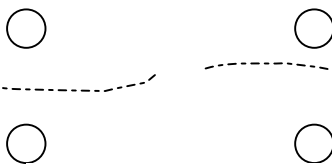
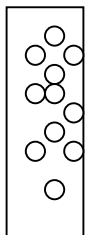


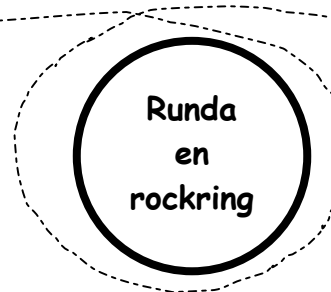
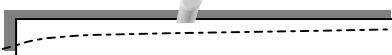
10 st koner
1 rockring
ca 2 x 6m hopprep
2 bord
1 hink
ca 10 tennisbollar
1 vippbräda
ev start/mål

Ta en boll
med
höger
hand



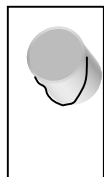
Stanna utan att
sätta ner foten -
fortsätt cykla

Vippbräda år 4-6

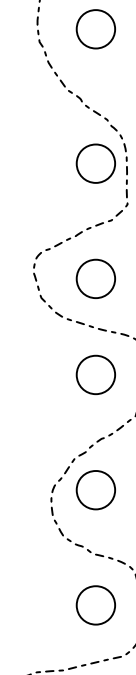
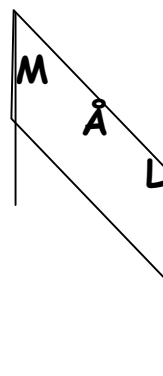
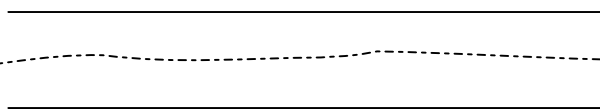


Cykelkontroll och ev tvätt!

Lägg
bollen i
hink med
vänster
hand



Cykla mellan hopprep så långsamt du kan.



Slalom mellan koner

START