



# Mädchen D (06/07)

## Gruppe 1

- 1 Amelie Dilla
- 2 ~~Jette Kibben~~ E
- 3 Greta Helmholz
- 4 Hanna König
- 5 ~~Enja Zurawski~~ E
- 6 Nele Dubiel

## Gruppe 2

- Nele Denzer (Di-E)
- Kathi Wüllenweber
- ~~Lotta Lettgen~~ E
- Mia Schardt
- Annkathrin Schmidt

## Gruppe 3

- Luzie Biedka
- Merit Dietz
- Eva-Lotte Rödiger
- Caya Krieger
- Mona Strucksberg

## Gruppe 4

- Antonia Höcker
- Johanna Schweers

Di 15.40-17.45-GHZ

02.02

Halle 15.45-17.00  
 Athl 17.00-17.45  
 RK - LiB - LK - JK (Ath)

Sa 9.30-11.30-GHZ

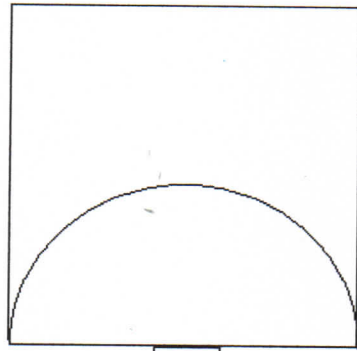
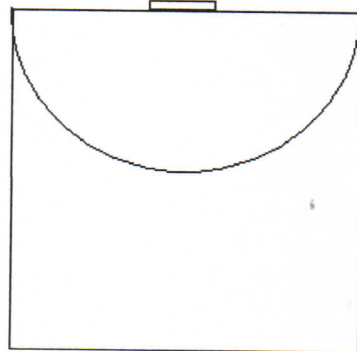
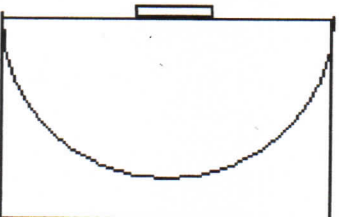
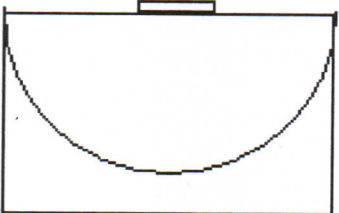
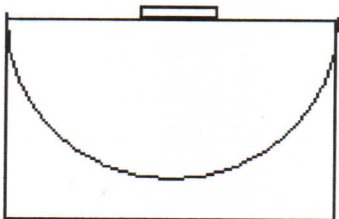
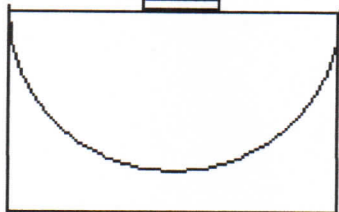
Halle 9.30-11.00  
 Athl 11.00-11.30  
 SH - TD - MS - JK (Ath)

3x3 Bänder  
 2 min oder bei Tor  
 neues Türchen

Aufbau: Bully

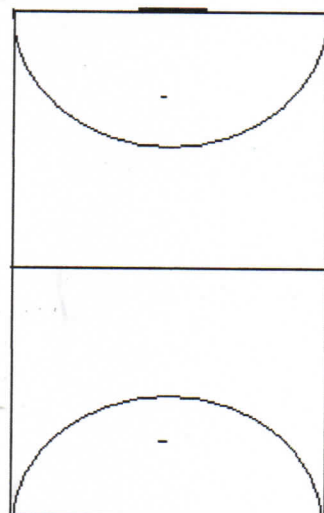
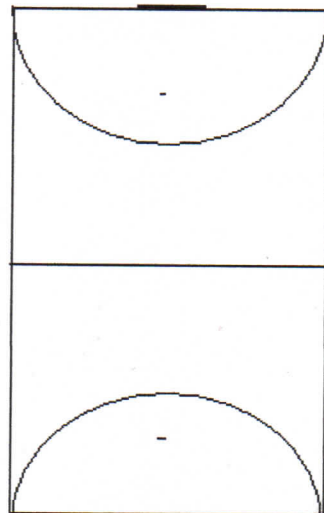
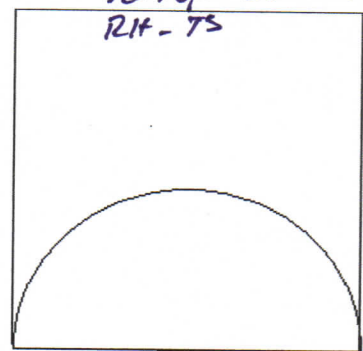
xx. xx

offene/frontale BaFu/Drückling  
 zurückziehen  
 Stemschritt links  
 neu beschleunigen  
 Durchputz mit re Fuß vor



RH-Torschuss

wechseln  
 Ball nach links (quer) planen  
 re Fuß steuern  
 RH-TS



Aufbau

RH-Torschuss

RH-Torschuss

1-1

4-4