

Trainingsplanung

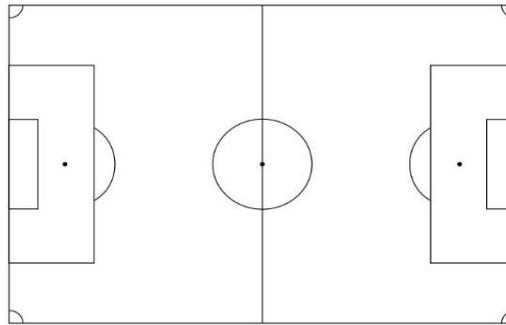
Datum: _____

Schwerpunkt: _____

Mannschaft: _____

Spieler : _____

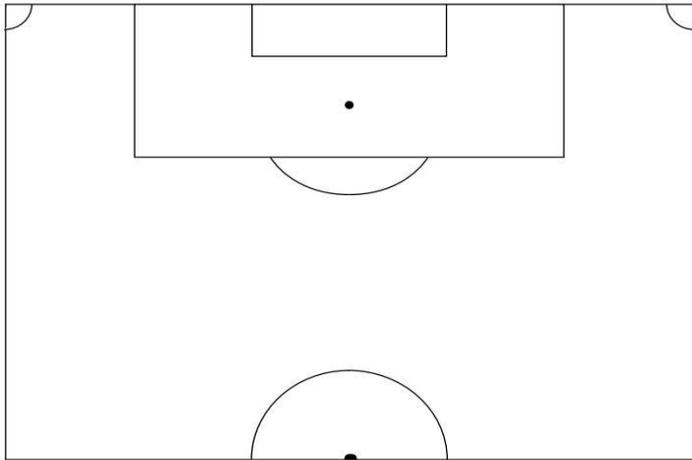
Organisation



Trainingsziele

Blank area for training objectives.

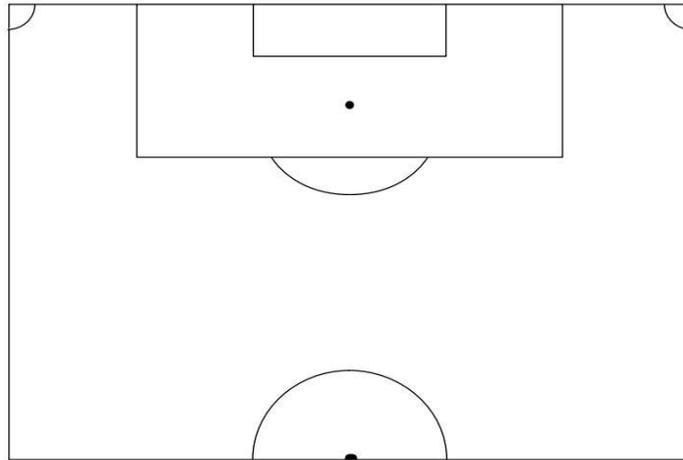
Aufwärmen



Notizen

Blank area for notes during the warm-up section.

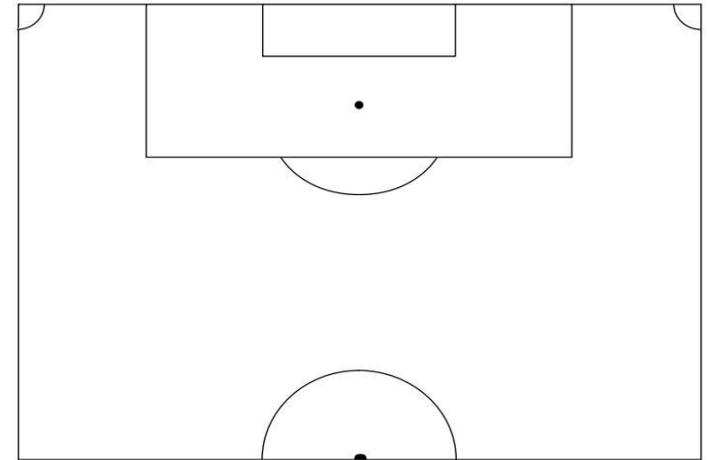
Hauptteil



Notizen

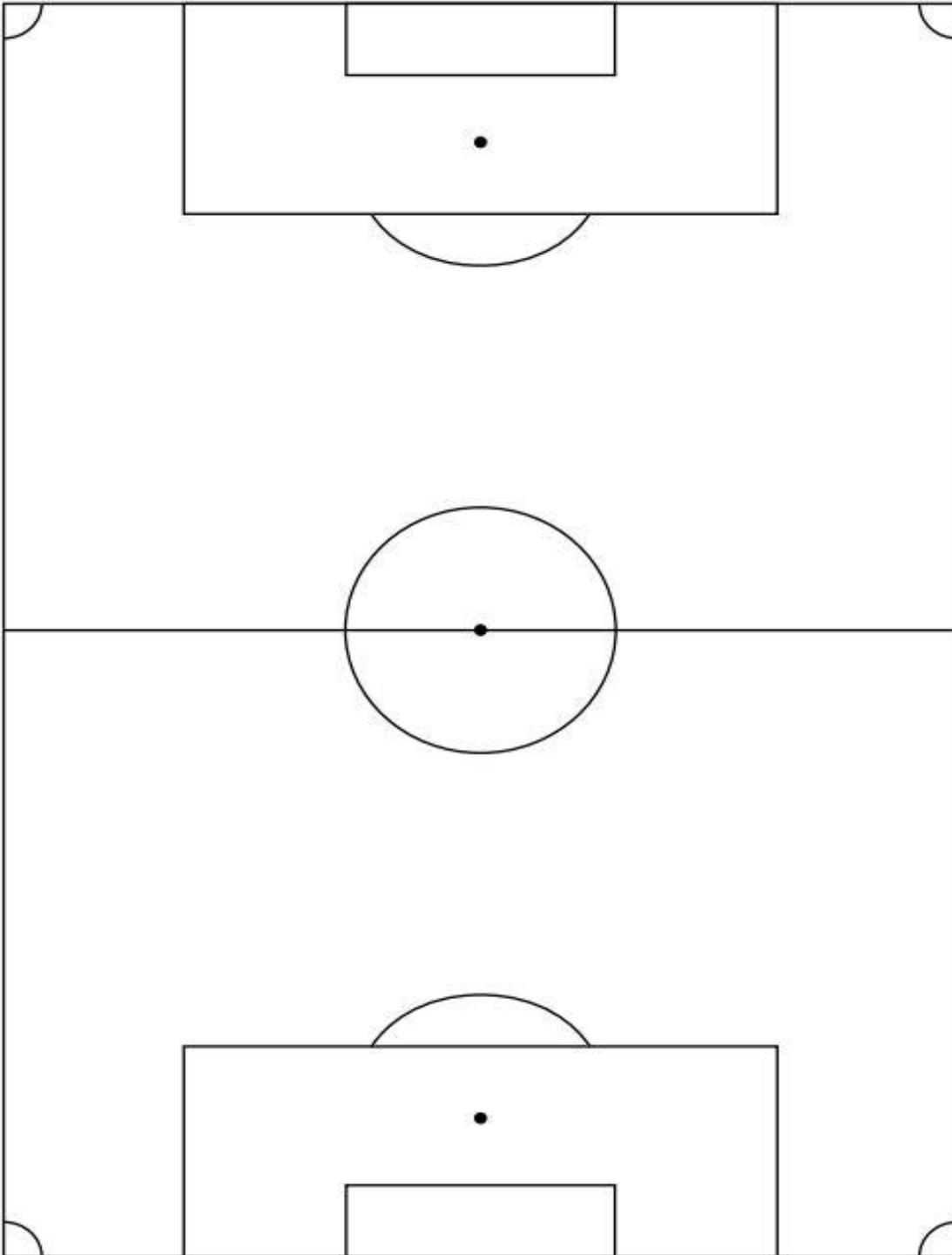
Blank area for notes during the main part of the training.

Schlussteil



Notizen

Blank area for notes during the final part of the training.



Notizen

Anwesenheitskontrolle

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