**Håndballbingo**

Har du færre eller kanskje ingen felles håndballtreninger med laget i denne tiden, hva med å prøve bingo? Du setter kryss i alle bingorutene når du har gjennomført aktiviteten. I den lille ruten under hver aktivitet så krysser du også av hvor lang tid du har øvd/brukt på øvelsen.

Lykke til!!!!

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **B** | **I** | **N** | **G** | **O** |
| **1** | |  |  |  | | --- | --- | --- | | 5  min | 10  min | 15  min | | |  |  |  | | --- | --- | --- | | 5  min | 10  min | 15  min | | |  |  |  | | --- | --- | --- | | 5  min | 10  min | 15  min | | |  |  |  | | --- | --- | --- | | 5  min | 10  min | 15  min | | |  |  |  | | --- | --- | --- | | 10  min | 15  min | 20  min | |
| **2** | |  |  |  | | --- | --- | --- | | 5  min | 10  min | 15  min | | |  |  |  | | --- | --- | --- | | 5  min | 10  min | 15  min | | |  |  |  | | --- | --- | --- | | 10  min | 15  min | 20  min | | |  |  |  | | --- | --- | --- | | 5  min | 10  min | 15  min | | |  |  |  | | --- | --- | --- | | 10  min | 15  min | 20  min | |
| **3** | |  |  |  | | --- | --- | --- | | 5  min | 10  min | 15  min | | |  |  |  | | --- | --- | --- | | 5  min | 10  min | 15  min | | |  |  |  | | --- | --- | --- | | 5  min | 10  min | 15  min | | |  |  |  | | --- | --- | --- | | 5  min | 10  min | 15  min | | |  |  |  | | --- | --- | --- | | 20  min | 30  min | 40  min | |
| **4** | |  |  |  | | --- | --- | --- | | 10  min | 15  min | 20  min | | |  |  |  | | --- | --- | --- | | 5  min | 10  min | 15  min | | |  |  |  | | --- | --- | --- | | 20  min | 30  min | 40  min | | |  |  |  | | --- | --- | --- | | 10  min | 15  min | 20  min | | |  |  |  | | --- | --- | --- | | 10  min | 15  min | 20  min | |
| **5** | |  |  |  | | --- | --- | --- | | 10  min | 15  min | 20  min | | |  |  |  | | --- | --- | --- | | 5  min | 10  min | 15  min | | |  |  |  | | --- | --- | --- | | 10  min | 15  min | 20  min | | |  |  |  | | --- | --- | --- | | 5  min | 10  min | 15  min | | |  |  |  | | --- | --- | --- | | 5  min | 10  min | 15  min | |