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| **Trainingsvoorbereiding** | | | |
| **Datum:**  **Week:** | | | |
| **Doelstelling** |  | | |
| **Materiaal** | **Trainingsopbouw Oefeningen** | **Organisatie** | **Aandachtspunten Accenten** |
|  | Warming-up: |  |  |
|  | Kern 1 |  |  |
|  | Kern 2 |  |  |
|  | Afsluiting |  |  |



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| **Trainingsvoorbereiding** | |
| **Datum:**  **Week:** | |
| **Doelstelling** |  |

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| **Opbouw** | **Tijd** | **Doel** | **Oefeningen** | **Organisatie** | **Aandachtspunten Accenten** | **Materiaal** |
| Warming-up:  -Algemeen  -Specifiek |  |  |  |  |  |  |
| Kern 1 |  |  |  |  |  |  |
| Kern 2 |  |  |  |  |  |  |
| Cooling down |  |  |  |  |  |  |

