

Scoala Federala de Antrenori



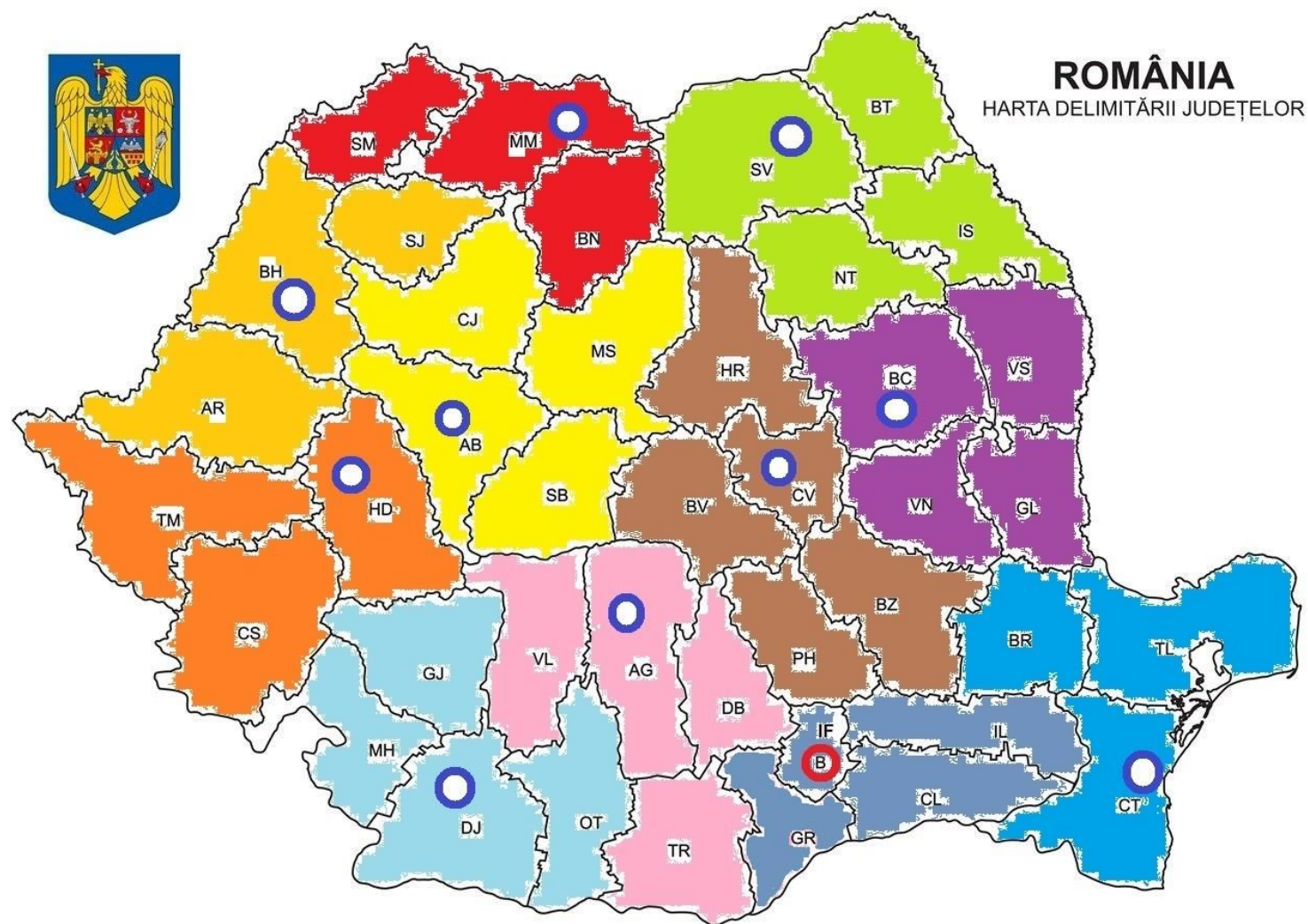
Curs Perfectionare

ORADEA

08.05.2017



PERFECTIONARI



PROGRAM

Luni 08.05.2017

- 09:00 – 09:15** **Deschidere curs . Aspecte organizatorice (15')**
Gabriel MANU & Ciprian NITA
- 09:15 – 10:30** **Metodologia pregatirii la nivel de copii si juniori (75')**
Sandu TABIRCA
- 10:30 - 10:40** **Intrebari. Raspunsuri. Feedback (10')**
- 10:40 - 10:50** **Pauza (10')**
- 10:50 – 12:05** **Aspecte privind planificarea pregatirii juniorilor U17 si U19 (75')**
Gheorghe GHIT
- 12:05 - 12:15** **Intrebari. Raspunsuri. Feedback (10')**
- 12:15 - 12:25** **Pauza (10')**
- 12:25 – 13:40** **Masurarea si evaluarea capacitatii motrice in fotbal (15')**
Marius MARINAU
- 13:40 - 13:50** **Intrebari. Raspunsuri. Feedback (10')**
- 13:50 - 14:00** **Inmanare diplome participare (10')**



VA MULTUMIM !
Succes in cariera de antrenor