

Deutscher Baseball und Softball Verband e.V.



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Stand: 10.2017

Trainingsphasen:

		Winter Training
		Pre-Season Training
		Saisontraining
		Pause
		Aktive Ruhezeit

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	Hitting																																			
	Kraft																																			
	Throwing																																			
	Fielding																																			
	Hitting																																			
	Stretching																																			
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