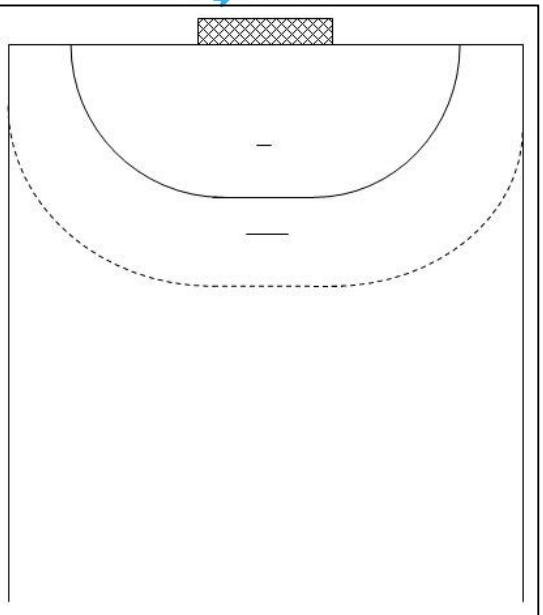
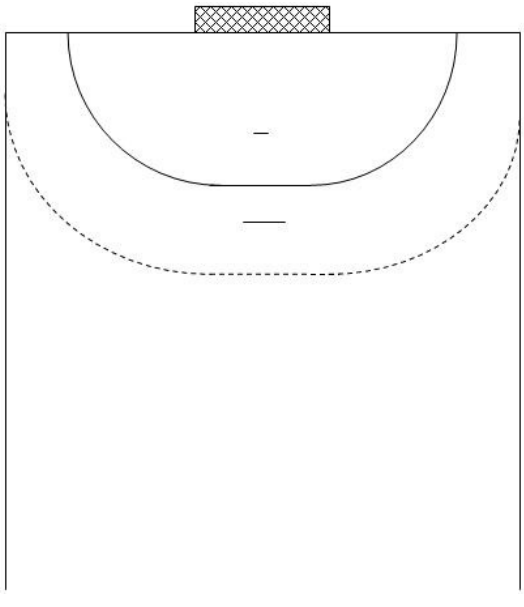
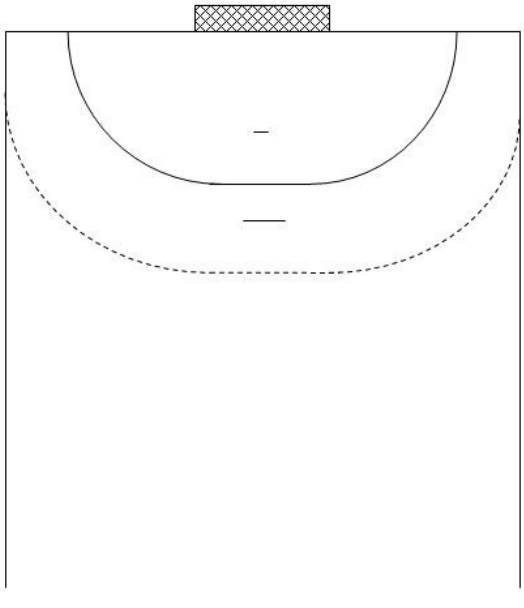
handball-uebungen.de
Training Units and Exercises for Your Training !

Date: _____ Subject: _____

| Subject: | Time: | |
|---|---|---|
| Description: | |  |

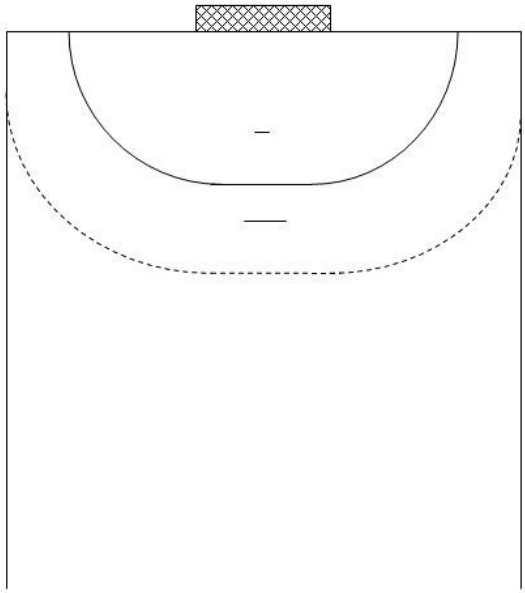
| Subject: | Time: | |
|---|---|---|
| Description: | |  |

| Subject: | Time: | |
|---|---|---|
| Description: | |  |

handball-uebungen.de
Training Units and Exercises for Your Training !

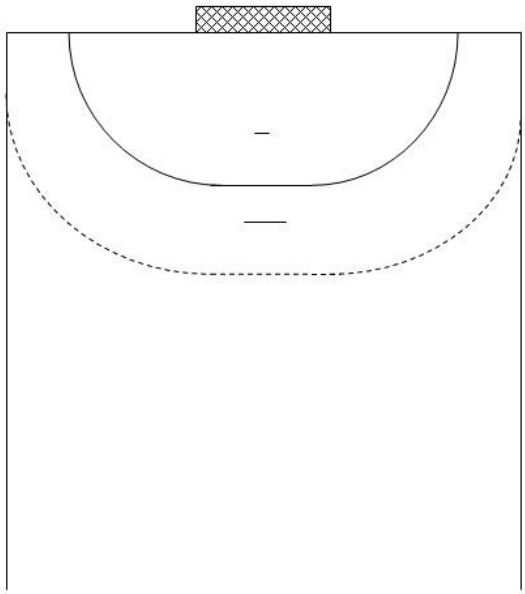
Subject: Time:

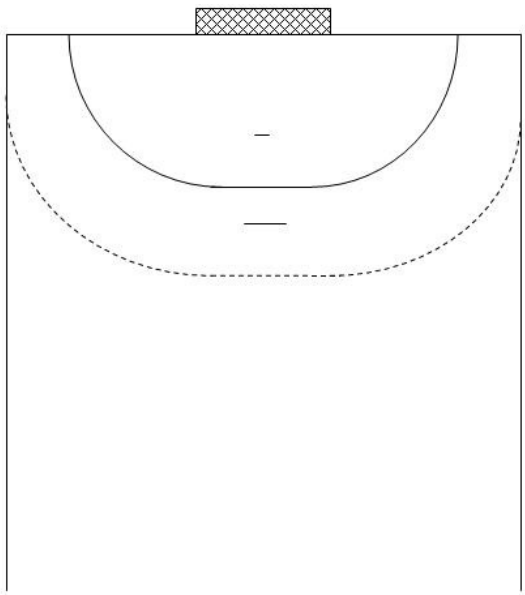
Description:



Subject: Time:

Description:



Subject: Time:

Description: