**ALGEMEEN**

Training: …………………………………………………………………………………… Mededelingen: ……………………………………………………………………………………

Datum: …………………………………………………………………………………… Doelstelling: ……………………………………………………………………………………

**SELECTIE**

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Aantal veldspelers/keepers aanwezig: ………………………………………/……………………………………………

**PROGRAMMA**

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| Oefening | Vorm | Duur |
| 1 |  |  |
| 2 |  |  |
| 3 |  |  |
| 4 |  |  |
| 5 |  |  |

**UITWERKING OEFENVORMEN**

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