Name:				Team:					* *	大	
Date:		Mesocycle:			Micro	cycle/Day:					
TRAINING OBJECTIVE(S):										B	
							1				
			I. WARM-	UP	7	Intensity:			tivity Time:		
			Duration:	· · · · · · · · · · · · · · · · · · ·					very Time:		
			ORGANIZA	ORGANIZATION (Physical Environment / Equipment / Players)							
			COACHING	G POINTS / KEY CONCEPTS							
			II CNAALL	CIDED ACI		lasta a site a	1	A =4	ii iitu Tina a .		
			1	-SIDED ACT]	Intensity: Intervals:			tivity Time:		
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			COACHING POINTS / KEY CONCEPTS								
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			COACHING	COACHING POINTS / KEY CONCEPTS							
			IV. GAME			Intensity:	1	Δα	tivity Time:		
			Duration:		1	Interisity.			very Time:		
			ORGANIZATION (Physical Environment / Equipment / Players)								
			COACHING	COACHING POINTS / KEY CONCEPTS							