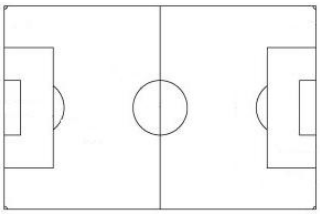
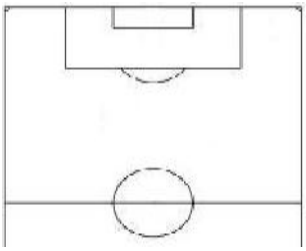
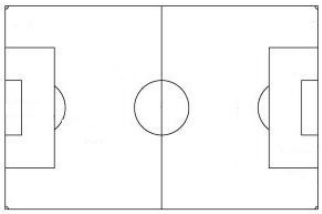
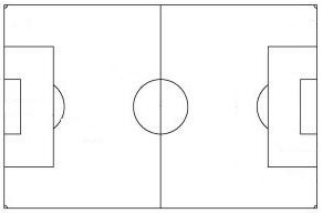
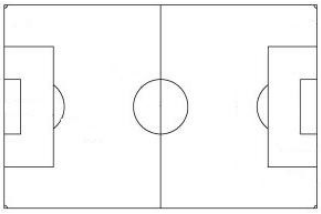
PROGRAMMA SEDUTA D'ALLENAMENTO

DATA		ORE				ALL.NR°	
OBIETTIVO	Passaggio e tiro (squadra ☐over 18 ☐14/16 anni ☐8/12 anni)						
PROSSIMA GARA		DATA		LUOGO		ORE	

CONTINGENTE	*PORTIERI*		INFORTUNATI	
	GIOCATORI		ASSENTI	

fase	tempo	ATTIVITÀ
RISCALDAMENTO		
FASE CENTRALE *Esercitazioni analitiche*		
Situazioni di gioco		 
Giochi a tema		
Gioco finale		

ANNOTAZIONI POST-ALLENAMENTO

Cognome e Nome ..... Categoria allenata .....