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| **TRAINING SESSION TOPIC :**  |
| **TRAINING SESSION AIM :**  |
| **4 CORNER** | **TECHNIQUE** | **TACTIC** | **PHYSICAL** | **PSYCHOSOCIAL FACTORS** |
| **EMPHASIS** |  |  |  |  |
| **DATE :** | **AGE GROUP :**  | **COACH :** |
| **WARM UP** | **FIGURES** | **COACHING POINTS** |
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| **MAIN TOPIC** | **FIGURES** | **COACHING POINTS** |
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| **COOL DOWN** | **FIGURES** | **COACHING POINTS** |
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| **TRAINING SESSION TOPIC :**  |
| **TRAINING SESSION AIM :**  |
| **4 CORNER** | **TECHNIQUE** | **TACTIC** | **PHYSICAL** | **PSYCHOSOCIAL FACTORS** |
| **EMPHASIS** |  |  |  |  |
| **DATE :** | **AGE GROUP :**  | **COACH :** |
| **WARM UP** | **FIGURES** | **COACHING POINTS** |
|  | **C:\Users\csiskos\Desktop\σχημα προθερμανσης 1.png** |  |
|  | **C:\Users\csiskos\Desktop\κυριως μερος 1.png** |  |
| **MAIN TOPIC** | **FIGURES** | **COACHING POINTS** |
|  | C:\Users\csiskos\Desktop\κυριως μερος 1.png |  |
|  | **C:\Users\csiskos\Desktop\small side games.png** |  |
|  | **C:\Users\csiskos\Desktop\σχημα τελικο παιχνιδι.png** |  |
| **COOL DOWN** | **FIGURES** | **COACHING POINTS** |
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| **TRAINING SESSION TOPIC :**  |
| **TRAINING SESSION AIM :**  |
| **4 CORNER** | **TECHNIQUE** | **TACTIC** | **PHYSICAL** | **PSYCHOSOCIAL FACTORS** |
| **EMPHASIS** |  |  |  |  |
| **DATE:** | **AGE GROUP :**  | **COACH :** |
| **WARM UP** | **FIGURES** | **COACHING POINTS** |
|  | **C:\Users\csiskos\Desktop\small side games.png** |  |
|  | **C:\Users\csiskos\Desktop\σχημα προθερμανσης 1.png** |  |
| **MAIN TOPIC** | **FIGURES** | **COACHING POINTS** |
|  | C:\Users\csiskos\Desktop\σχημα προθερμανσης 1.png |  |
|  | **C:\Users\csiskos\Desktop\small side games.png** |  |
|  | **C:\Users\csiskos\Desktop\σχημα τελικο παιχνιδι.png** |  |
| **COOL DOWN** | **FIGURES** | **COACHING POINTS** |
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| **4 CORNER** | **TECHNIQUE** | **TACTIC** | **PHYSICAL** | **PSYCHOSOCIAL FACTORS** |
| **EMPHASIS** |  |  |  |  |
| **DATE :** | **AGE GROUP :**  | **COACH :** |
| **WARM UP** | **FIGURES** | **COACHING POINTS** |
|  | **C:\Users\csiskos\Desktop\σχημα προθερμανσης 1.png** |  |
|  | **C:\Users\csiskos\Desktop\κυριως μερος 1.png** |  |
| **MAIN TOPIC** | **FIGURES** | **COACHING POINTS** |
|  | C:\Users\csiskos\Desktop\functional 1.png |   |
|  | C:\Users\csiskos\Desktop\κυριως μερος 1.png |  |
|  | **C:\Users\csiskos\Desktop\σχημα τελικο παιχνιδι.png** |  |
| **COOL DOWN** | **FIGURES** | **COACHING POINTS** |
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| **TRAINING SESSION TOPIC :**  |
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| **4 CORNER** | **TECHNIQUE** | **TACTIC** | **PHYSICAL** | **PSYCHOSOCIAL FACTORS** |
| **EMPHASIS** |  |  |  |  |
| **DATE :** | **AGE GROUP :**  | **COACH :** |
| **WARM UP** | **FIGURES** | **COACHING POINTS** |
|  | **C:\Users\csiskos\Desktop\σχημα προθερμανσης 1.png** |  |
|  | **C:\Users\csiskos\Desktop\κυριως μερος 1.png** |  |
| **MAIN TOPIC** | **FIGURES** | **COACHING POINTS** |
|  | C:\Users\csiskos\Desktop\functional 2.png |   |
|  | C:\Users\csiskos\Desktop\κυριως μερος 1.png |  |
|  | **C:\Users\csiskos\Desktop\σχημα τελικο παιχνιδι.png** |  |
| **COOL DOWN** | **FIGURES** | **COACHING POINTS** |
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