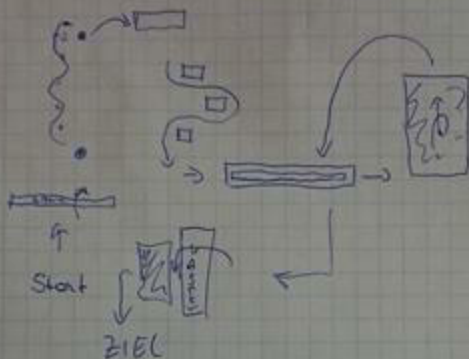


- 1) Aufwärmen 10 min
- 2) Konditionübungen | 15 / 15 4-5 min
 - | Linien laufen H+R 10 min
 - | Portale MBKT 30 min ohne AB



AB ca. 10 min

- 3) Veräumen + Pause 15 min
- 4) ~~Lauf~~ Lauftechnik div. Übungen ohne Puck 15 min
- 5) Lauftechnik div. mit Puck 15 min
- 6) Stickhandling 10 min
- 7) Match zeitliche Zeit

The diagram illustrates a cognitive map with the following elements and connections:

- Start:** A red horizontal bar at the bottom left, labeled "Start" and "Bank". An arrow points up from it.
- Weg:** A wavy vertical line with green circles, labeled "Weg" and "Hochzeit". An arrow points up from the "Start" bar to it.
- Kuchen:** Five rectangular boxes arranged in a vertical column, labeled "Kuchen". Arrows point from the "Weg" line to each "Kuchen" box.
- Bank:** A red horizontal bar in the middle, labeled "Bank". An arrow points from the bottom "Kuchen" box to it.
- Haus:** Two blue rectangular boxes, labeled "Haus". An arrow points from the "Bank" bar to the top "Haus" box.
- Ziel:** A blue rectangular box at the bottom right, labeled "Ziel". An arrow points from the top "Haus" box to it.