

Beachvolley

Check ind



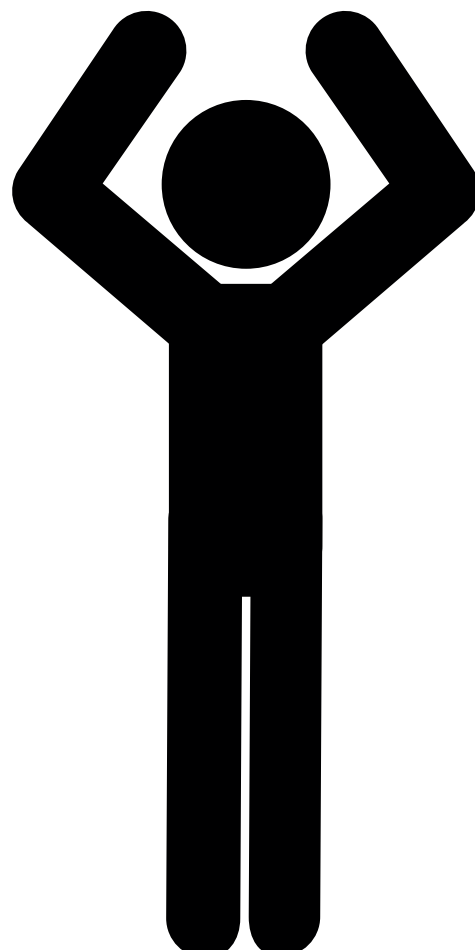
Opvarmning



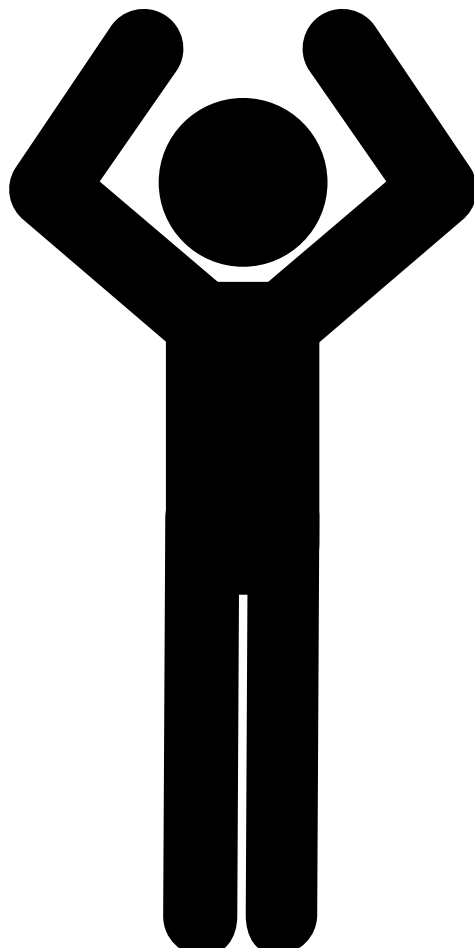
Øvelser med bold



Fingerslag



Hævning til angreb



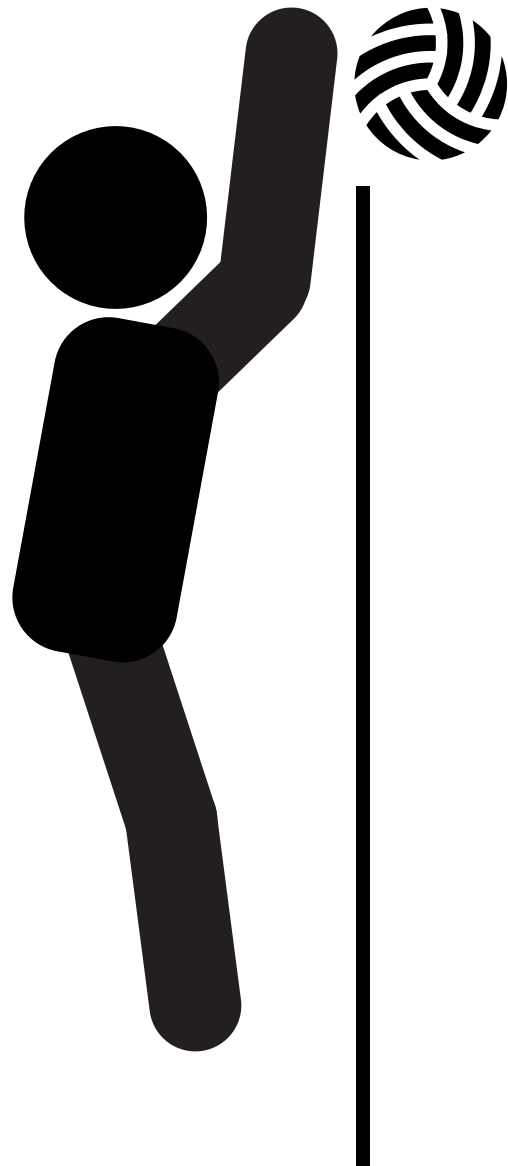
Baggerslag



Serv



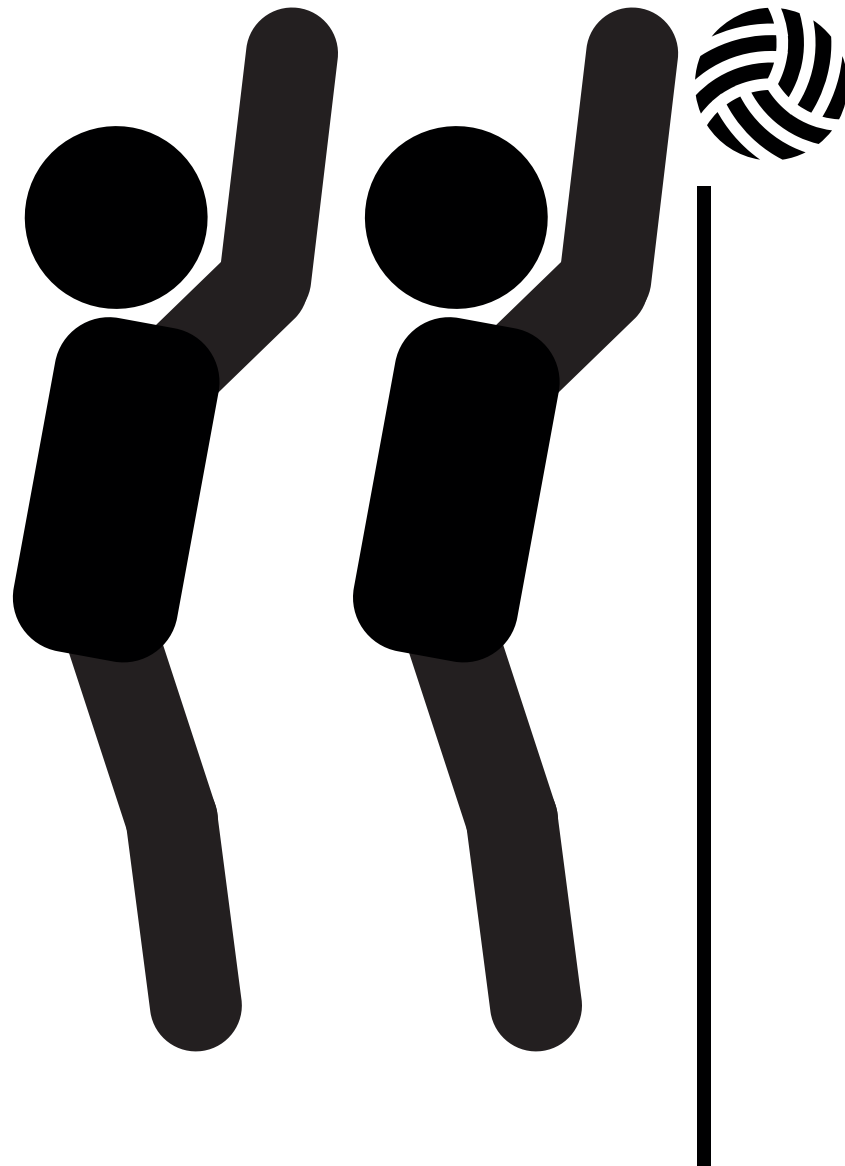
Forsvar



Træningskamp



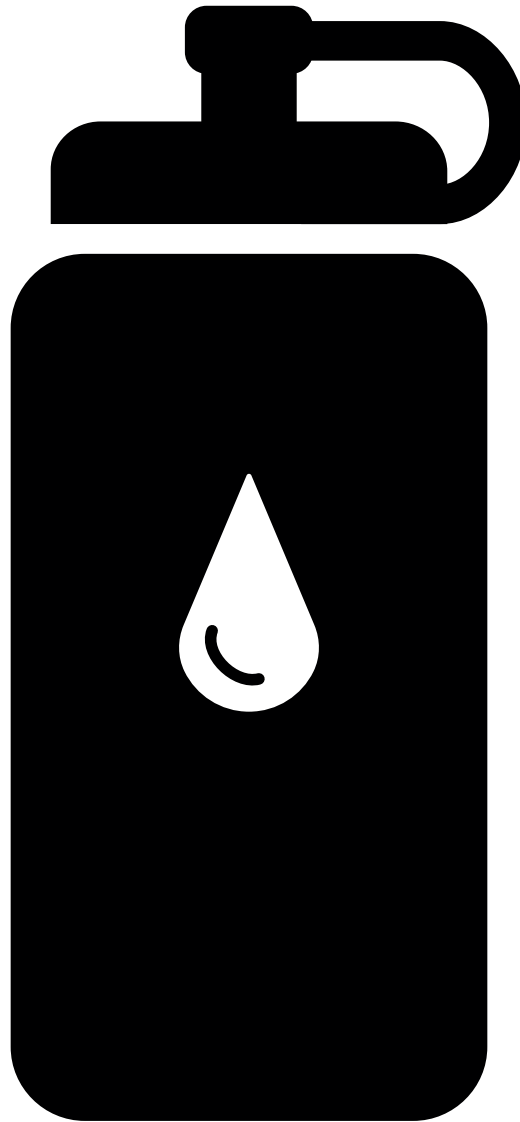
Opstilling



Vand



Vand



Udstræk



Check ud



Evaluering

