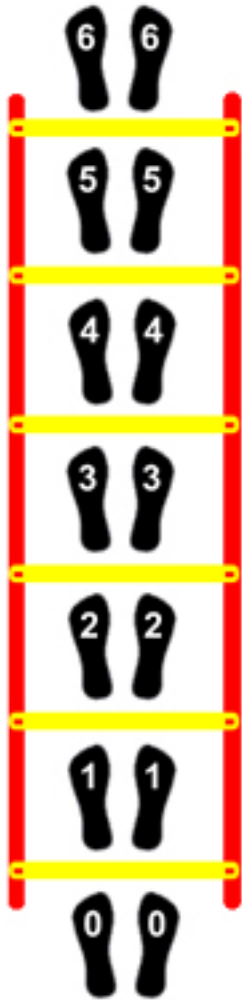
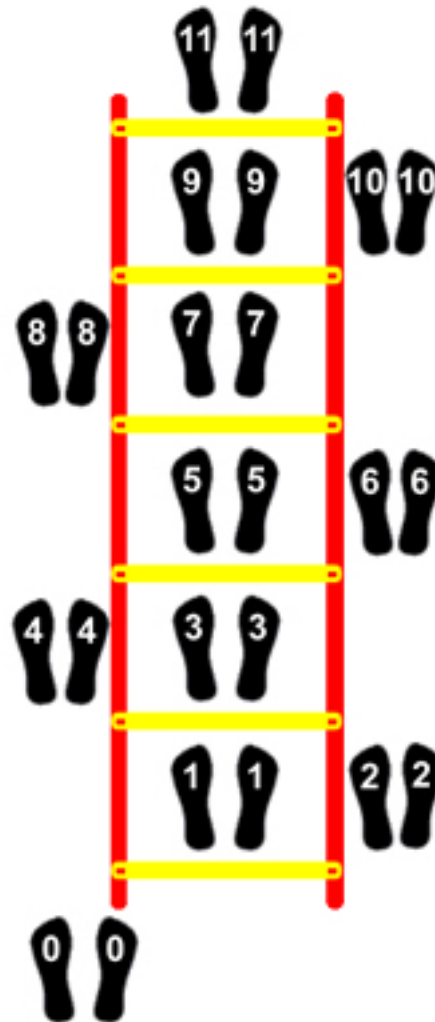


# Soccerdrills.de Koordinationsleiter - Sprünge

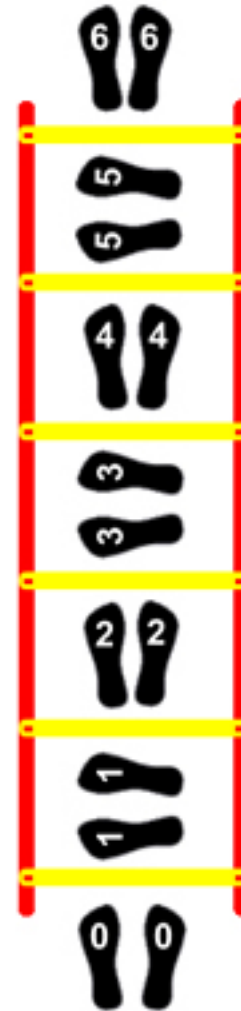
19. Double All-In



20. Double Out-In



21. Double Half-Turn



22. Forward-Back  
Hier: 3 vor, 1 zurück

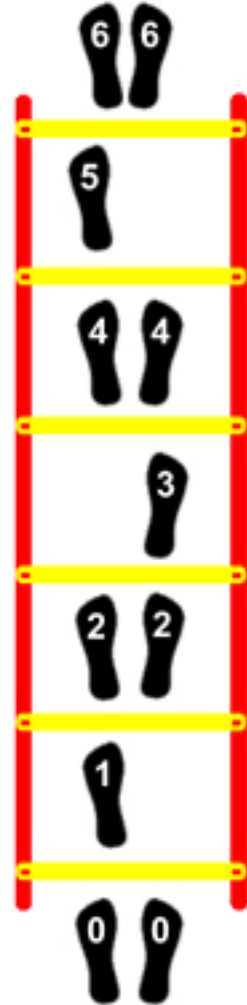


# Soccerdrills.de Koordinationsleiter - Sprünge

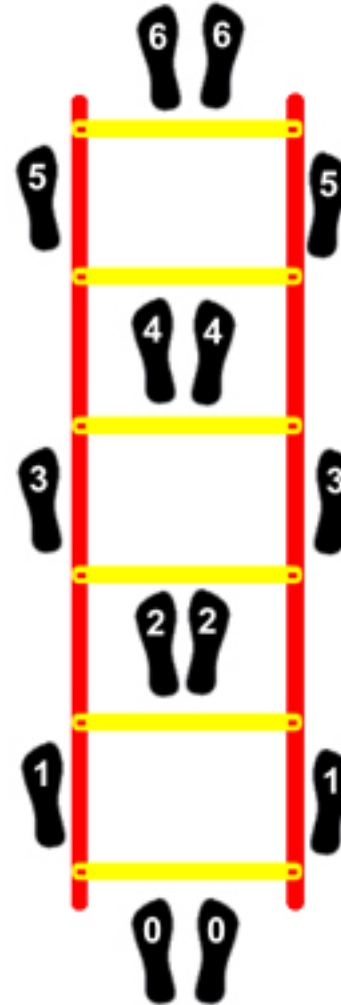
23. Stepper



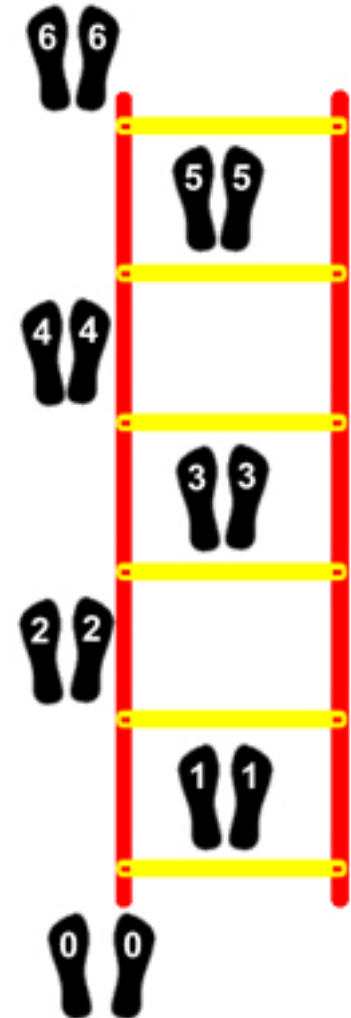
24. One-Two-One



25. Straddle Out-Both-In

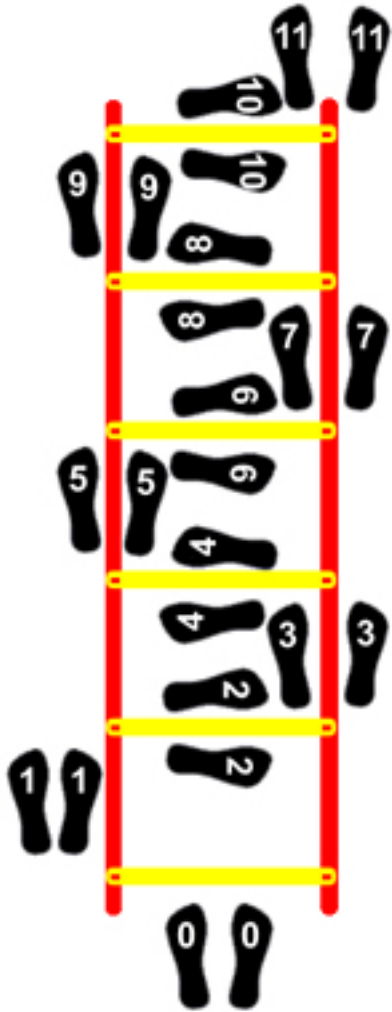


26. Double Line Out

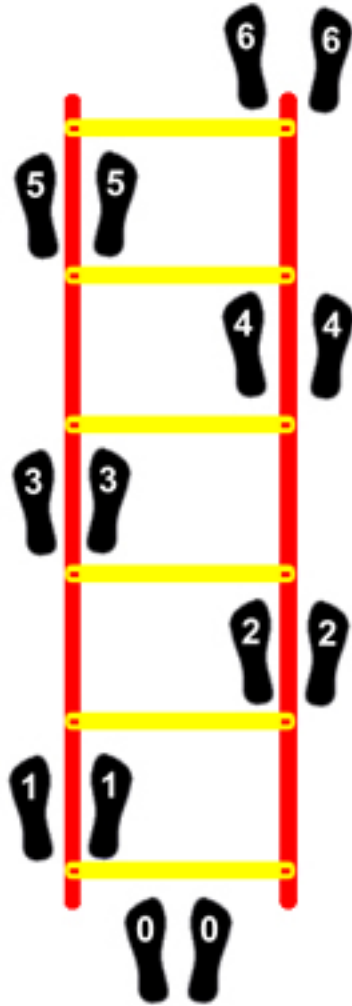


# Soccerdrills.de Koordinationsleiter - Sprünge

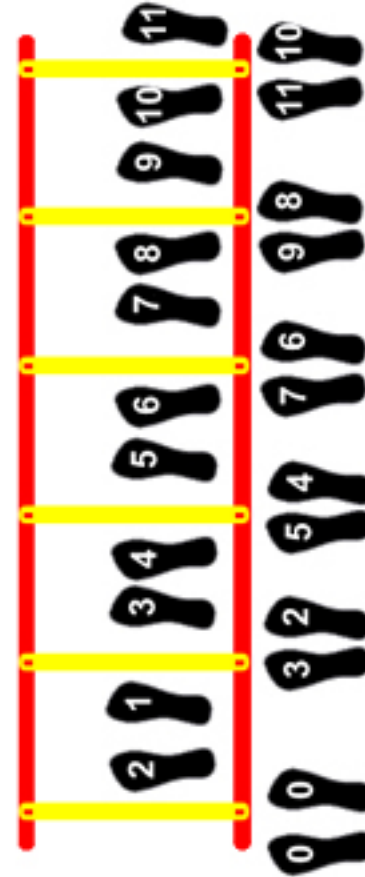
27. Double On Line



28. Double Across Line



29. Cutter  
Scherensprung



30. Cross-Cut-In

