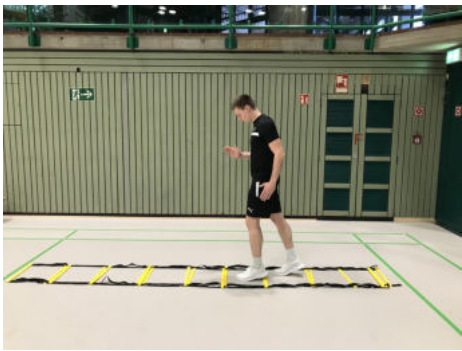
Zirkeltraining Fußball

1: Passen

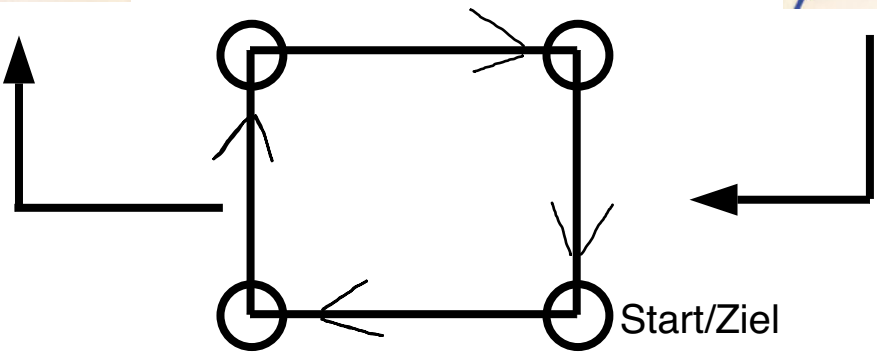
2: Koordinationsleiter



3: Sprung

4: Sprint

5: Ausdauerlauf



6: Dribbling

7: Reifenspringen

8: Sidesteps