

KEEPERSTRAINING FORMAT TRAINERTOBIAS

Club:

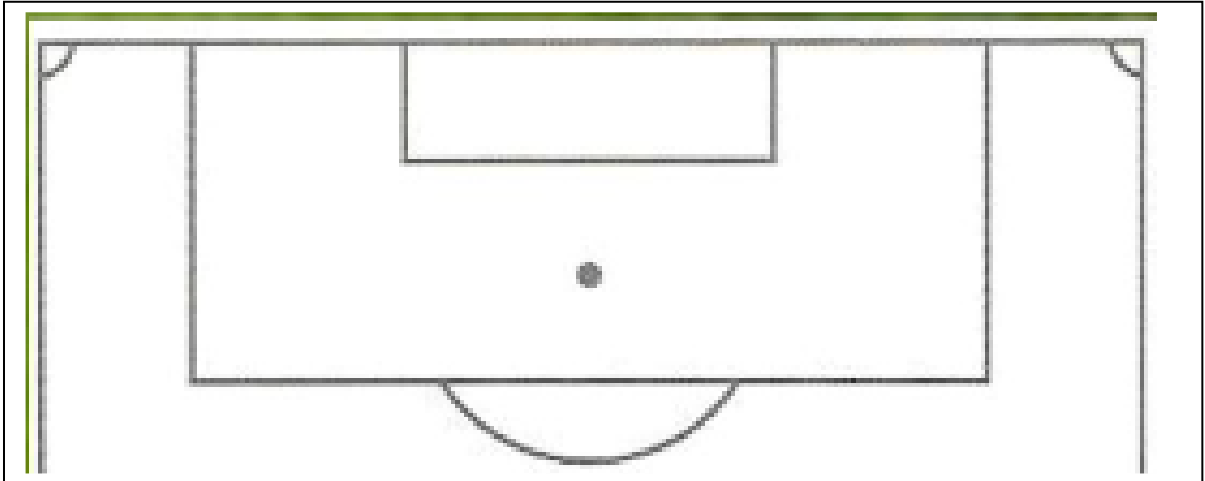
Focus(punten):

Team:

Aantal keepers:

Warming-up (- min):

Oefening:

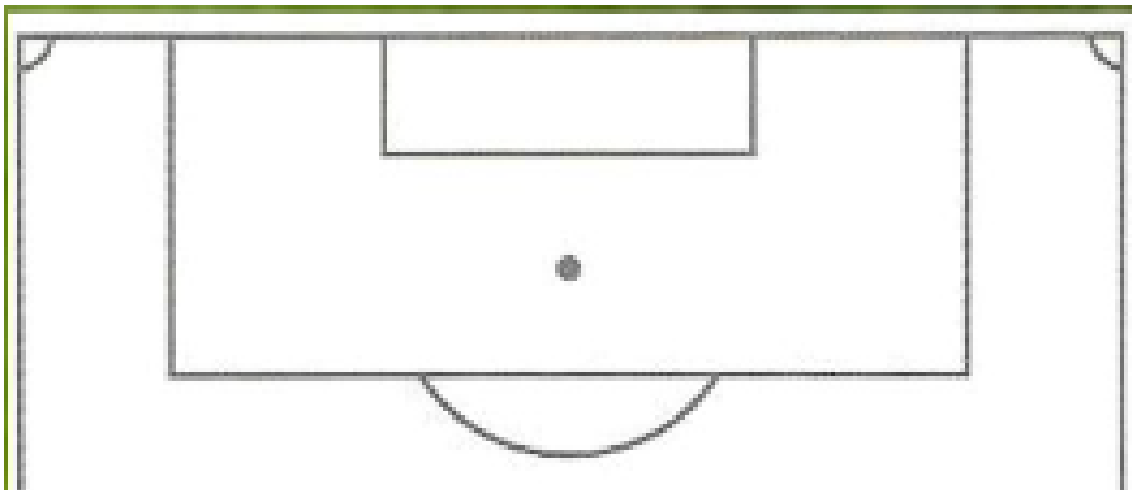


Uitleg:

Leer-fase (- min):

Oefening:

Focuspunten:

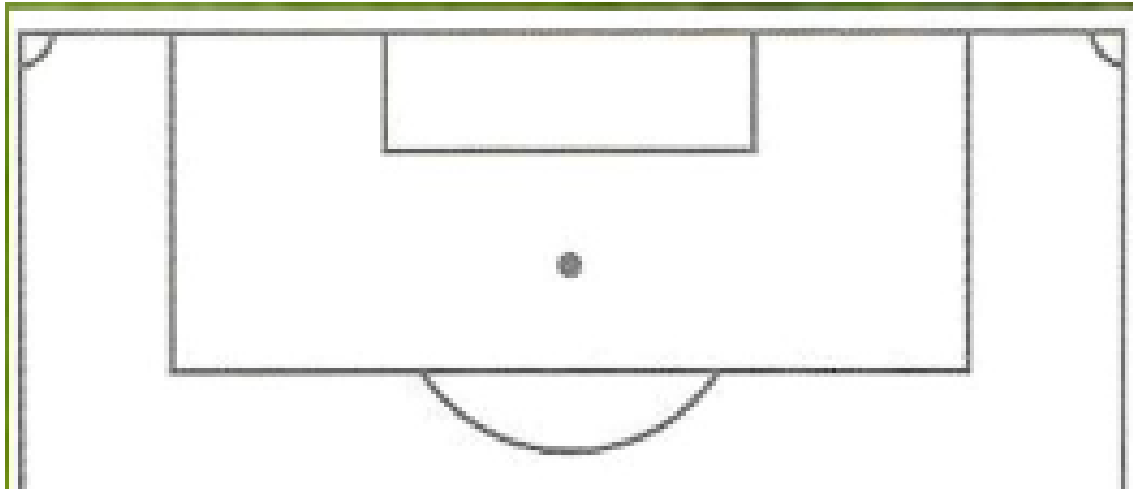


Uitleg:

Kern-fase (- min):

Oefening:

Focuspunten:

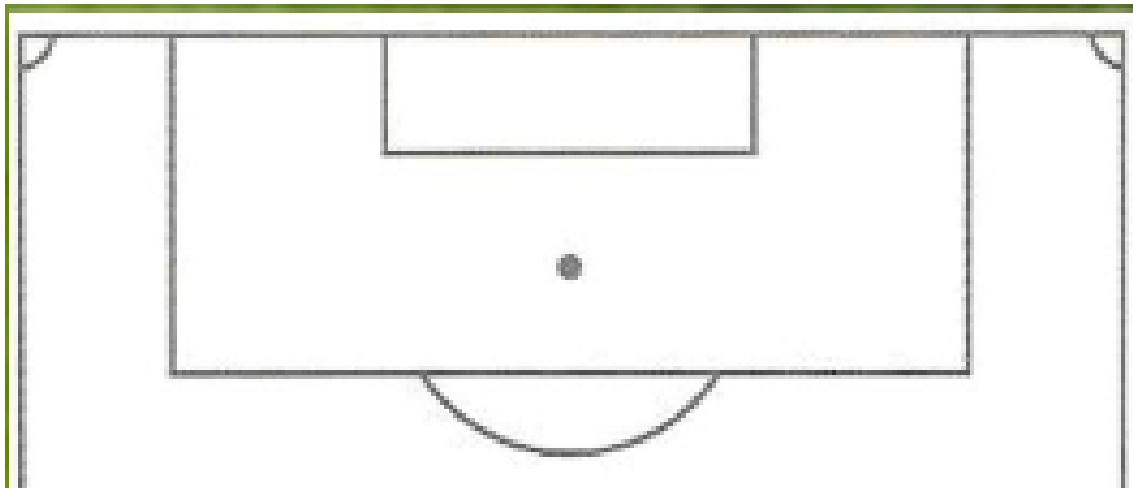


Uitleg:

Toepassings-fase (- min):

Oefening:

Focuspunten:



Uitleg: