|  |  |  |
| --- | --- | --- |
| **OEFENVORM** | **ORGANISATIE** | **OPMERKINGEN** |
| Warming – up / inleiding | bballcourt | bballcourt |
| KERN A  | bballcourt | bballcourt |
| KERN B.  | bballcourt | bballcourt |
| SPEL | bballcourt |  |

**OPMERKINGEN**