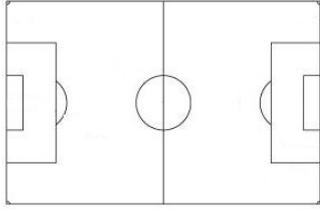
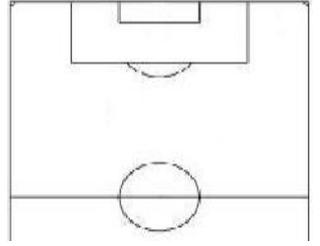
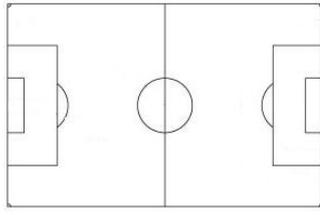
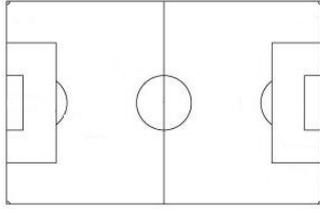
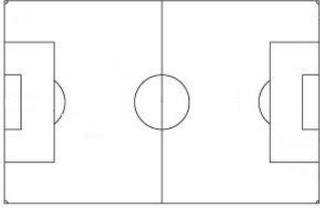


| DATA | | ORE | |  |  |  |  |  | ALL.NR° | |
|---|--|--|-------------|---|---|--|---|---|---------|--|
| OBIETTIVO | Forza con la palla (per una squadra di <input type="checkbox"/> over 18 <input type="checkbox"/> 14/16 anni <input type="checkbox"/> 8/12 anni) | | | | | | | | | |
| PROSSIMA GARA | | DATA | | LUOGO | | ORE | | | | |
| <i>CONTINGENTE</i> | <i>PORTIERI</i> | | INFORTUNATI | | | | | | | |
| | <i>GIOCATORI</i> | | ASSENTI | | | | | | | |
| fase | tempo | ATTIVITÀ | | | | | | | | |
| <i>RISCALDAMENTO</i> | |  | | | | | | | | |
| <i>FASE CENTRALE</i> <i>Esercitazioni analitiche</i> | |  | | | | | | | | |
| <i>Situazioni di gioco</i> | |   | | | | | | | | |
| <i>Giochi a tema</i> | |  | | | | | | | | |
| <i>Gioco finale</i> | | | | | | | | | | |
| ANNOTAZIONI POST-ALLENAMENTO | | | | | | | | | | |
| | | | | | | | | | | |