

<b>Spelarlyftet</b>	<b>Datum:</b>	<b>Syfte:</b>	<b>Pass nr:</b>
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<b>Spelare:</b>	<b>Uppvärmning:</b>		<b>Tid:</b>
	<b>Station 1:</b>	<div style="border: 1px solid black; width: 100px; height: 30px; margin: 0 auto;"></div> <div style="border: 1px solid black; width: 30px; height: 30px; margin: 0 auto; text-align: center; line-height: 30px;">○</div>	
	<b>Station 2:</b>	<div style="border: 1px solid black; width: 100px; height: 30px; margin: 0 auto;"></div> <div style="border: 1px solid black; width: 30px; height: 30px; margin: 0 auto; text-align: center; line-height: 30px;">○</div>	
	<b>Station 3:</b>	<div style="border: 1px solid black; width: 100px; height: 30px; margin: 0 auto;"></div> <div style="border: 1px solid black; width: 30px; height: 30px; margin: 0 auto; text-align: center; line-height: 30px;">○</div>	
	<b>Station 4:</b>	<div style="border: 1px solid black; width: 100px; height: 30px; margin: 0 auto;"></div> <div style="border: 1px solid black; width: 30px; height: 30px; margin: 0 auto; text-align: center; line-height: 30px;">○</div>	
<b>Nästa Match/ Tr</b> Mot: Dag: Samling: Start: Plats:	<b>Avslutning:</b>		

<b>Allmän info:</b>
<ul style="list-style-type: none"> <li>• Dagens närvaro</li> <li>• Dagens träning</li> </ul>