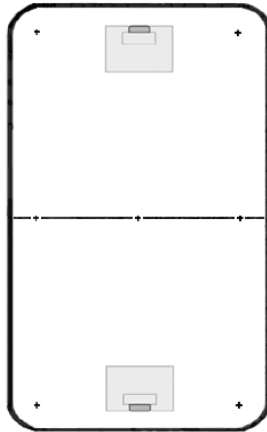
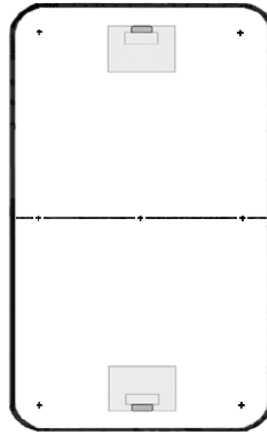
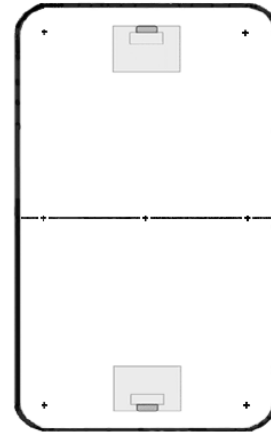
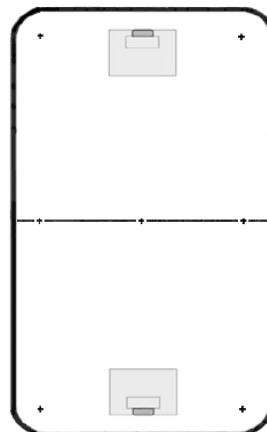


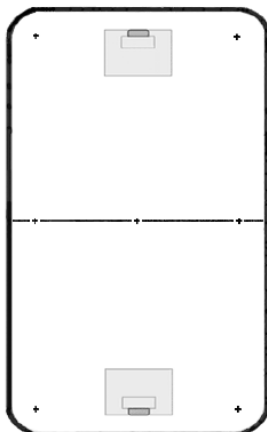
TRÄNINGSBLAD

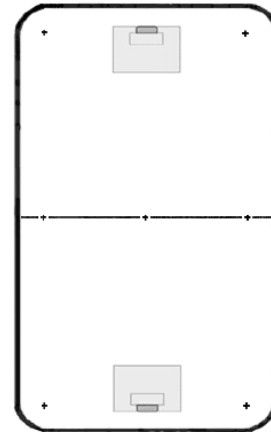












TECKENFÖRKLARING			
X	Anfallare	A B C	Spelarled
○	Försvare	L	Ledare
●	Målvakt	△	Kon
●	Boll	→	Skott
		→	Rörelse framåt utan boll
		→	Rörelse framåt med boll
		→	Tempoväxling
		→	Passning

Träningens syfte

Träningens resultat
