**Training preparation form**

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| **Name trainer:** | | **Group:** | | **Date:** | | **Name clubcoordinator:** | | **Number of players:**  **Age group:** |
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| **Objective:** | | | | | | | | |
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| **Target group / Startingsituation:**  *Motor skills:*  *Cognitive skills:*  *Social Affective skills:* | | | | | | | | |
| **Desired outcome:** | | | | | | | | |
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| **Objective /**  **Activity** | **Min** | | **Key factors** | | **Progression** | | **Organisation / Layout / Material:** | |
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