

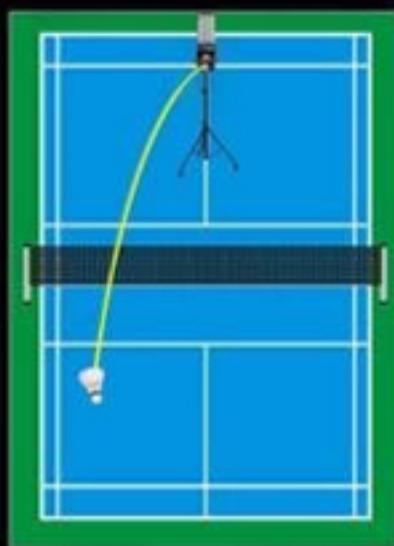


A-WIN AW-NK

電動シャトルノックマシン 配球パターン

前衛1点返し練習パターン

バック1点返し練習



センター1点返し練習



フォア1点返し練習



後衛1点返し練習パターン

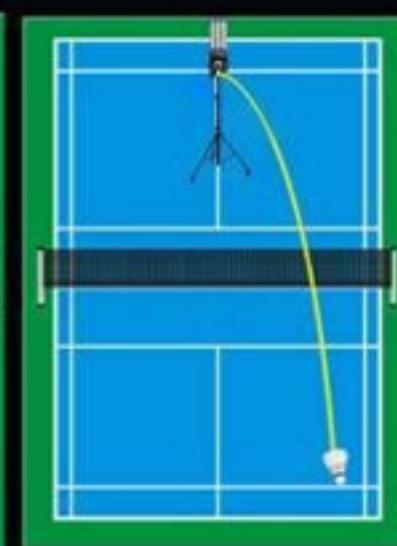
バック1点返し練習



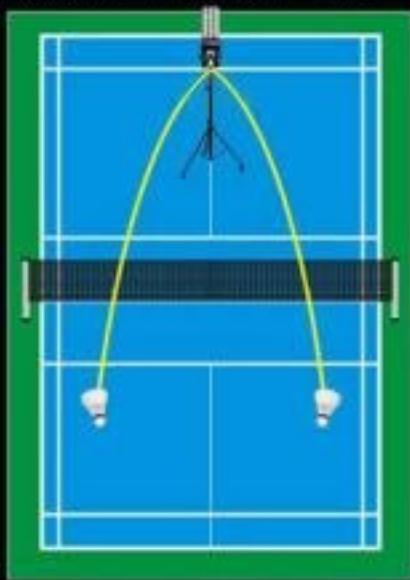
センター1点返し練習



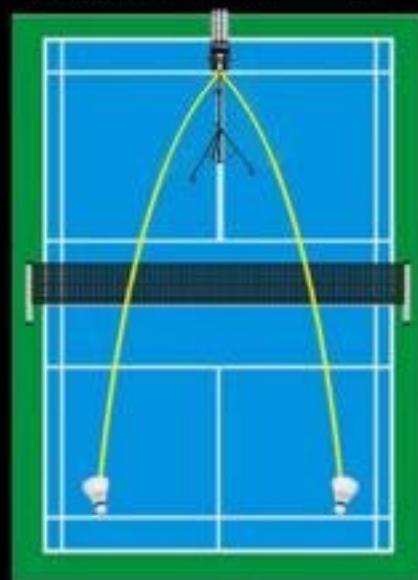
フォア1点返し練習



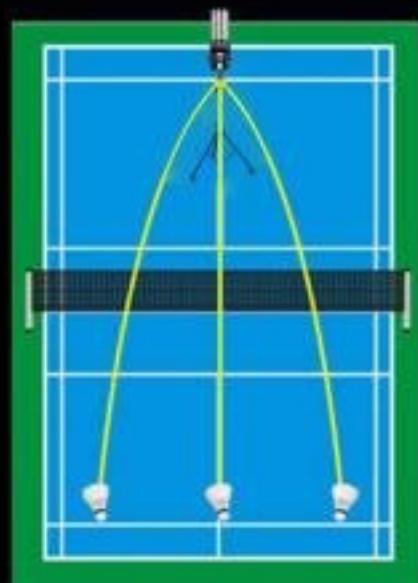
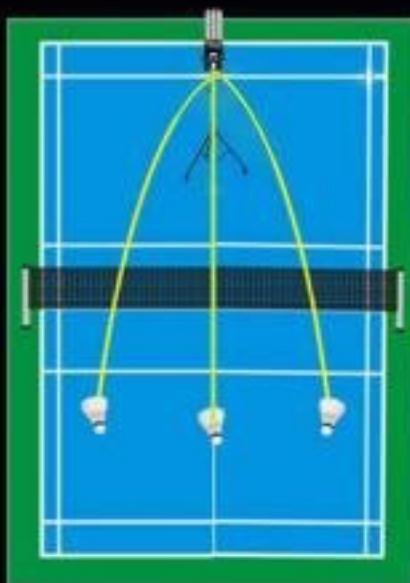
前衛両サイド練習パターン



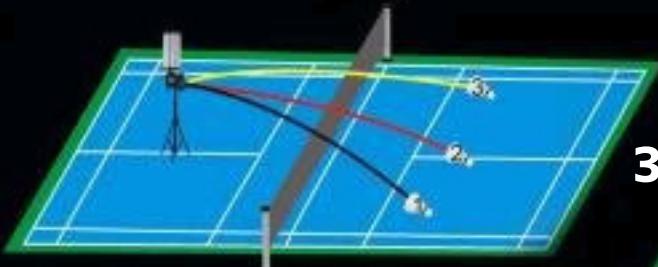
後衛両サイド練習パターン



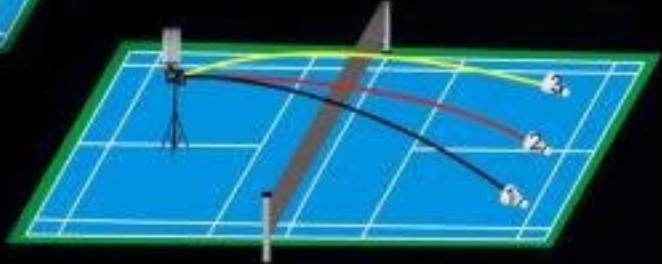
前衛3点ドライブ練習パターン ハイバック3点練習パターン



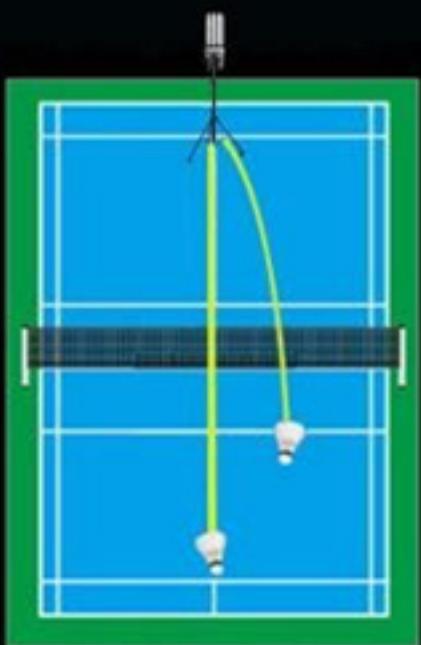
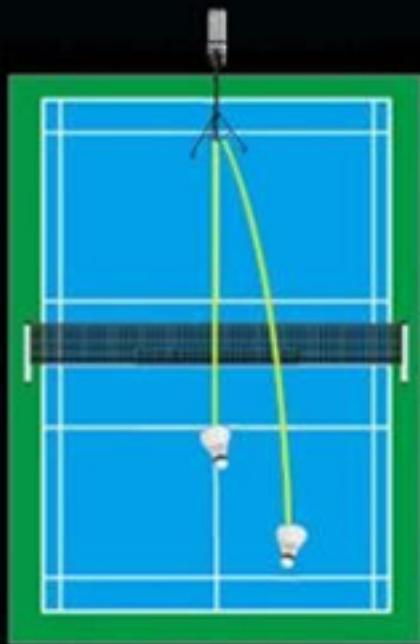
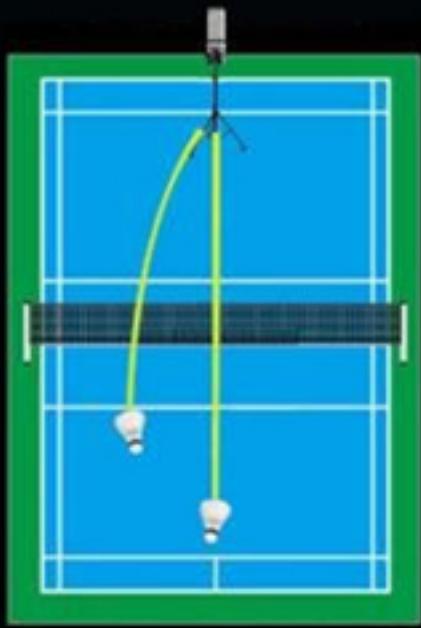
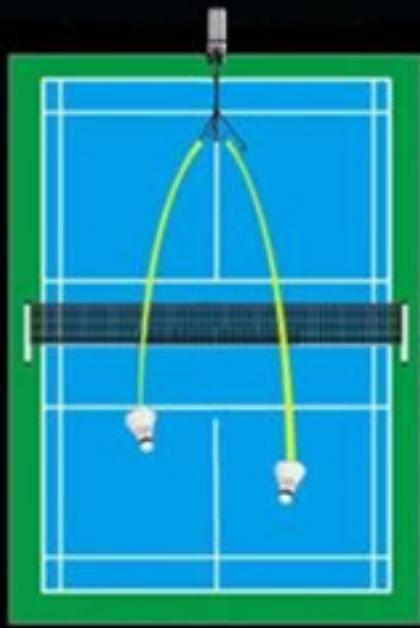
3点puschuleシーフ練習パターン



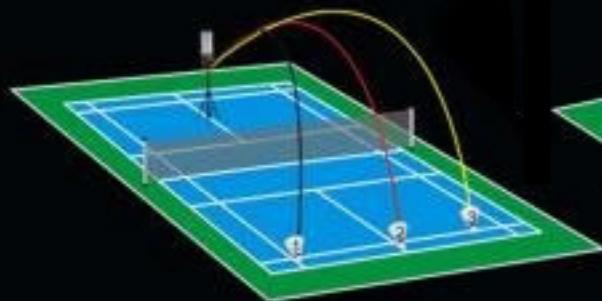
3点ドライブシーフ練習パターン



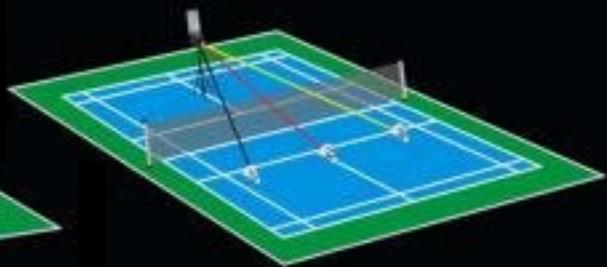
6点練習パターン



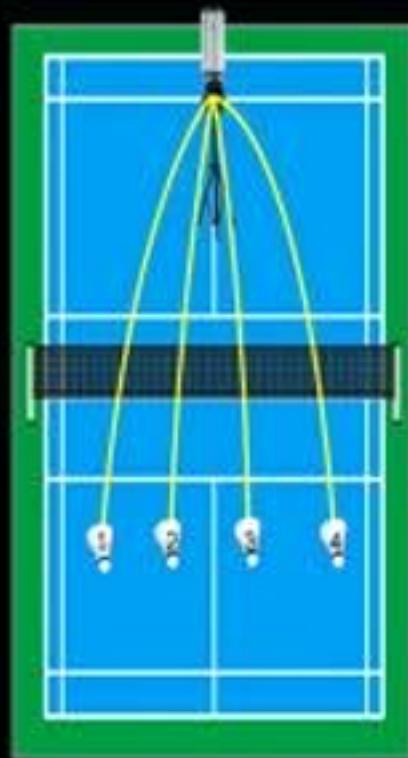
ハイクリアー練習パターン



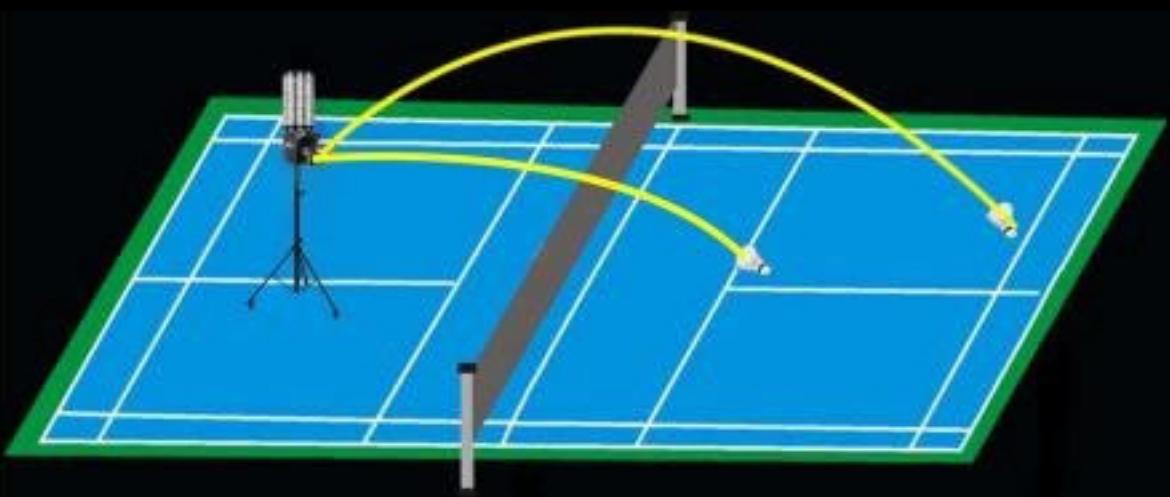
スマッシュレシーブパターン



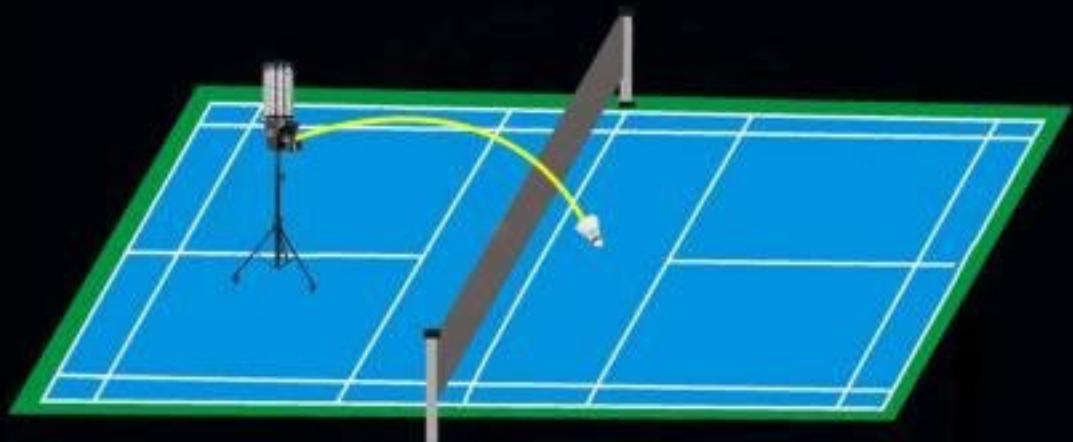
左右練習パターン



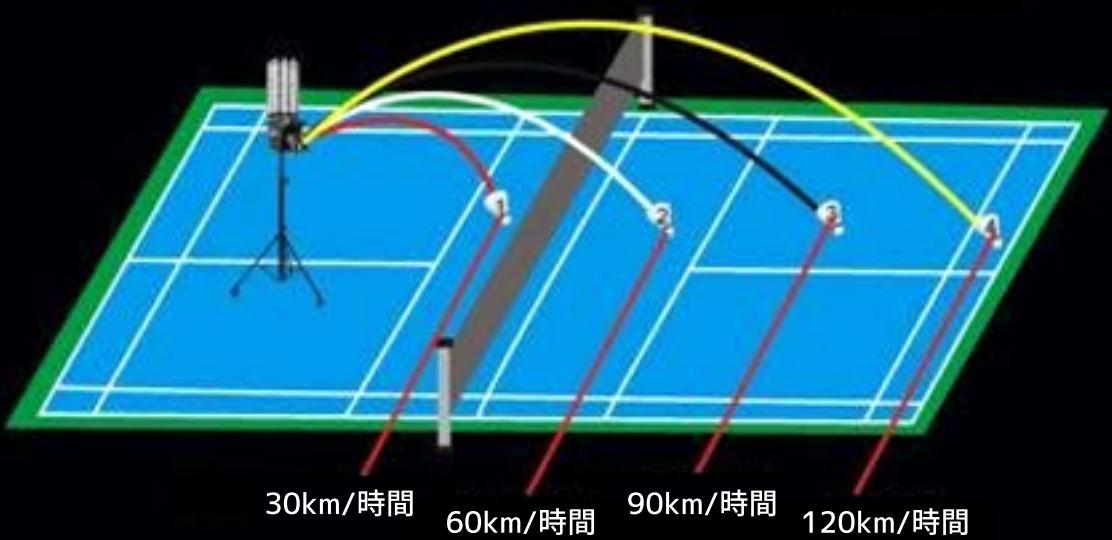
前後練習パターン



練習パターン



シャトルを出すスピード



シャトルを出す頻度

