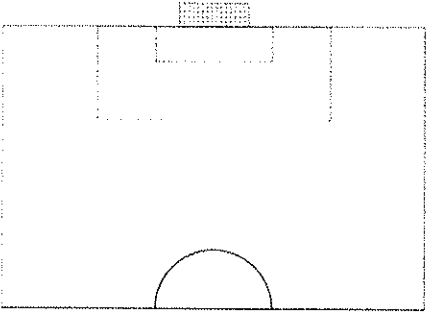
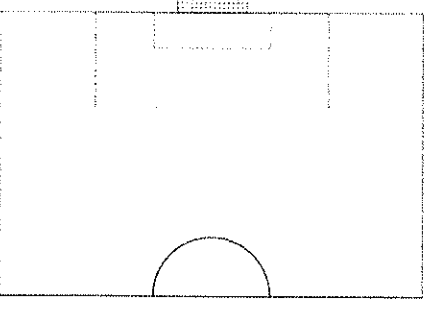
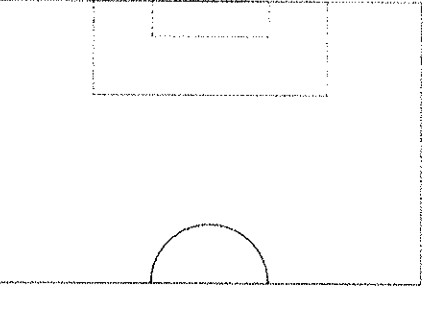
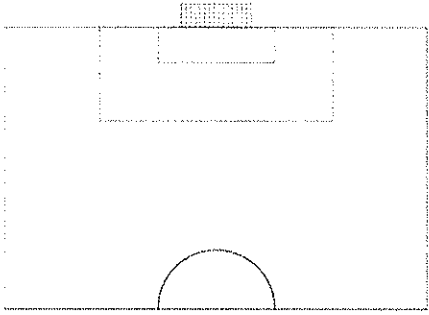
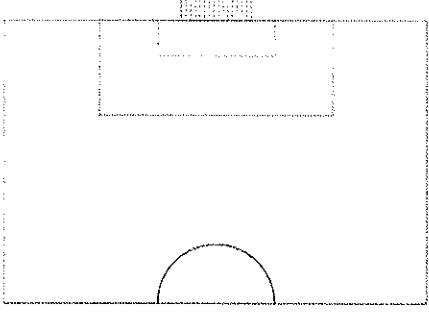
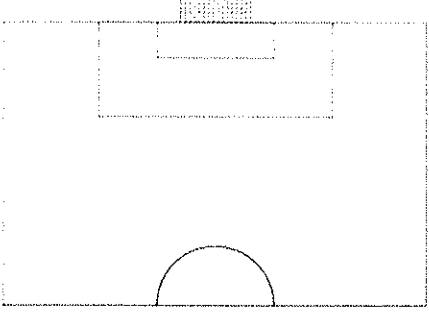




VOORBEREIDING TRAINING

Naam: Thema / Doel:	Aantal: Categorie/niveau:	Materiaal:
Richtlijnen en coachingswoorden:		
Basics		
Teamtactics		
OPWARMING		
	Beschrijving: <ul style="list-style-type: none">• Coaching: <ul style="list-style-type: none">•	
WEDSTRIJDVORM 1		
	Beschrijving: <ul style="list-style-type: none">• Coaching: <ul style="list-style-type: none">•	
TUSSENVORM 1		
	Beschrijving: <ul style="list-style-type: none">• Coaching: <ul style="list-style-type: none">•	

<p>WEDSTRIJDVORM 2</p> 	<p>Beschrijving:</p> <ul style="list-style-type: none"> • <p>Coaching:</p> <ul style="list-style-type: none"> •
<p>TUSSENVORM 2</p> 	<p>Beschrijving:</p> <ul style="list-style-type: none"> • <p>Coaching:</p> <ul style="list-style-type: none"> •
<p>WEDSTRIJDVORM 3</p> 	<p>Beschrijving:</p> <ul style="list-style-type: none"> • <p>Coaching:</p> <ul style="list-style-type: none"> •
<p>COOLING DOWN</p>	<p>Beschrijving:</p> <ul style="list-style-type: none"> •