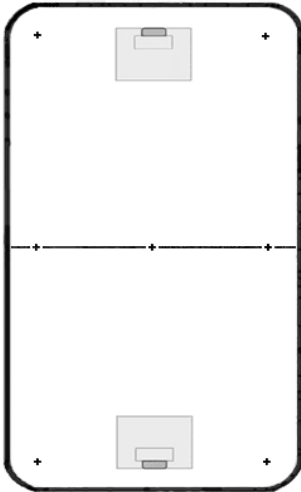
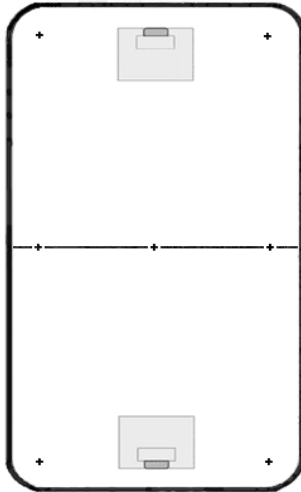


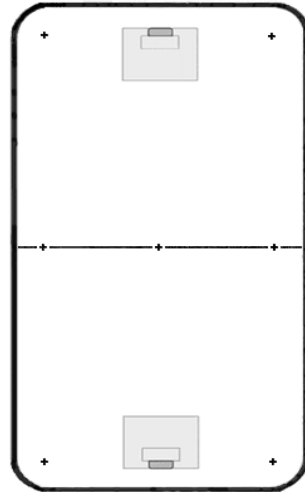
# TRÄNINGSBLAD



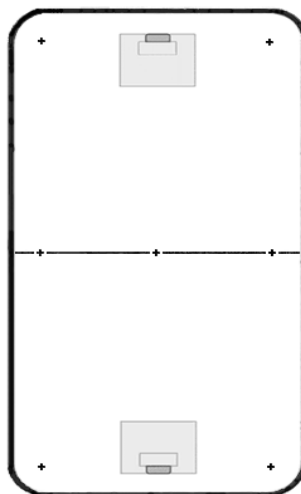
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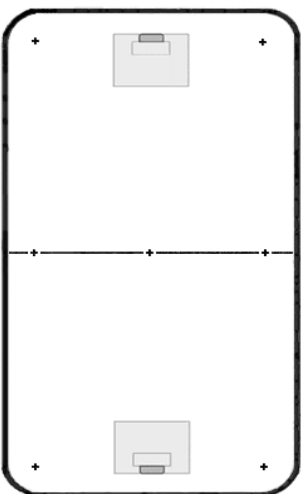
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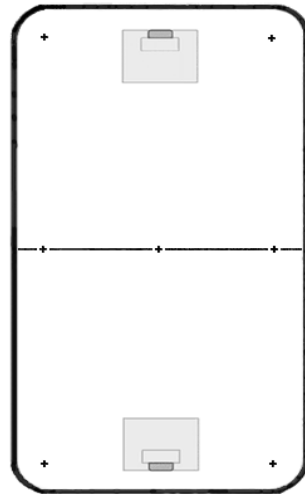
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| TECKENFÖRKLARING |            |              |                          |
|------------------|------------|--------------|--------------------------|
| <b>X</b>         | Anfallare  | <b>A B C</b> | Spelarled                |
| ○                | Försvarare | <b>L</b>     | Ledare                   |
| ●                | Målvakt    | △            | Kon                      |
| ●                | Boll       | →            | Skott                    |
|                  |            | →            | Rörelse framåt utan boll |
|                  |            | →            | Rörelse framåt med boll  |
|                  |            | →            | Tempoväxling             |
|                  |            | →            | Passning                 |

Träningens syfte

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Träningens resultat

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\_\_\_\_\_  
\_\_\_\_\_