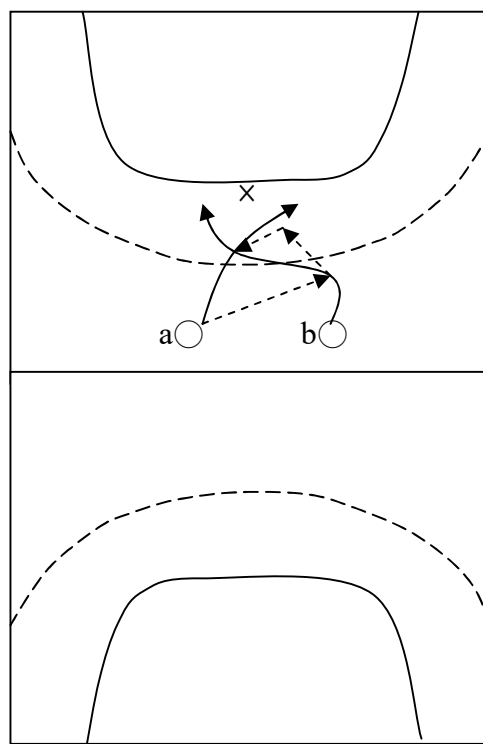
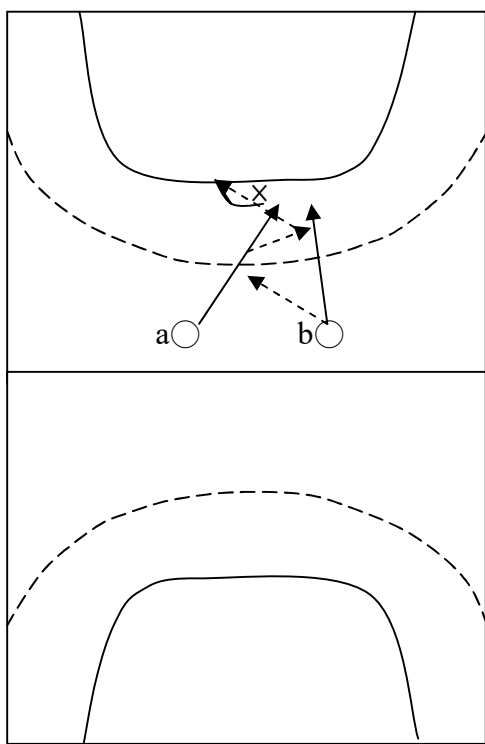
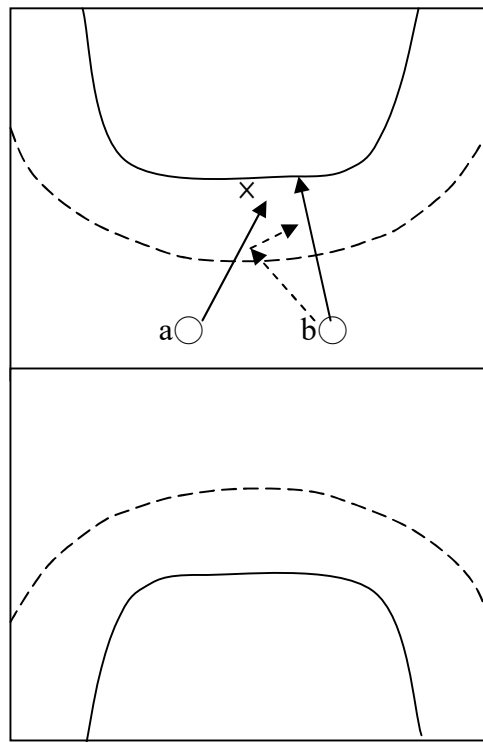
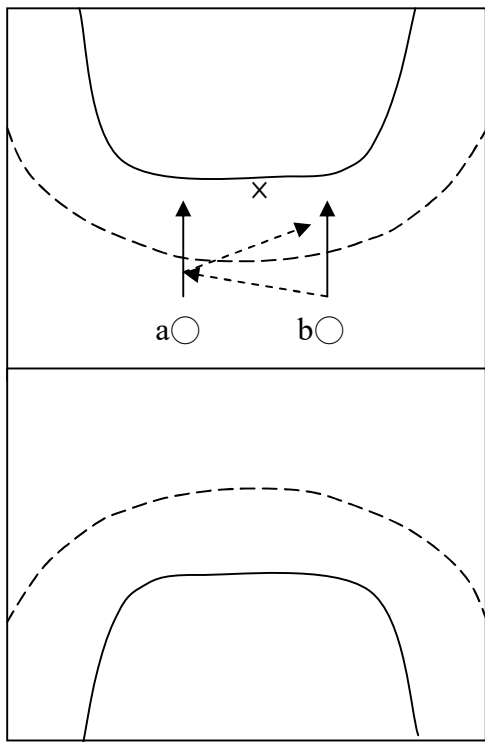


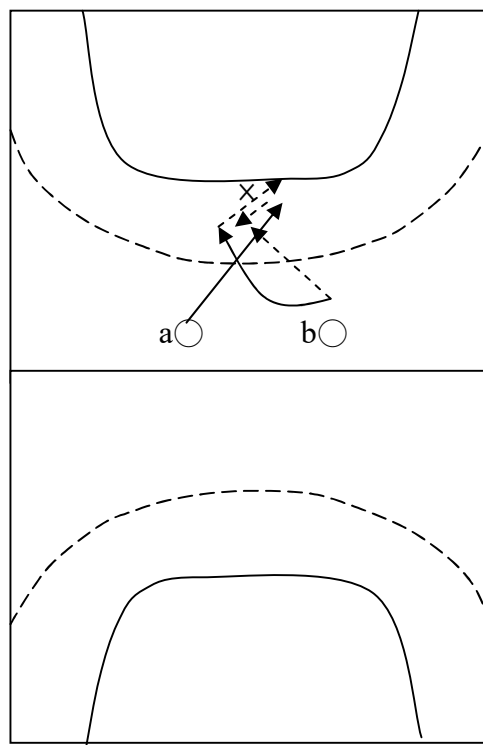
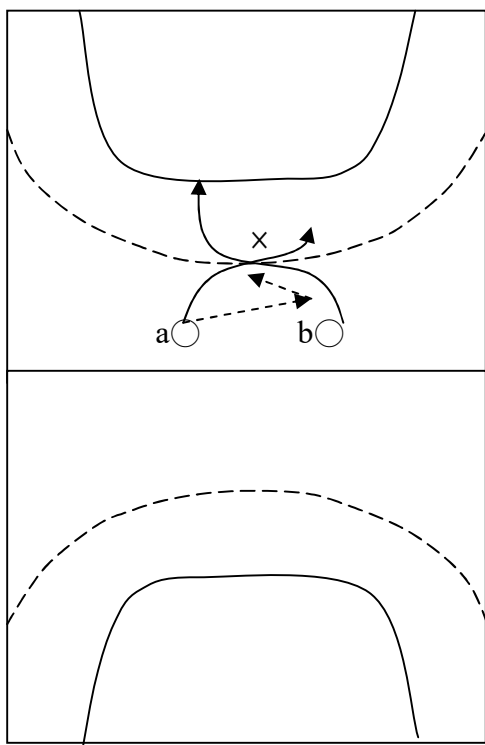
手球第十四週

進度：攻防練習與比賽

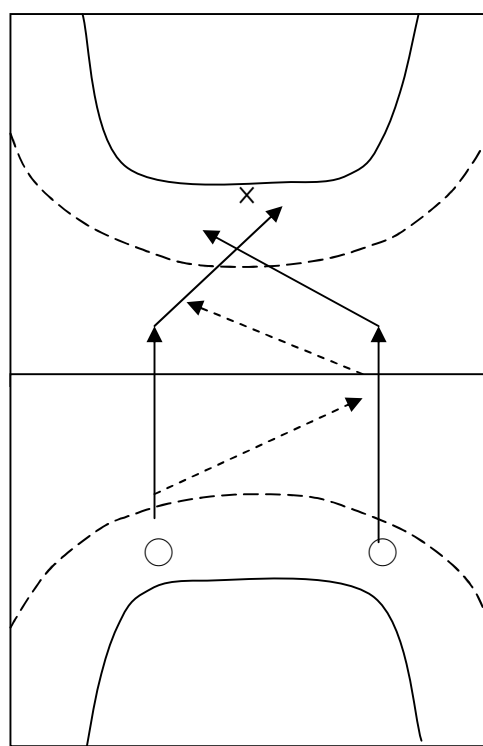
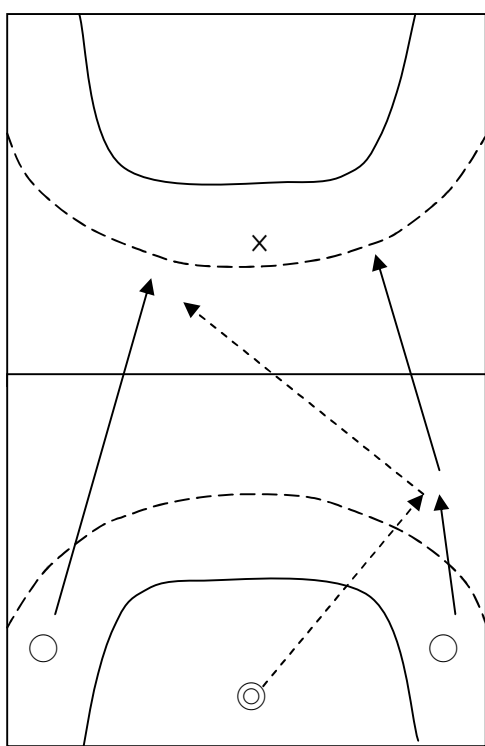
二對一攻防練習

先做繞圈傳球及四角傳球





雙人快攻(可反邊)



分組比賽