

UNIDADE DE TREINO

Nº _____

Hora _____

Data _____

Microciclo: _____

Duração: _____

Equipa: _____

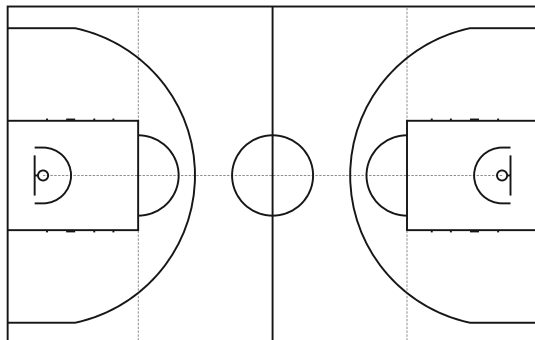
Nº Jogadores: _____ Local: _____

Material: _____

Objectivos: _____

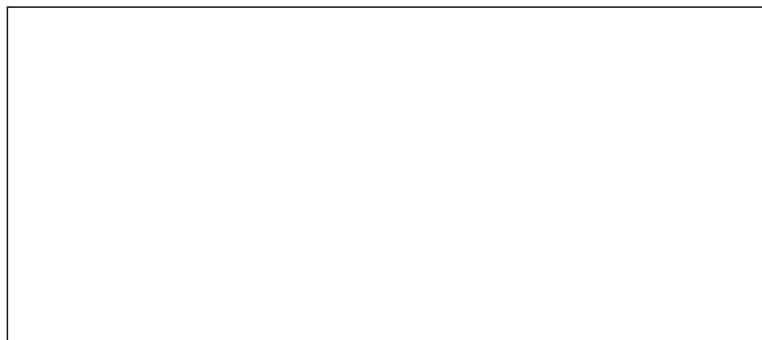
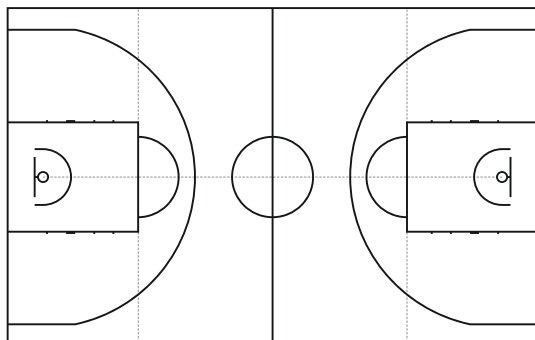
Exercício 1 | Aquecimento

Duração: _____



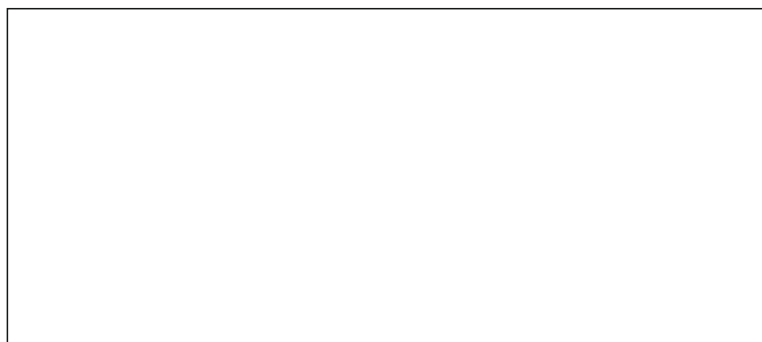
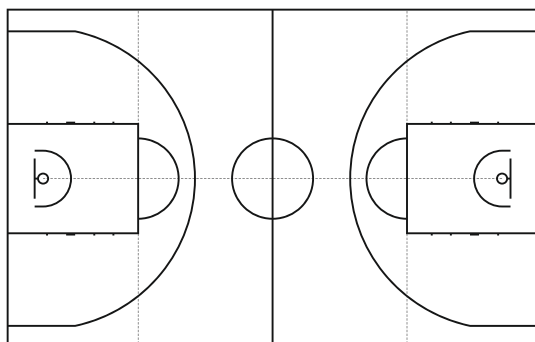
Exercício 2

Duração: _____



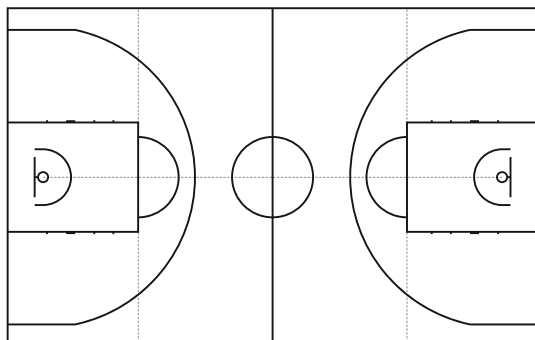
Exercício 3

Duração: _____



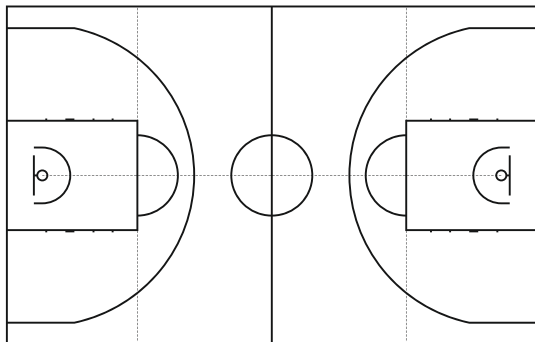
Exercício 4

Duração: _____

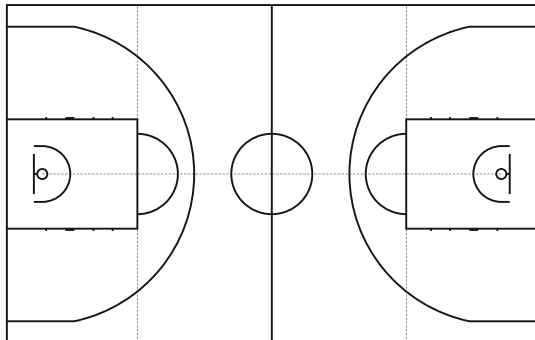


Exercício 5

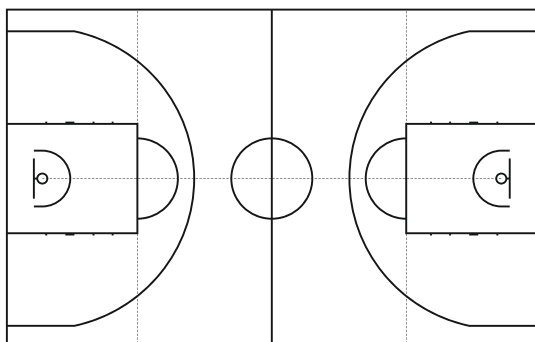
Duração: _____

**Exercício 6**

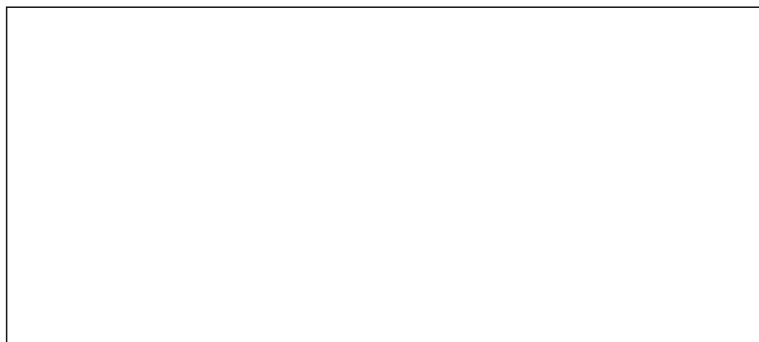
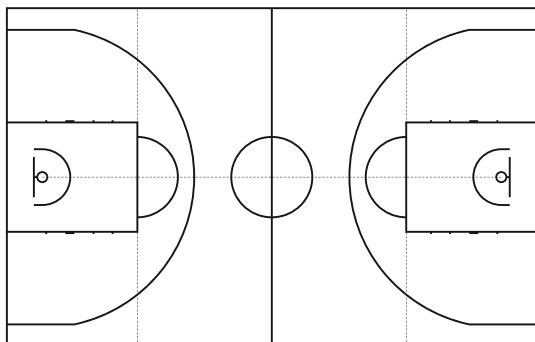
Duração: _____

**Exercício 7**

Duração: _____

**Exercício 8**

Duração: _____

**Notas:**