|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **DON BOSCO GENK** |  | | |  | | | |  |  | |
| **Graad: 2de graad BSO** | | |  | | |  |  | **Datum:** | | |
| **Vak: LO** | | |  | | | |  | **Thema: Handbal: Test** | | |
| **Leerkracht: K. Van Genechten** | | | |  | | |  | **Test: De Sprongworp** | | |
|  | |  |  | | |  | | | |  | |

# Test: Handbal – de Sprongworp na boogvormige loopweg

* Per 2
* Tracht te scoren met een sprongworp na pass van een medespeler, de aanloop is boogvorming

**Klas:**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Naam** | **vooractie** | **3 passen**  **coördinatie** | **sprong** | **balwapening** | **Bal gooien** | **Totaal** |
|  | /2P | /2P | /2P | /2P | /2P | /10P |
|  | /2P | /2P | /2P | /2P | /2P | /10P |
|  | /2P | /2P | /2P | /2P | /2P | /10P |
|  | /2P | /2P | /2P | /2P | /2P | /10P |
|  | /2P | /2P | /2P | /2P | /2P | /10P |
|  | /2P | /2P | /2P | /2P | /2P | /10P |
|  | /2P | /2P | /2P | /2P | /2P | /10P |
|  | /2P | /2P | /2P | /2P | /2P | /10P |
|  | /2P | /2P | /2P | /2P | /2P | /10P |
|  | /2P | /2P | /2P | /2P | /2P | /10P |
|  | /2P | /2P | /2P | /2P | /2P | /10P |
|  | /2P | /2P | /2P | /2P | /2P | /10P |
|  | /2P | /2P | /2P | /2P | /2P | /10P |
|  | /2P | /2P | /2P | /2P | /2P | /10P |
|  | /2P | /2P | /2P | /2P | /2P | /10P |
|  | /2P | /2P | /2P | /2P | /2P | /10P |
|  | /2P | /2P | /2P | /2P | /2P | /10P |