**29. Januar 2021**

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 09.10 – 09.20 Uhr | Begrüßung | | | | | | | |
| 09.20 – 09.30 Uhr | Handballregel-Film | | | | | | | |
| 09.35 – 09.45 Uhr | gemeinsames Aufwärmen | | | | | | | |
| 09.50 Uhr | Beginn Übungen/Spielform | | | | | | | |
|  | Übung 1: | Übung 2: | Übung 3: | Übung 4: | Übung 5: | Übung 6: | Spielform  als Gruppe 1 | Spielform  als Gruppe 2 |
| 09.50 – 10.10 Uhr | Team 1 | Team 2 | Team 3 | Team 4 | Team 5 | Team 6 | Team 7 | Team 8 |
| 10.10 – 10.30 Uhr | Team 8 | Team 1 | Team 2 | Team 3 | Team 4 | Team 5 | Team 6 | Team 7 |
| 10.30 – 10.50 Uhr | Team 7 | Team 8 | Team 1 | Team 2 | Team 3 | Team 4 | Team 5 | Team 6 |
| 10.50 – 11.10 Uhr | Team 6 | Team 7 | Team 8 | Team 1 | Team 2 | Team 3 | Team 4 | Team 5 |
| 11.10 – 11.30 Uhr | Team 5 | Team 6 | Team 7 | Team 8 | Team 1 | Team 2 | Team 3 | Team 4 |
| 11.30 – 11.50 Uhr | Team 4 | Team 5 | Team 6 | Team 7 | Team 8 | Team 1 | Team 2 | Team 3 |
| 11.50 – 12.10 Uhr | Team 3 | Team 4 | Team 5 | Team 6 | Team 7 | Team 8 | Team 1 | Team 2 |
| 12.10 – 12.30 Uhr | Team 2 | Team 3 | Team 4 | Team 5 | Team 6 | Team 7 | Team 8 | Team 1 |
| 12.45 – 13.00 Uhr | Siegerehrung | | | | | | | |