|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Tijd** | **Doel/ opdracht** | **Oefening** | **Variant +/-** | **Aandachtspunt** | **Materiaal** | **Opstelling** |
| 10 min | Opwarming |  |  |  |  |  |
| 30 min  18u15 | Kern |  |  |  |  |  |
| 5 min | Speelse cool down |  |  |  |  |  |