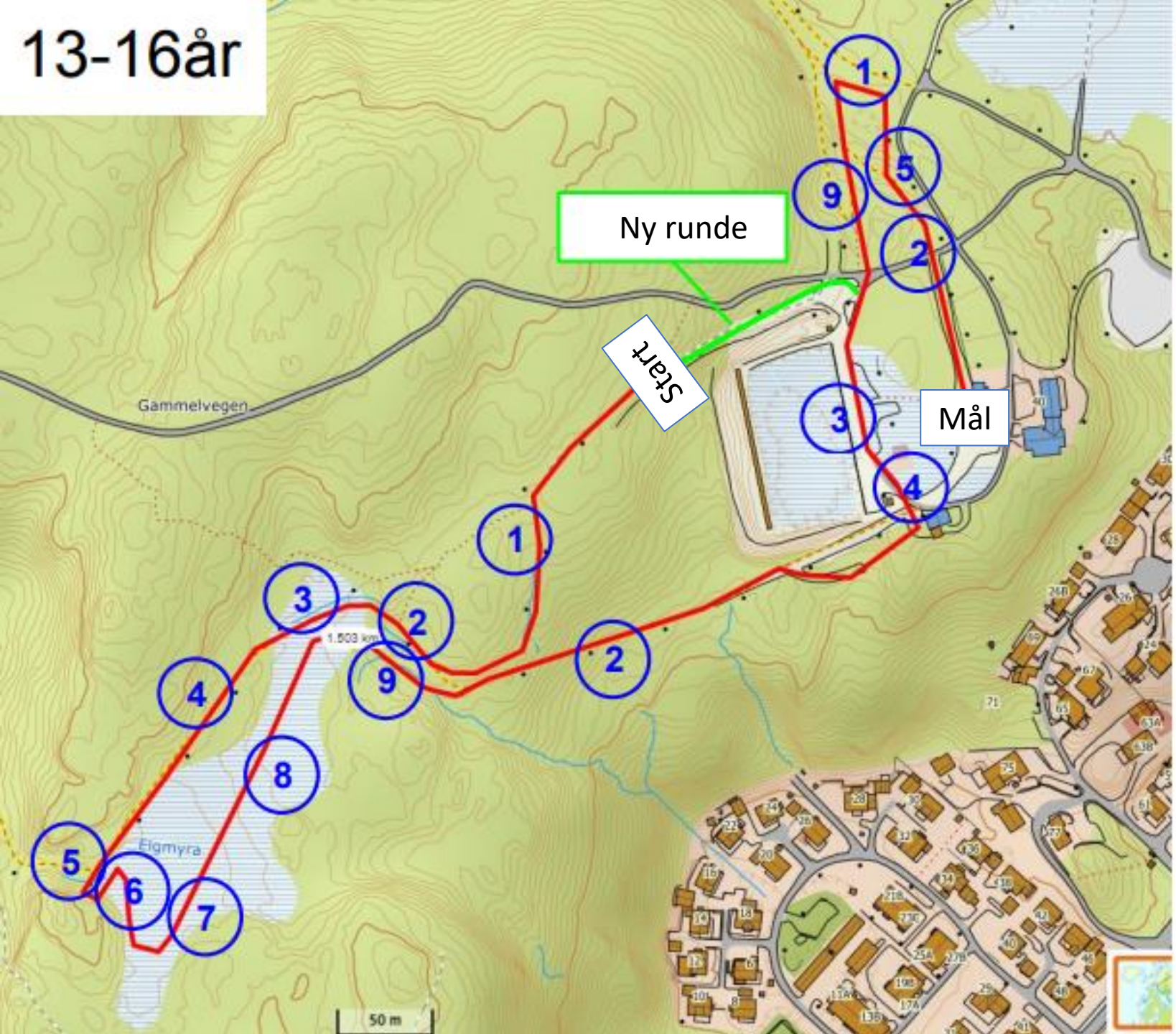
13-16år



Øvelser:

1. 360 rundt kjegler/pinner
2. Slalom
3. Stakesone
4. Baklengs
5. Fiskebein
6. Hopp
7. Kaste baller (strafferunde)
8. 1 ski (andre skia i hånda)
9. Portaler (gå under)