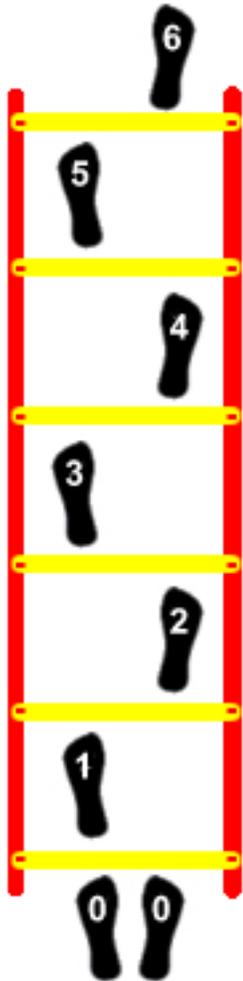
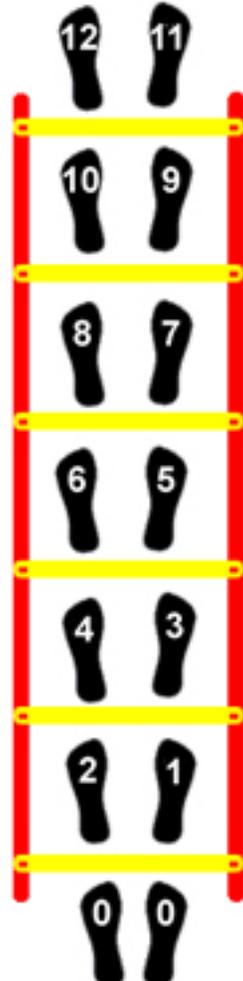


# Soccerdrills.de Koordinationsleiter - Schrittfolgen

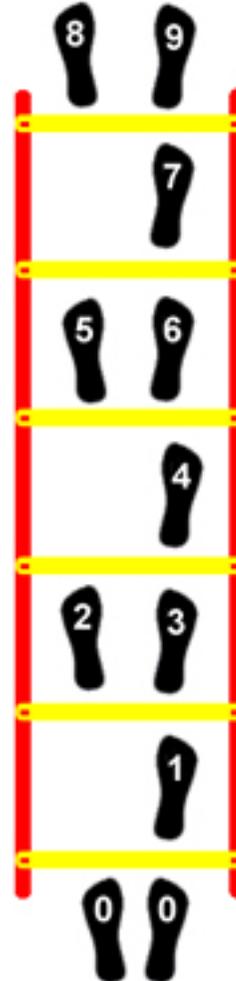
1. Easy Run



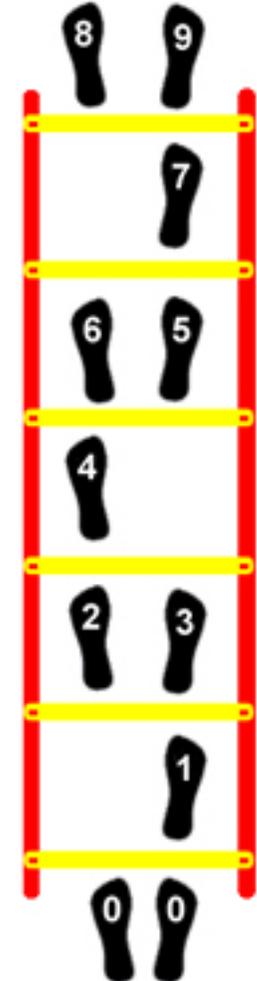
2. Double Step



3. Double In-Two

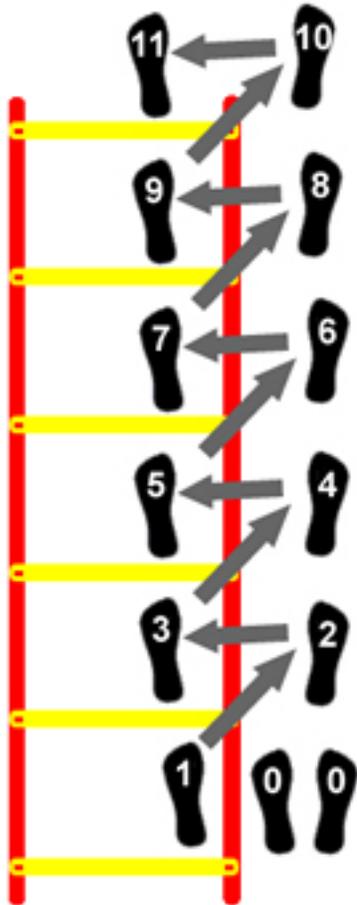


4. Double Change In-Two

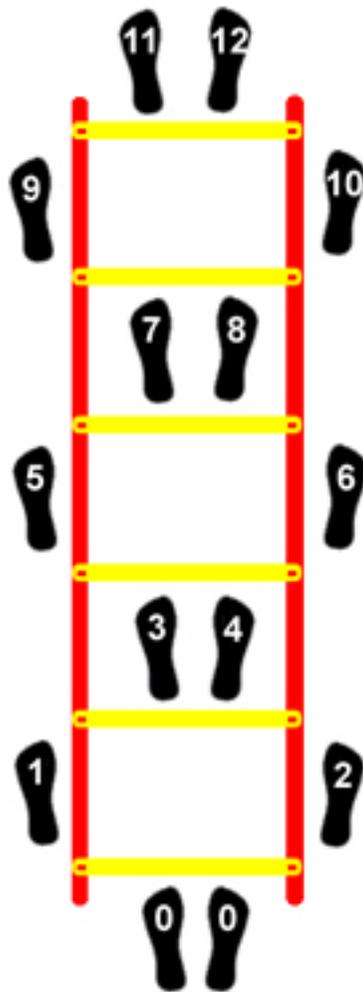


# Soccerdrills.de Koordinationsleiter - Schrittfolgen

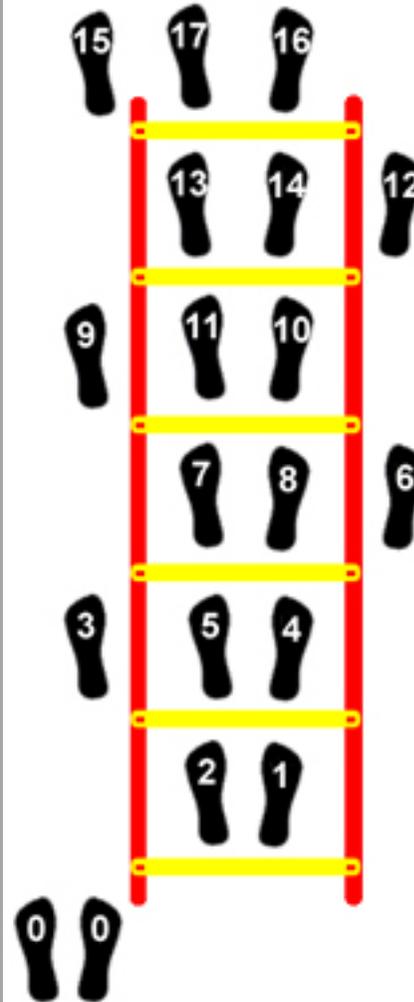
5. Stepper



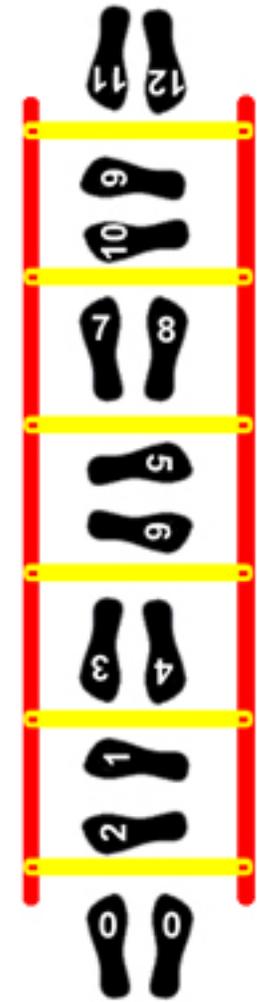
6. Run Out-In



7. Steps Out-In

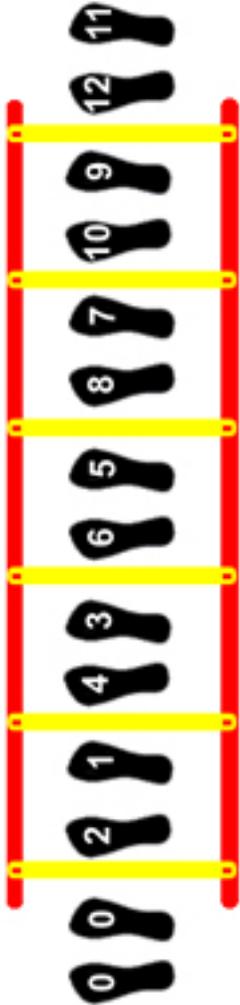


8. Helicopter

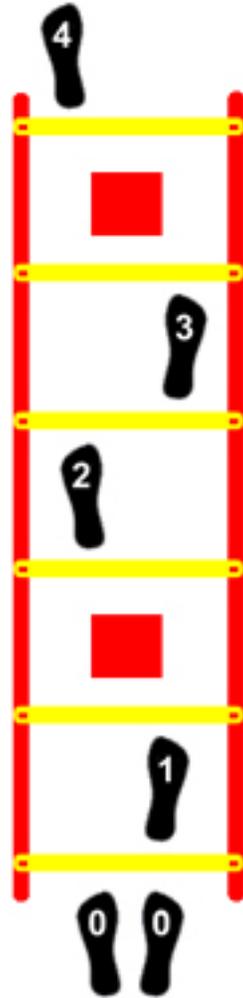


# Soccerdrills.de Koordinationsleiter - Schrittfolgen

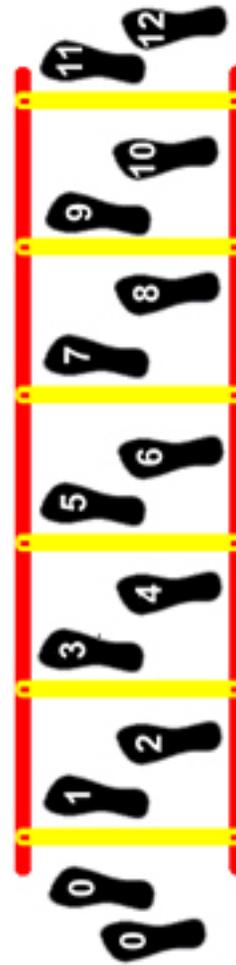
9. Double Sidestep



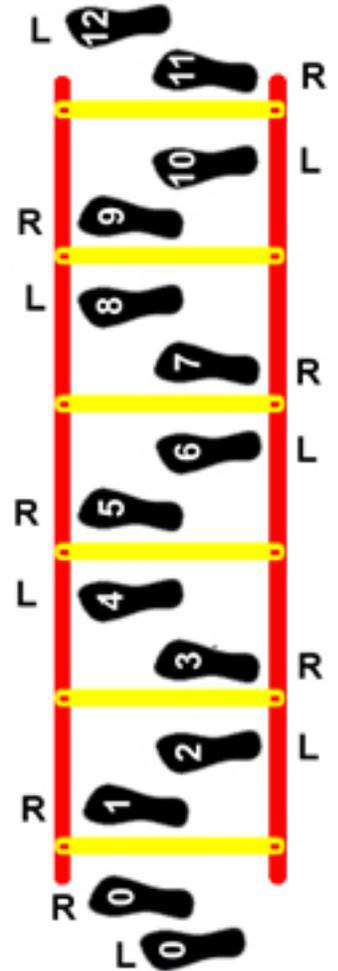
10. Hurdle Step



11. All-In-Cross

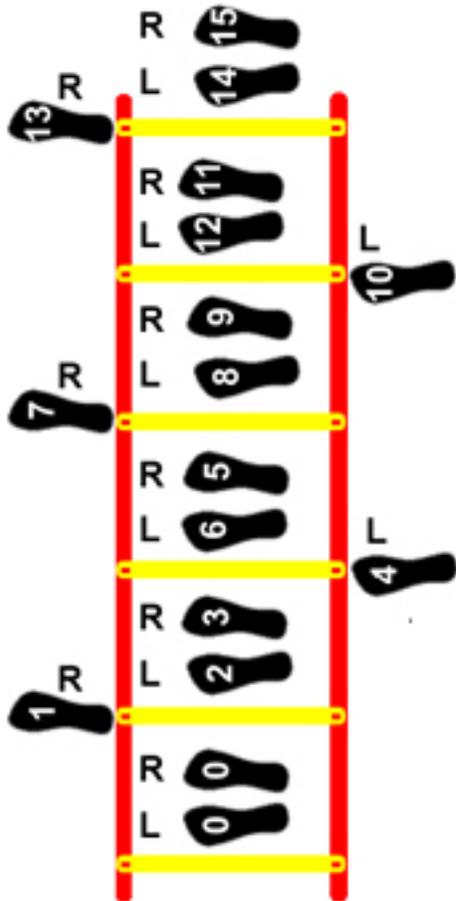


12. Criss-Cross

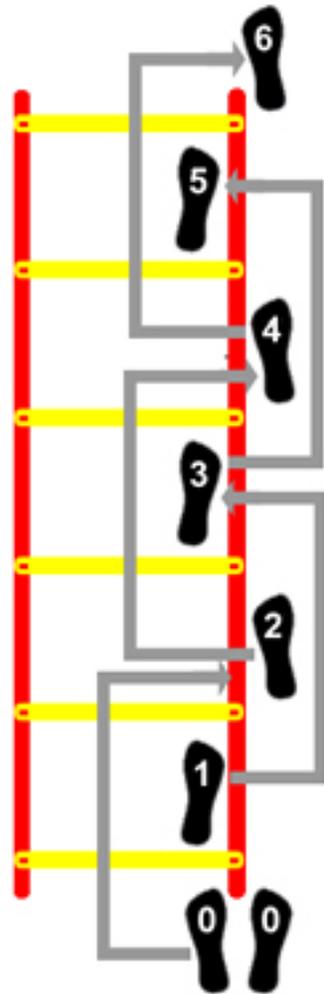


# Soccerdrills.de Koordinationsleiter - Schrittfolgen

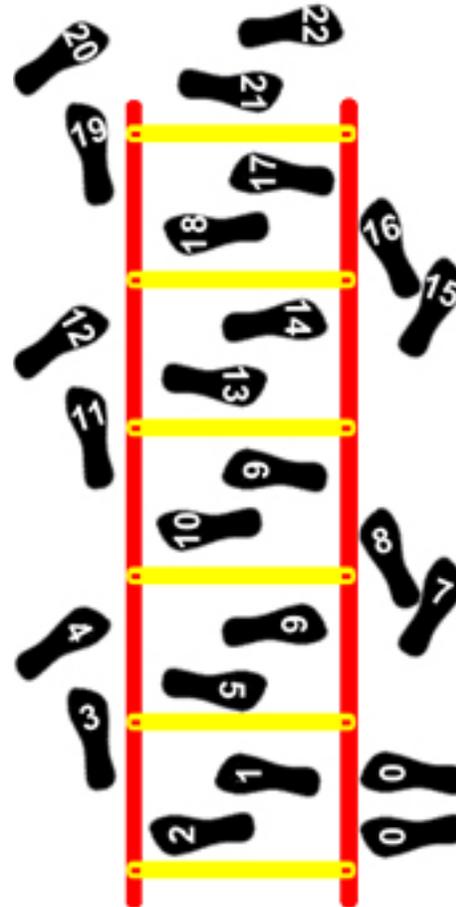
13. Cross-Out



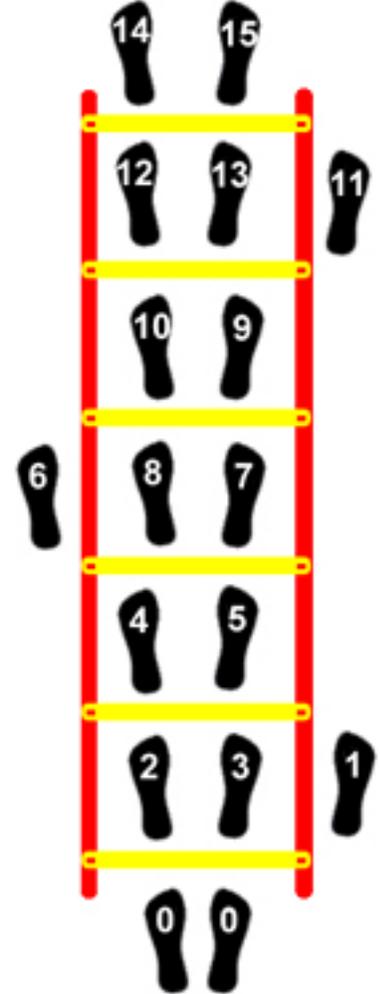
14. Line-Cross



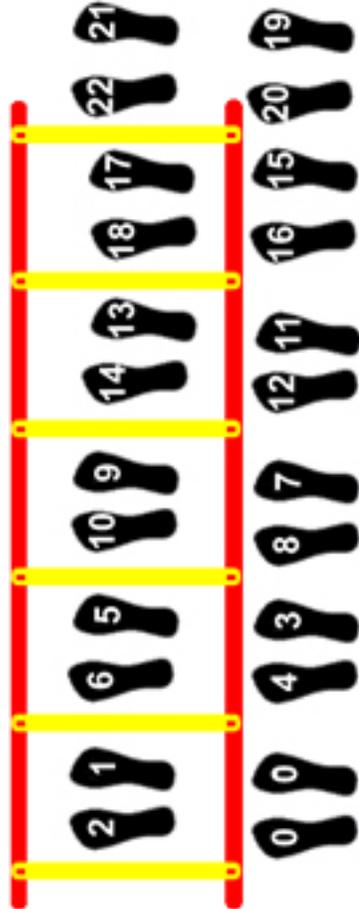
15. Round-World



16. Out-In-Double Step  
Das Sprungbein ans Standbein ziehen



## 17. Easy Laterally Steps



## 18. Laterally Steps

