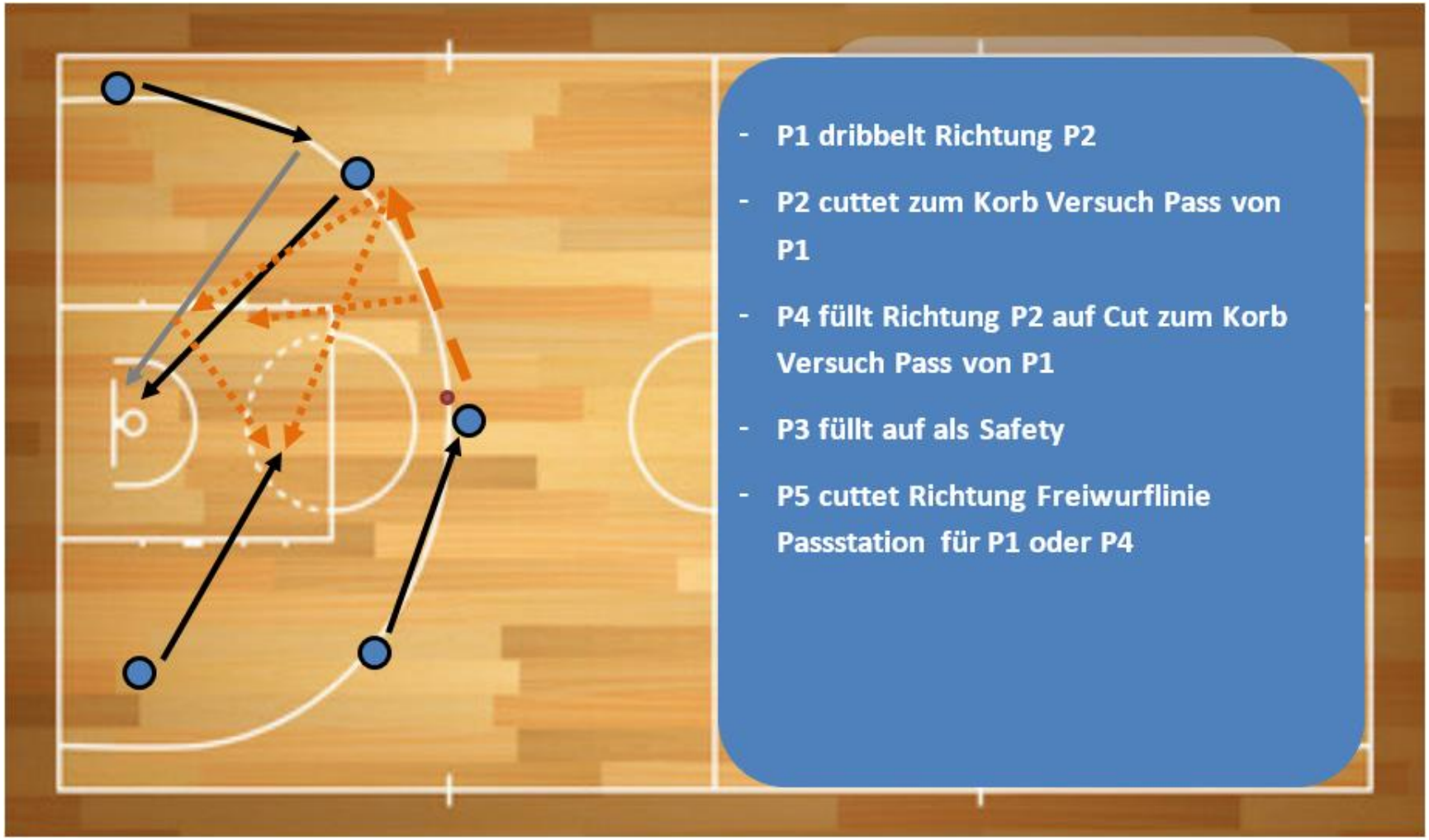5-Out Grundübung mit drei Passverteil-Stationen