Plan d’entraînement pour le dossier de Stage

Diplôme "Entraîneur gardien Advanced"

**Autor**

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| Nom: | Prénom: | Date: |

Thème:

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| A/P/F | Exercice: | Description |
| A – Acquisition | Texte  But  1.  2.  3. | |
| Exercice: | Description |
| Texte  But  1.  2.  3. | |

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| A/P/F | Exercice: | Description |
| P – Pratique | Texte  But  1.  2.  3. | |
| Exercice: | Description |
| Texte  But  1.  2.  3. | |

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| A/P/F | Exercice: | Description |
| F – former / perfectionner | Texte  But  1.  2.  3. | |
| Exercice: | Description |
| Texte  But  1.  2.  3. | |