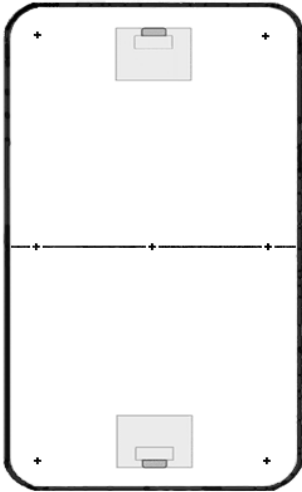


# TRÄNINGSBLAD

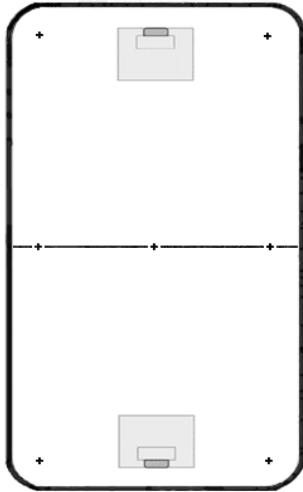



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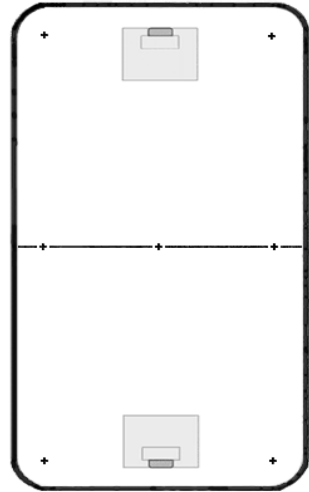



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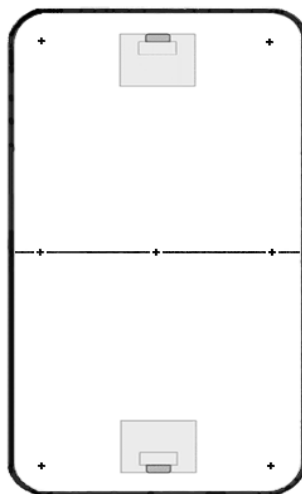



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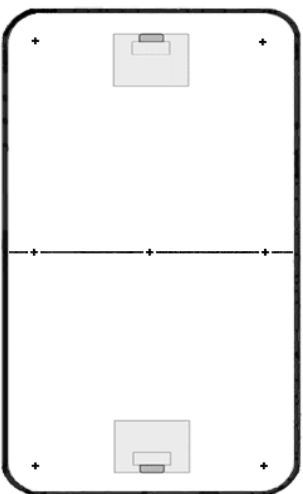



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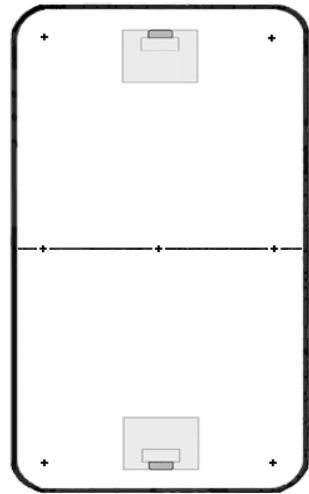



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## TECKENFÖRKLARING

<b>X</b>	Anfallare	<b>A B C</b>	Spelarled		Rörelse framåt utan boll
	Försvarare	<b>L</b>	Ledare		Rörelse framåt med boll
	Målvakt		Kon		Tempoväxling
	Boll		Skott		Passning

Träningens syfte

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Träningens resultat

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