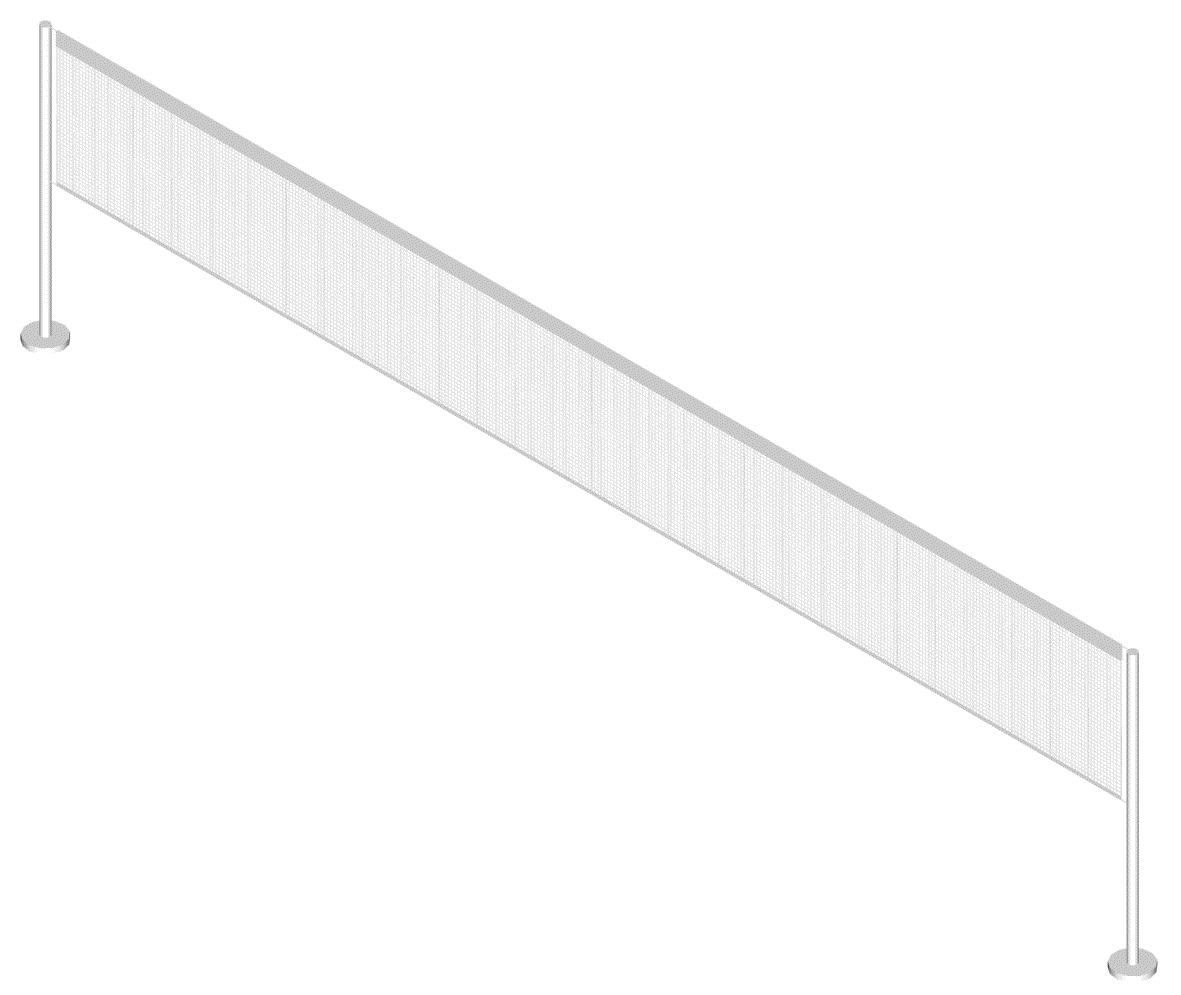


1

2



Wie Station 3 nur der Block wird nach einem Sidestep durchgeführt



1

2

