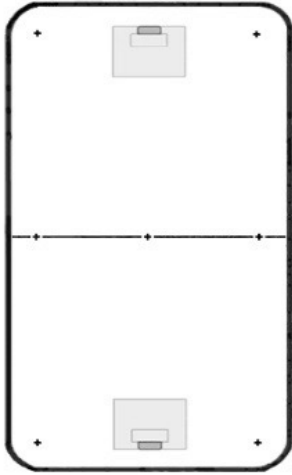




Datum: \_\_\_\_\_

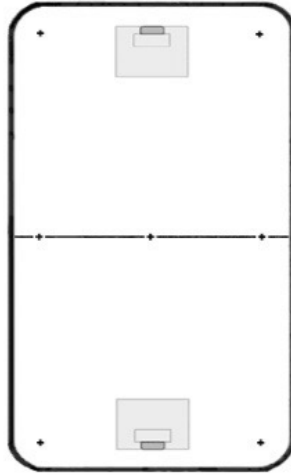
# TRÄNINGSBLAD



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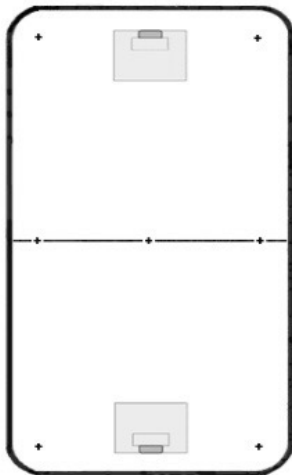
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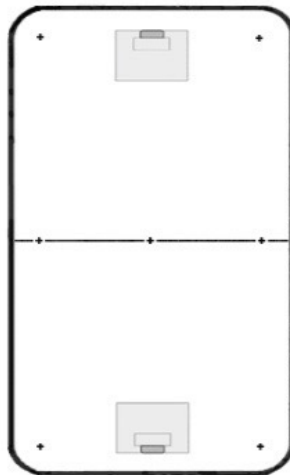
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## TECKENFÖRKLARING

- X** Anfallare
- Försvare
- Målvakt
- Boll

- A B C** Spelarled
- L** Ledare
- △ Kon
- Skott

- Rörelse framåt utan boll
- ⚡ Rörelse framåt med boll
- ||— Tempoväxling
- - - - Passning

Träningens syfte

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Träningens resultat

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