

COLEGIUL CENTRAL AL ANTRENORILOR



CAIETUL ANTRENORULUI

LOTUL NAȚIONAL

(ANUL NAȘTERII _____)

SEZON _____

COMPONENTA LARGITA A LOTULUI

Nr. crt.	NUMELE	PRENUMELE	DATA NAȘTERII	LOCALITATEA	CLUBUL	ANTRENOR
1.						
2.						
3.						
4.						
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17.						
18.						
19.						
20.						

DATE PERSONALE

Nr. crt.	NUMELE SI PRENUMELE	ADRESA	TEL	MAIL	CNP	NR. PASAP.	DATA EXPIR.
1.							
2.							
3.							
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19.							
20.							

PROGRAMAREA ȘI PLANIFICAREA PREGĂTIRII
(se completează la începerea pregătirii pentru tot sezonul competițional)

PERIOADA/ NR ZILE	LOCAȚIA	OBIECTIVE	NR SPORTIVI	MATERIALE NECESARE

OBIECTIVE DE PERFORMANȚĂ:

OBIECTIVE GENERALE DE PREGĂTIRE:

ECHIPA TEHNICĂ:

NECESAR:

ALTE OBSERVAȚII:

CANTONAMENT 1

LOCALITATEA: _____

PERIOADA DE DESFASURARE: _____

PERIOADA DE PREGATIRE (preg. de baza, specifica, competitionala):

NR. COMPONENTILOR LOTULUI: _____

ANTRENORI: _____

DELEGATI: _____

SCOP: _____

SARCINI SI

OBIECTIVE: _____

NR. DE ZILE DE PREGATIRE: _____

NR. DE ANTRENAMENTE: _____

NR. ORE DE PREGATIRE: _____

PONDEREA FACTORILOR PE TOATA PERIOADA

- pregatire fizica (nr. ore si %) _____
- pregatire tehnica (nr. ore si %) _____
- pregatire tactica (nr. ore si %) _____
- pregatire teoretica (nr. ore si %) _____
- pregatire psihologica (nr. ore si %) _____
- refacere (nr. ore si %) _____

CONDITII CAZARE:

CONDITII

MASA: _____

PROBLEME MEDICALE:

**STRUCTURA MICROCICLURILOR DE PREGATIRE SI CARACTERUL
ANTRENAMENTELOR, SPECIFICAREA VOLUMULUI SI A INTENSITATII DE
LUCRU (pentru toata perioada pregatirii) :**

	L	MA	MI	J	V	S	D
AM							
PM							

	L	MA	MI	J	V	S	D
AM							
PM							

REZULTATE LA PROBELE DE CONTROL LA INCEPEREA CANTONAMENTULUI
(conținutul probelor vor fi în conformitate cu specificul perioadei de pregătire)

Nr. Crt.	NUMELE SI PRENUMELE	Proba 1	Proba 2	Proba 3	Proba 4	Proba 5	Proba 6
1.							
2.							
3.							
4.							
5.							
6.							
7.							
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17.							
18.							
19.							
20.							

**DETALIEREA OBIECTIVELOR SI A CONTINUTULUI
ANTRENAMENTELOR**

(obiective, exercitii, scop, durata si nr. de repetari – se vor completa pentru toate antrenamentele efectuate):

ANTRENAMENTUL 1

CONTINUTUL PROBELOR DE CONTROL (descriere)

PROBA 1

PROBA 2

PROBA 3

PROBA 4

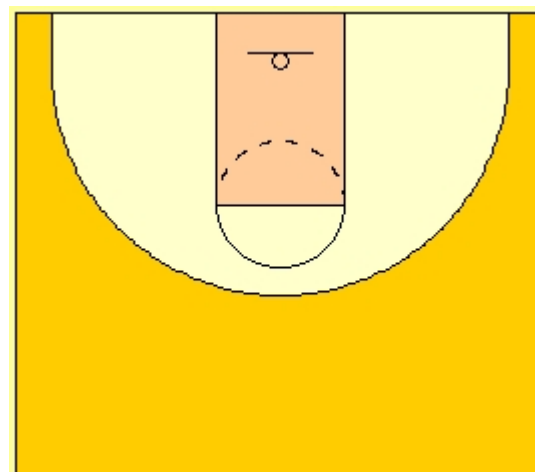
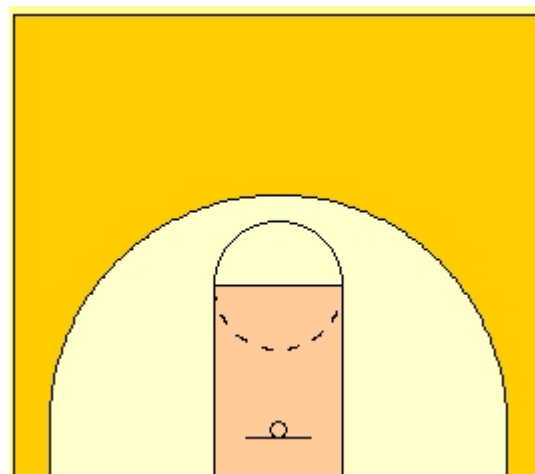
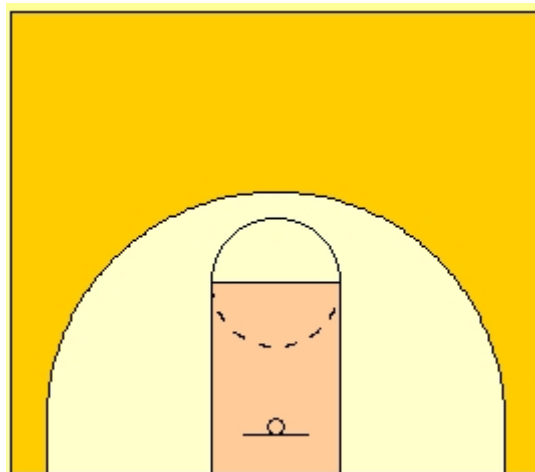
PROBA 5

PROBA 6

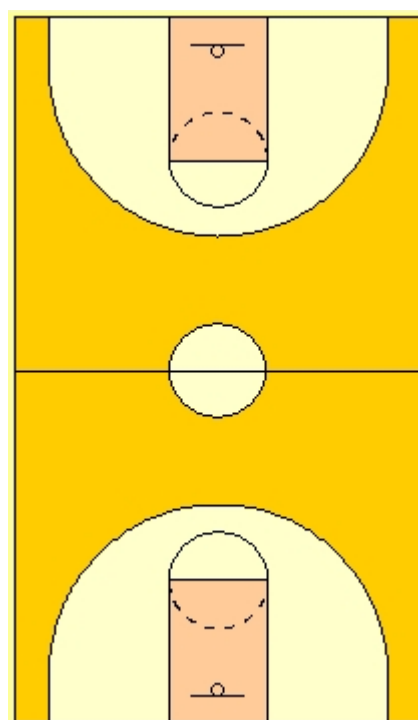
ANTRENAMENTUL 2

Obiective:

Descrierea principalelor exerciții



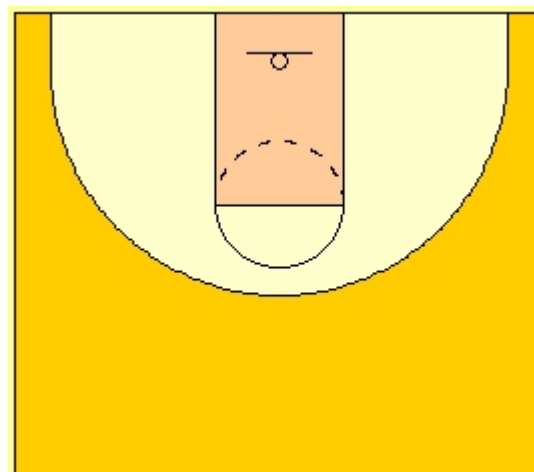
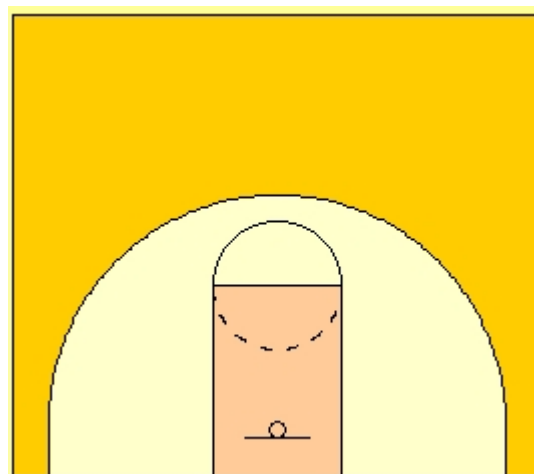
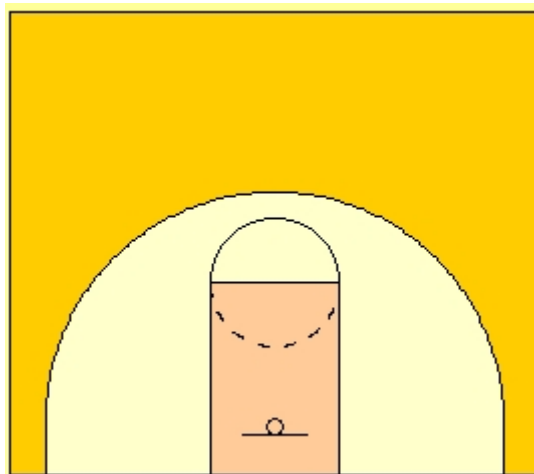
OBSERVAȚII:



ANTRENAMENTUL 3

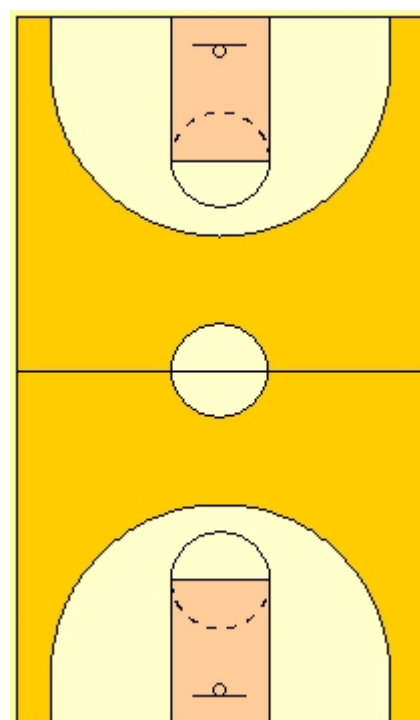
Obiective:

Descrierea principalelor exerciții





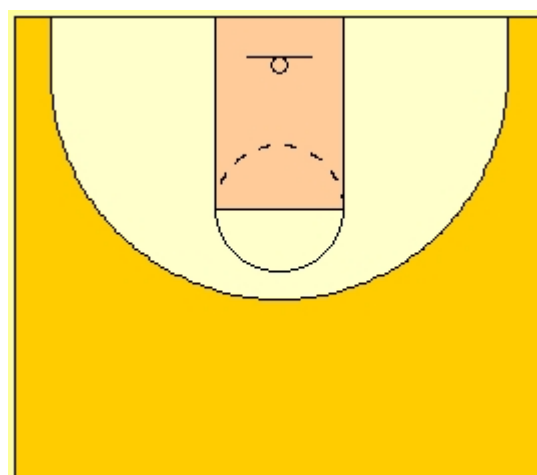
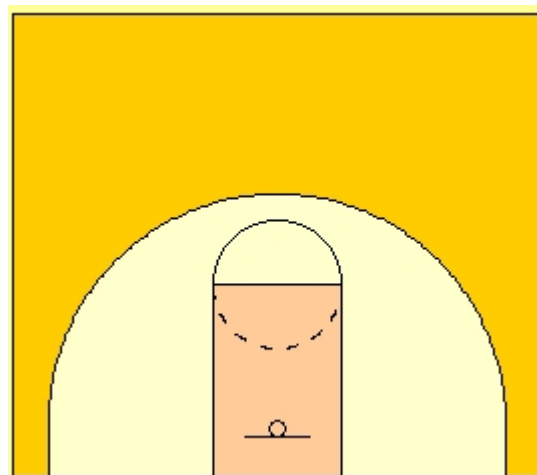
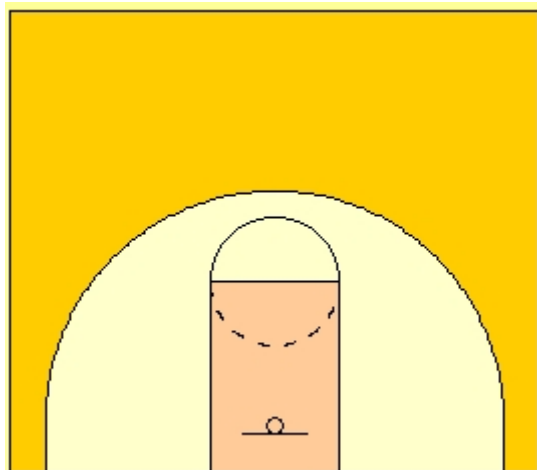
OBSERVAȚII:

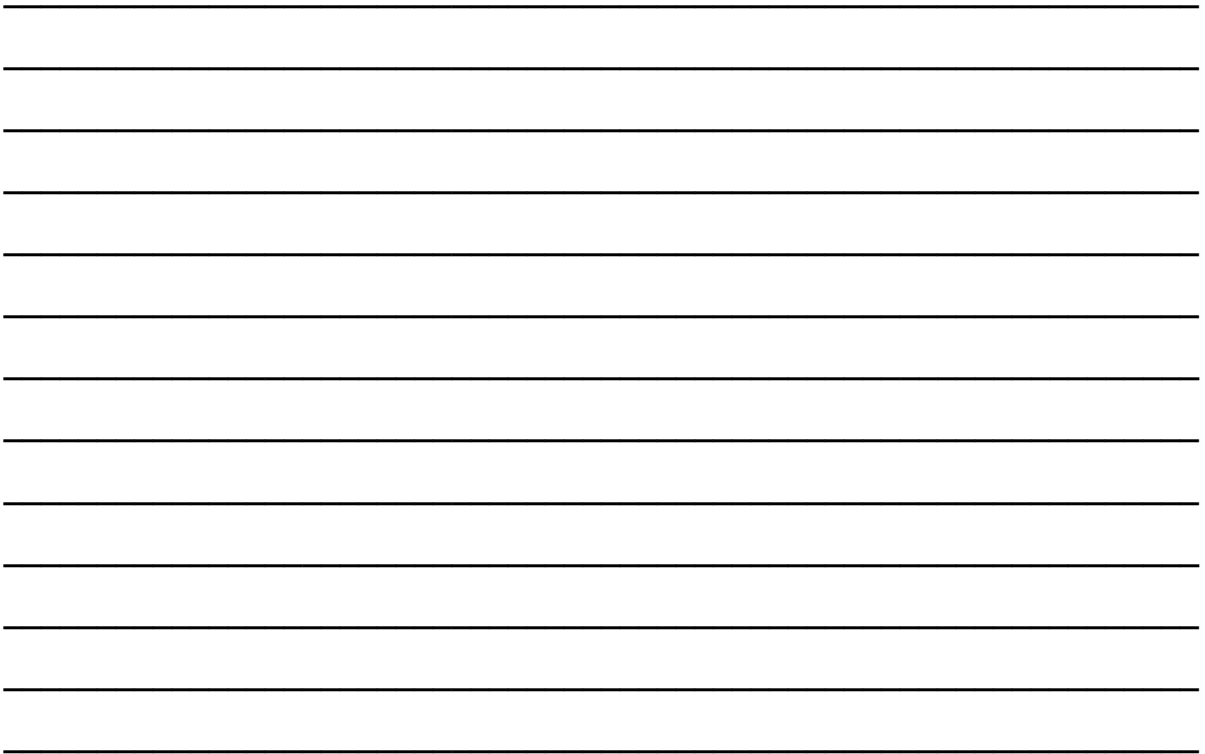


ANTRENAMENTUL 4

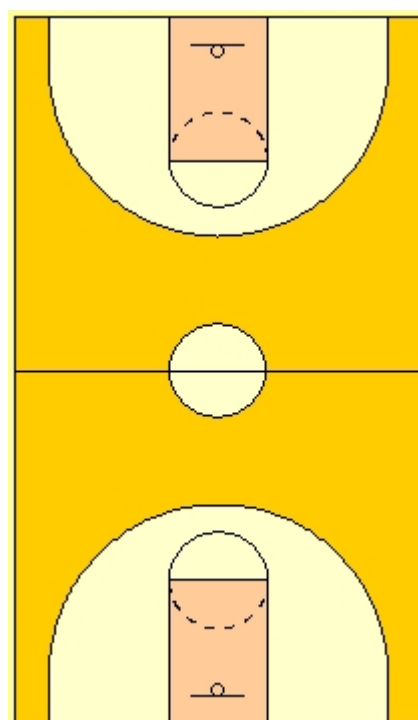
Obiective:

Descrierea principalelor exerciții





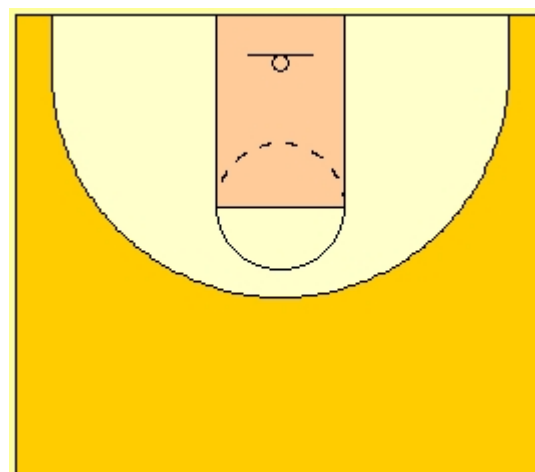
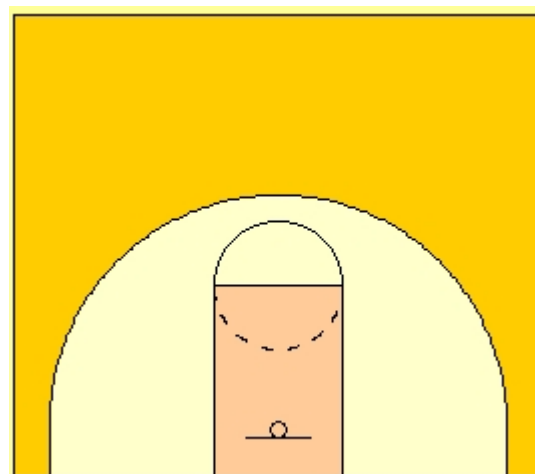
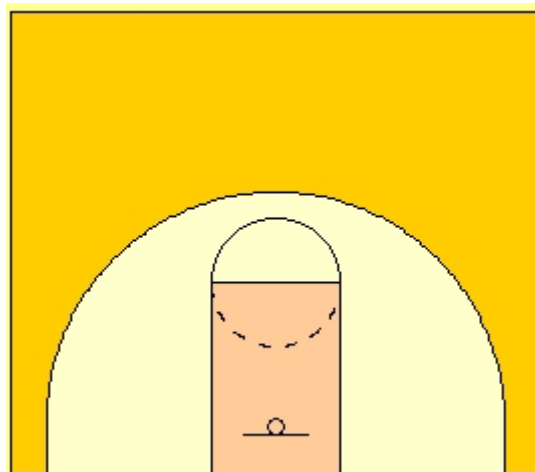
OBSERVAȚII:

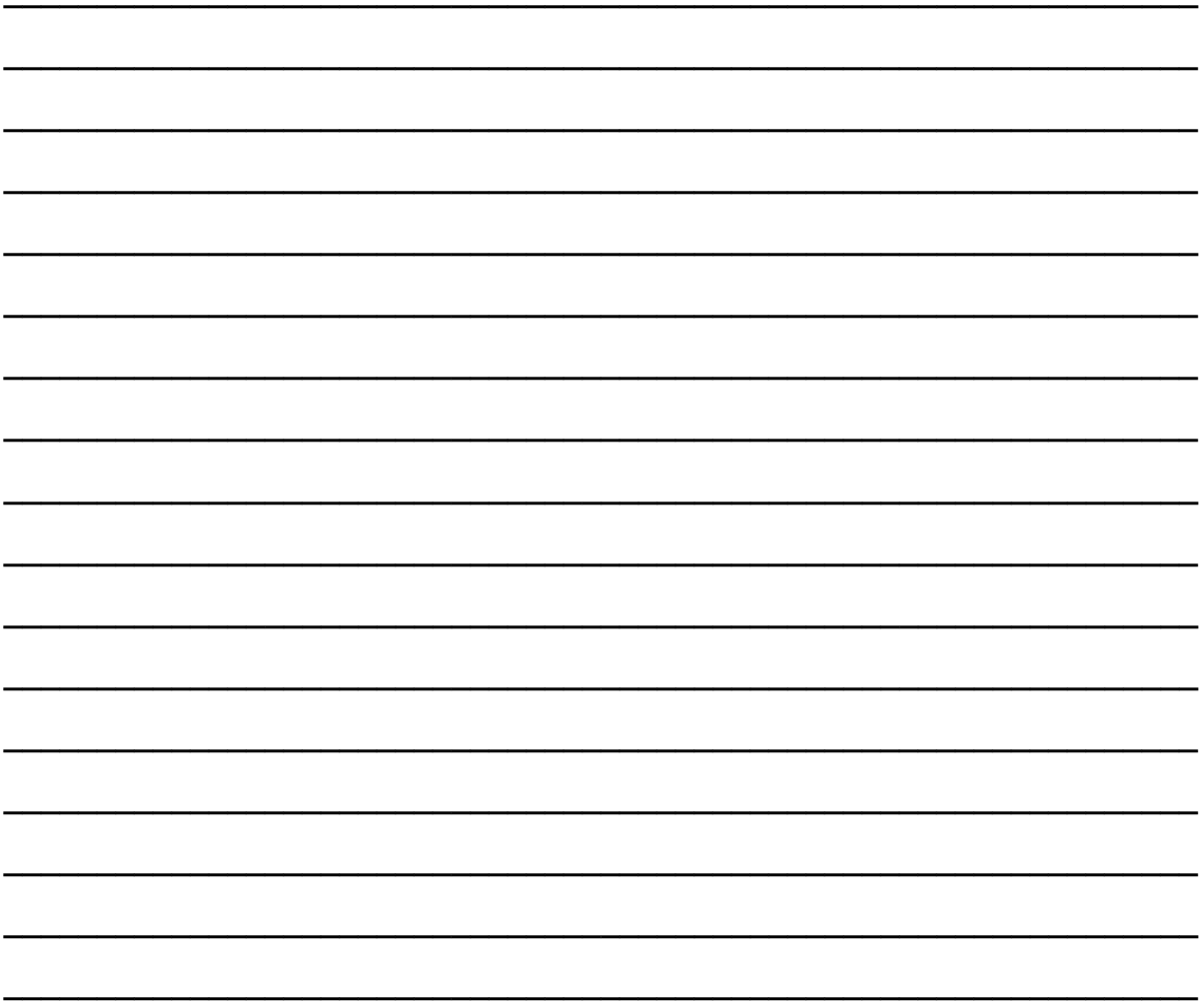


ANTRENAMENTUL 5

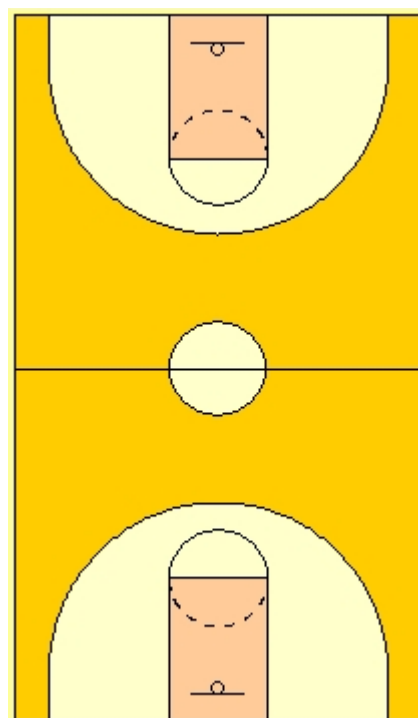
Obiective:

Descrierea principalelor exerciții





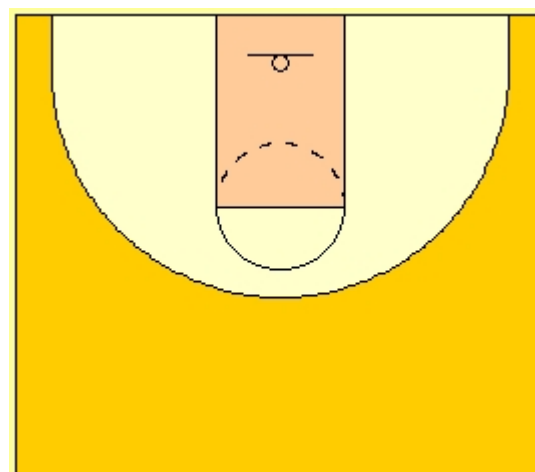
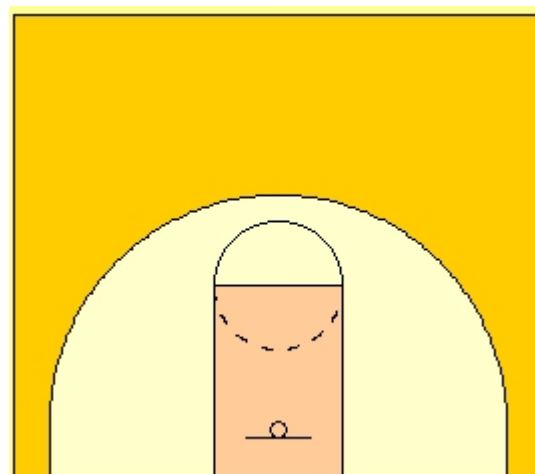
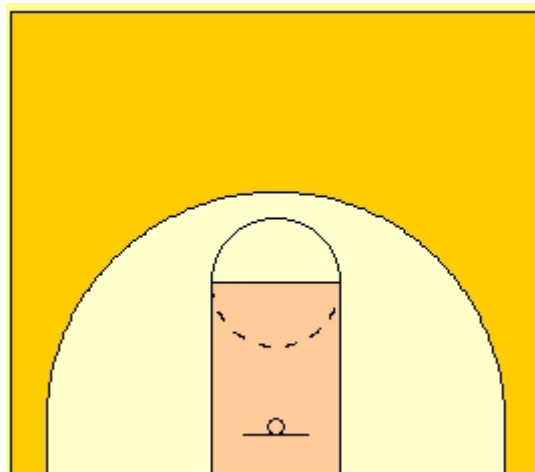
OBSERVAȚII:



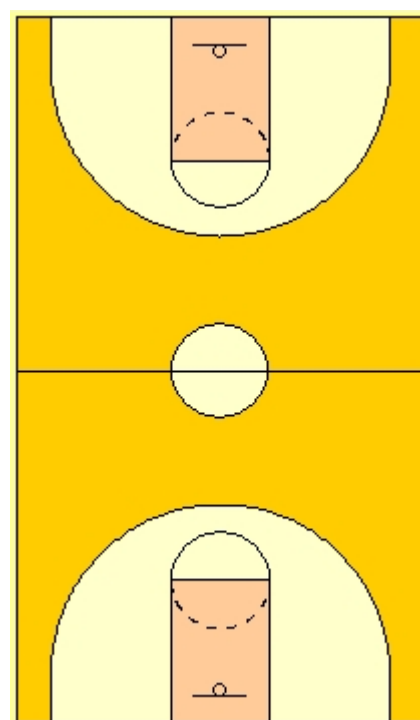
ANTRENAMENTUL 6

Obiective:

Descrierea principalelor exerciții



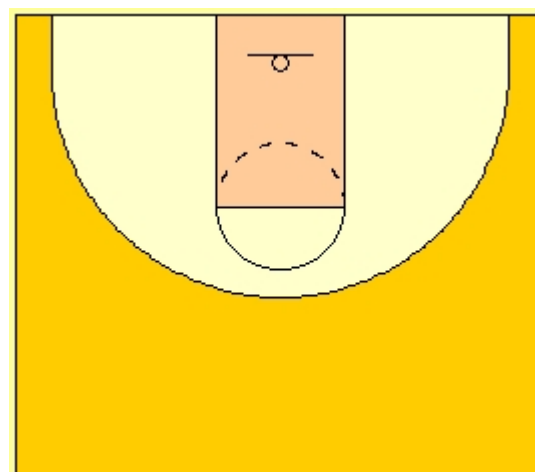
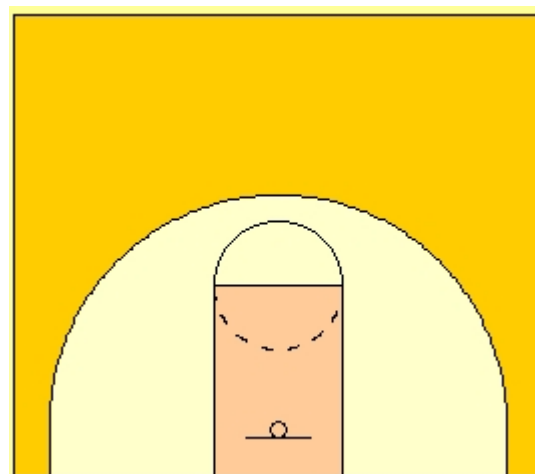
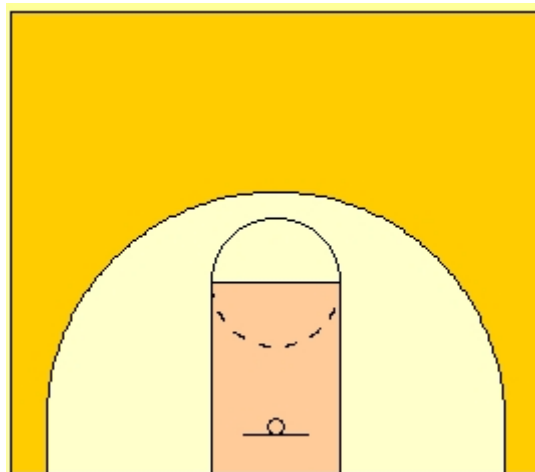
OBSERVAȚII:

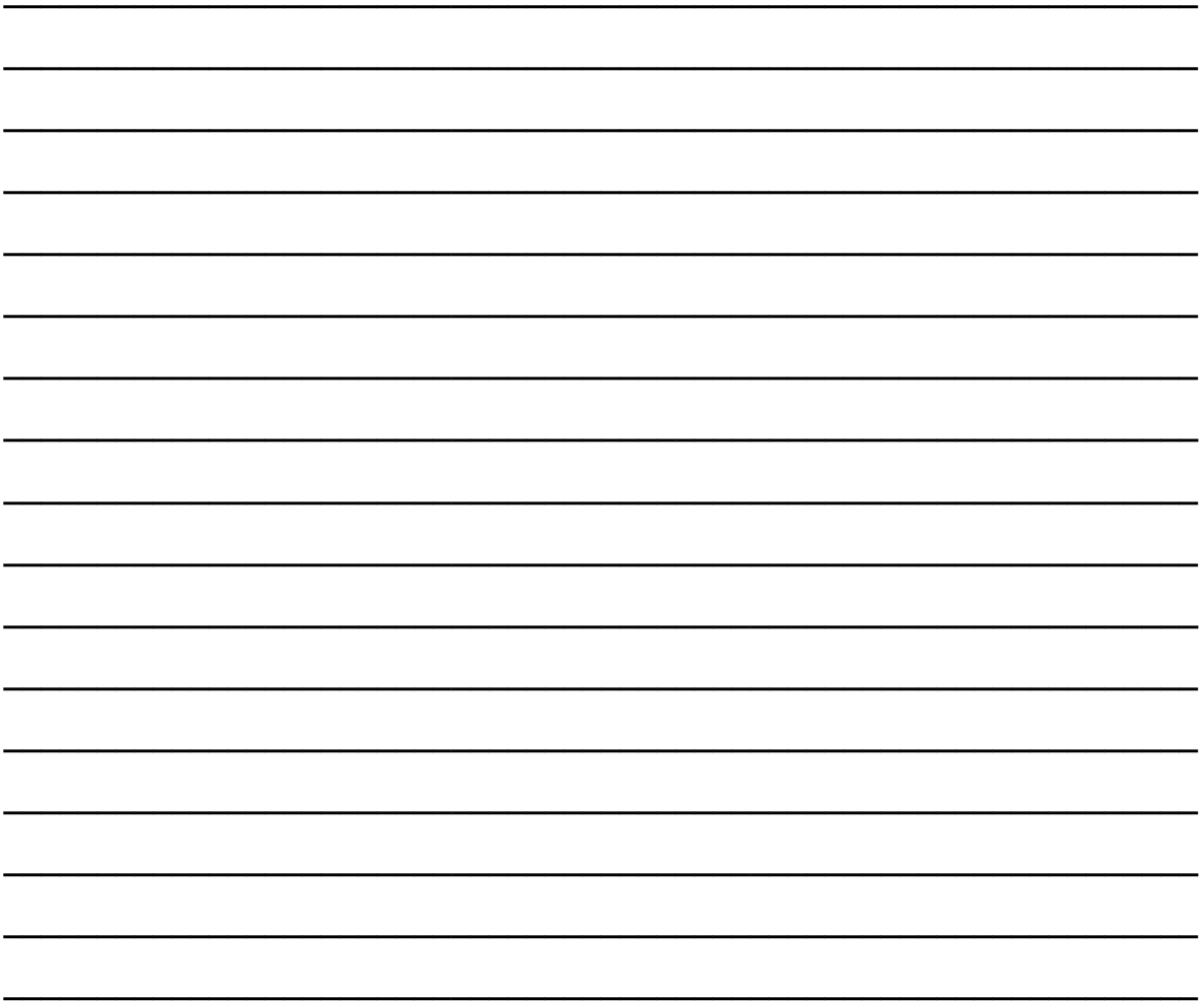


ANTRENAMENTUL 7

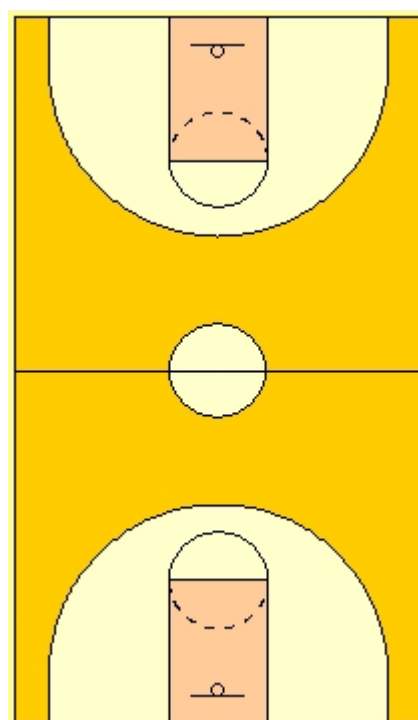
Obiective:

Descrierea principalelor exerciții





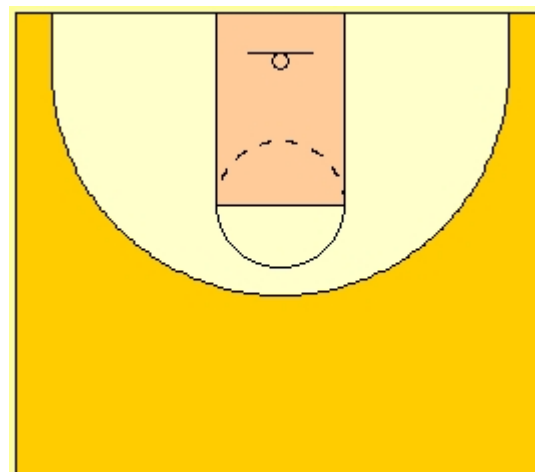
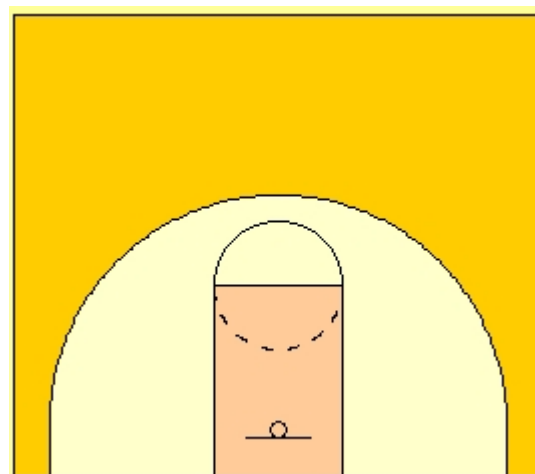
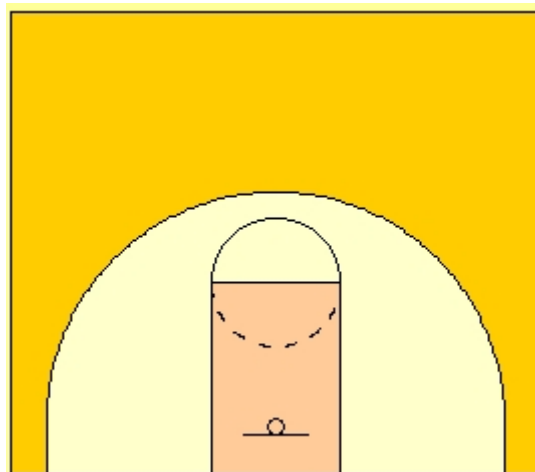
OBSERVAȚII:



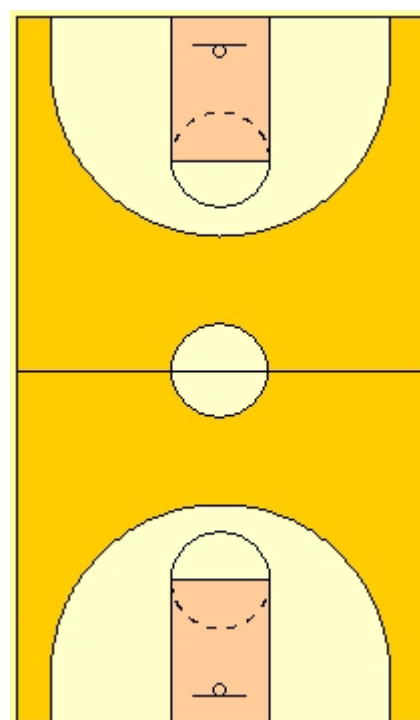
ANTRENAMENTUL 8

Obiective:

Descrierea principalelor exerciții



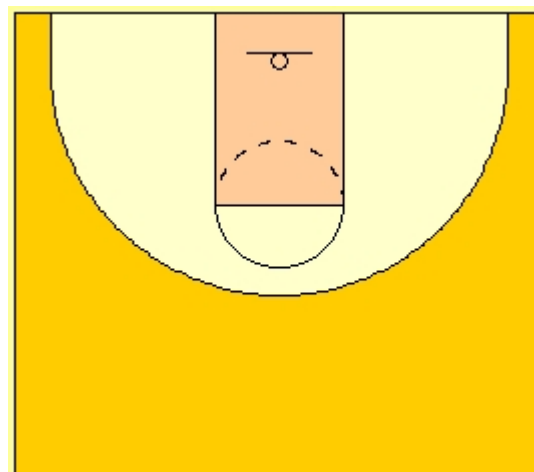
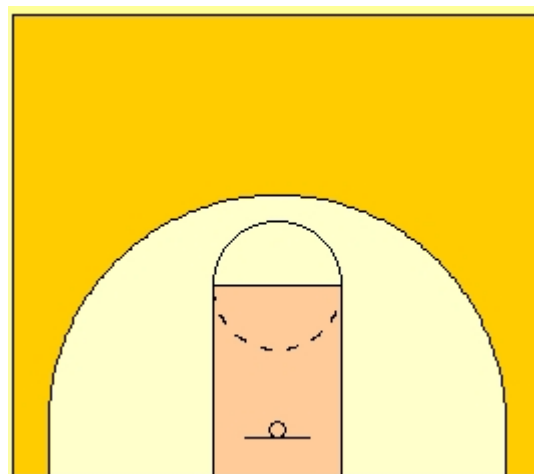
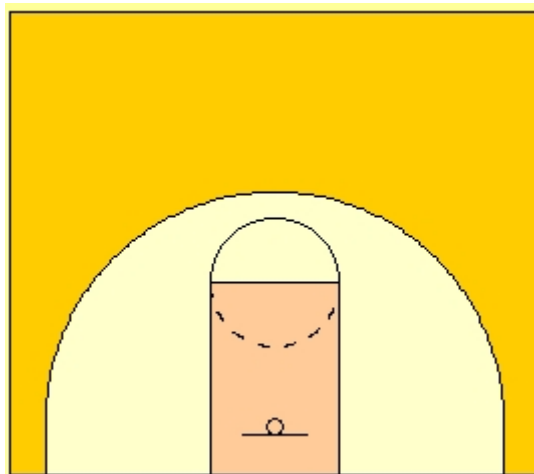
OBSERVAȚII:



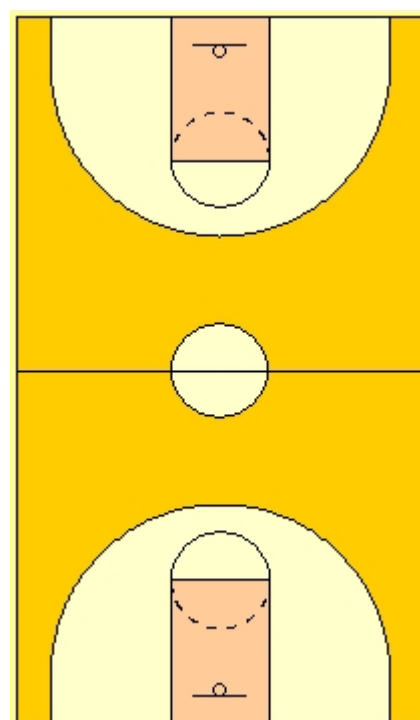
ANTRENAMENTUL 9

Obiective:

Descrierea principalelor exerciții



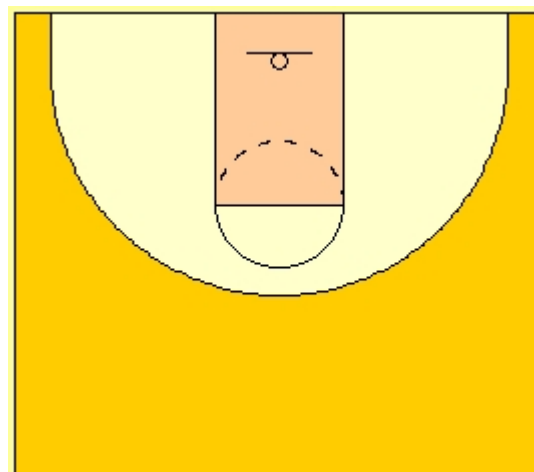
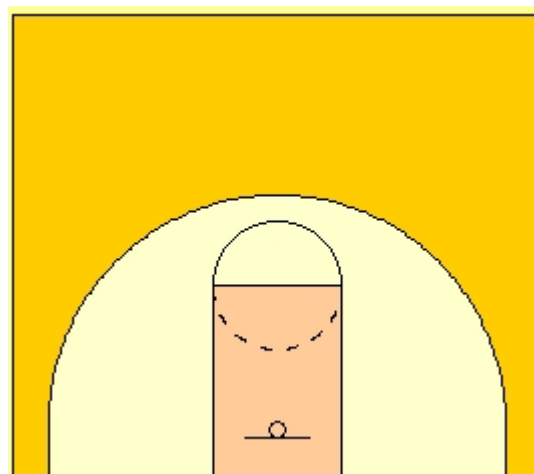
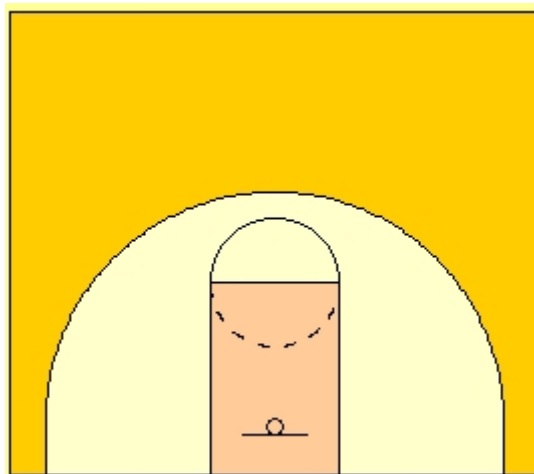
OBSERVAȚII:



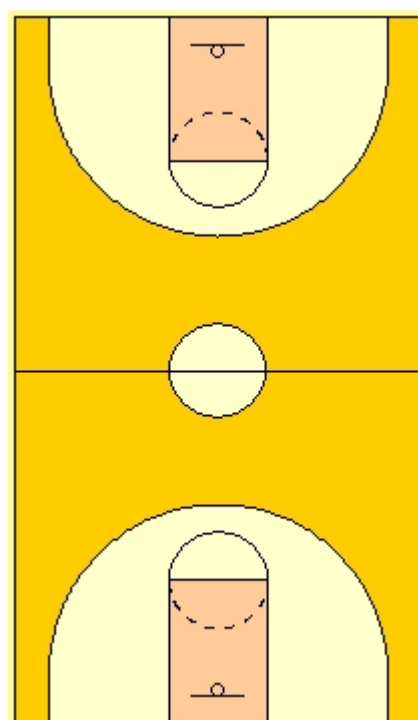
ANTRENAMENTUL 10

Obiective:

Descrierea principalelor exerciții



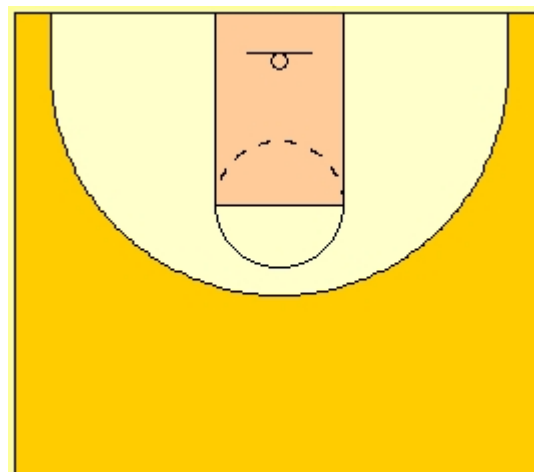
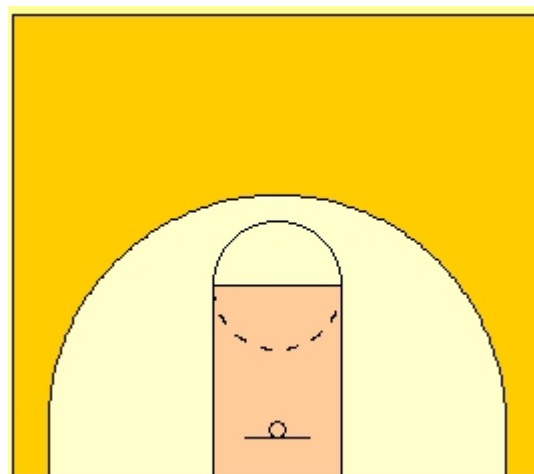
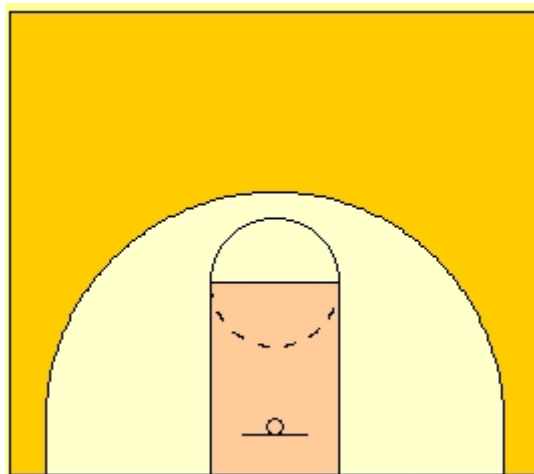
OBSERVAȚII:

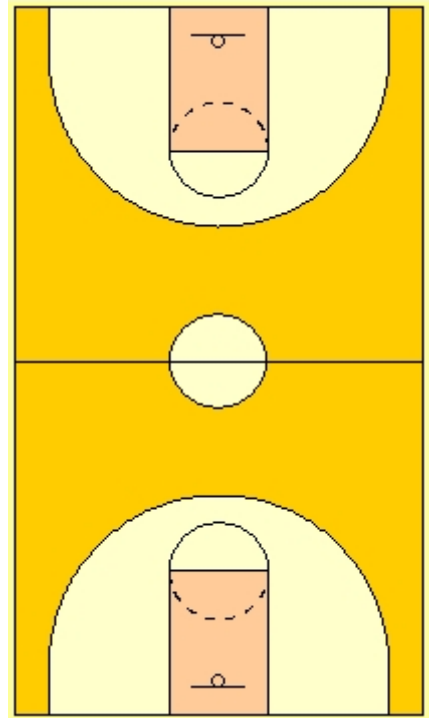


ANTRENAMENTUL 11

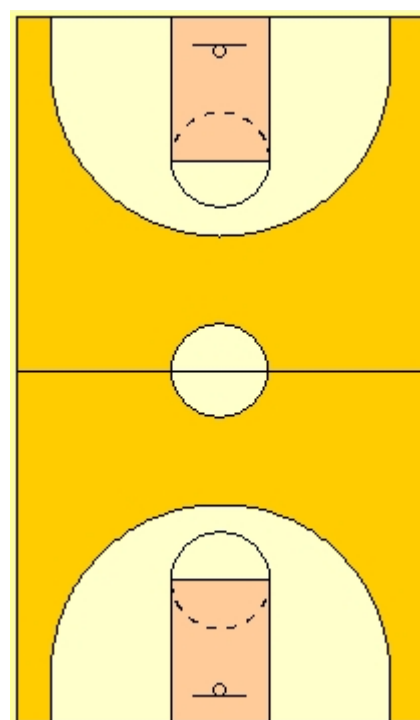
Obiective:

Descrierea principalelor exerciții



[illegible]

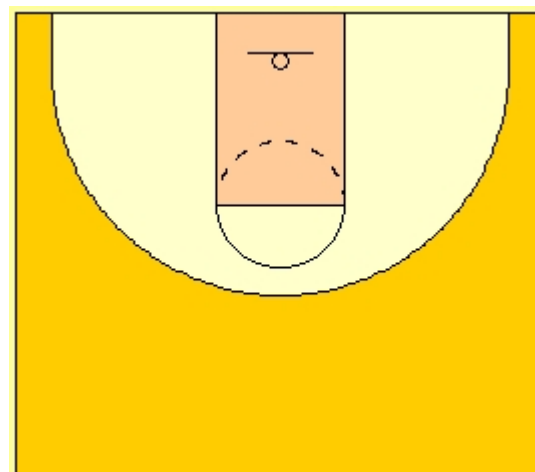
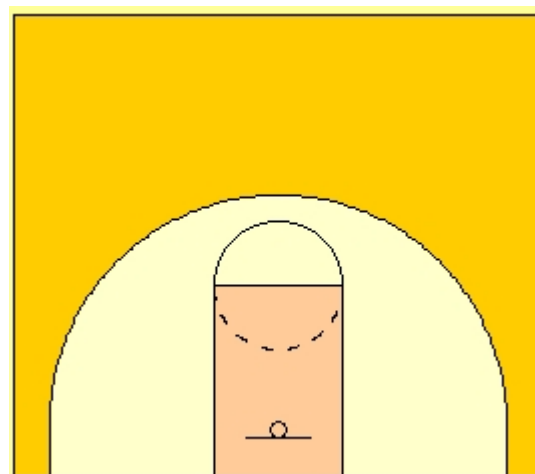
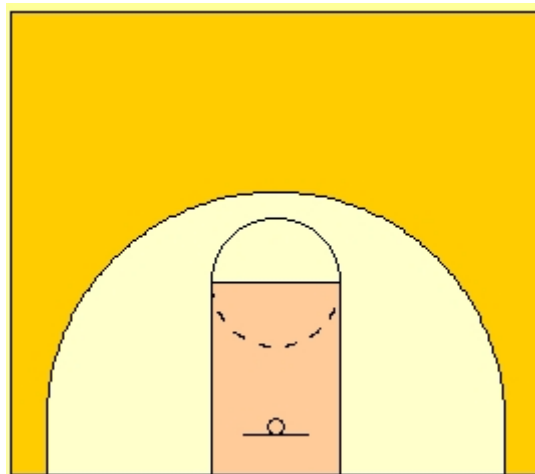
OBSERVAȚII:



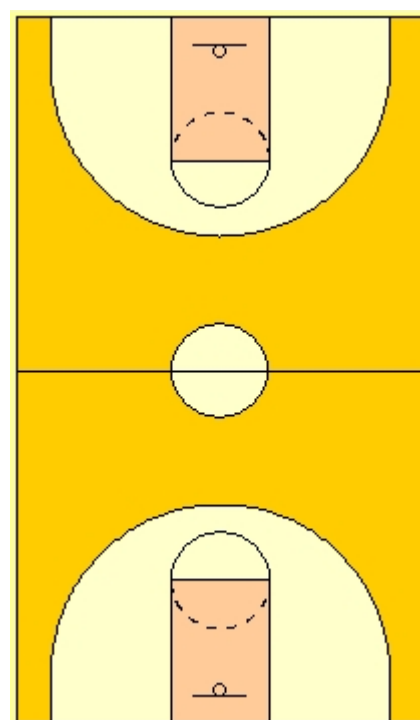
ANTRENAMENTUL 12

Obiective:

Descrierea principalelor exerciții



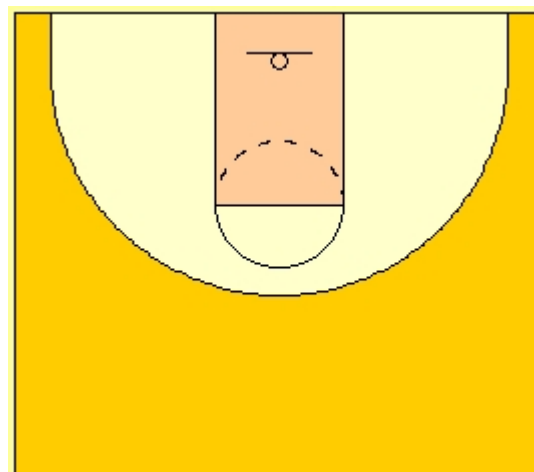
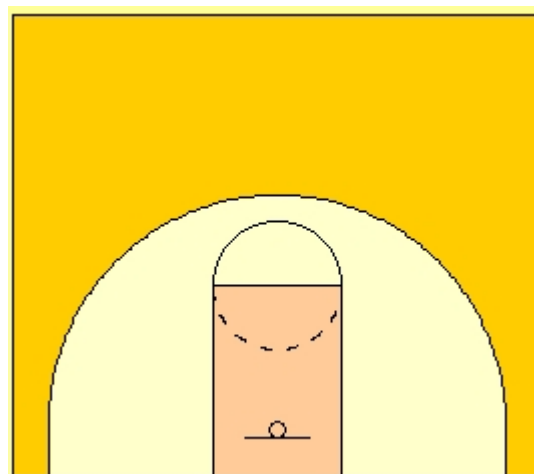
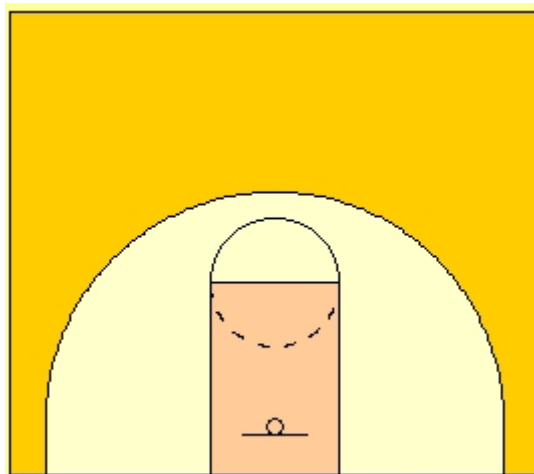
OBSERVAȚII:



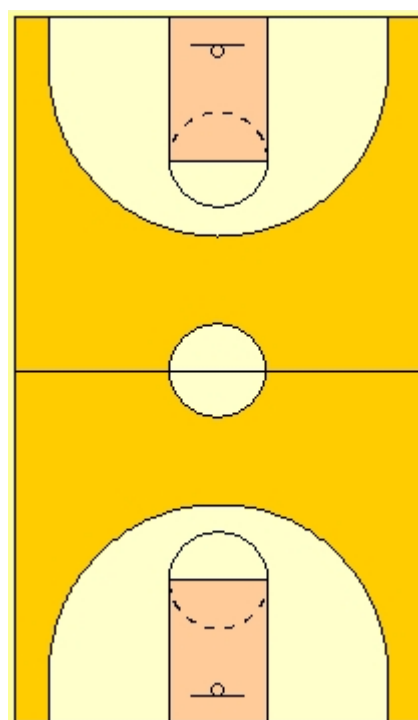
ANTRENAMENTUL 13

Obiective:

Descrierea principalelor exerciții



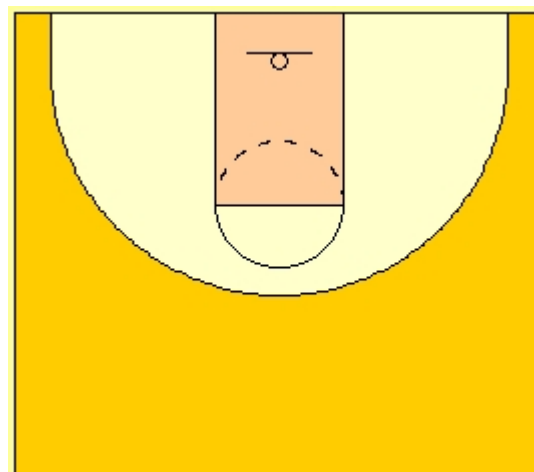
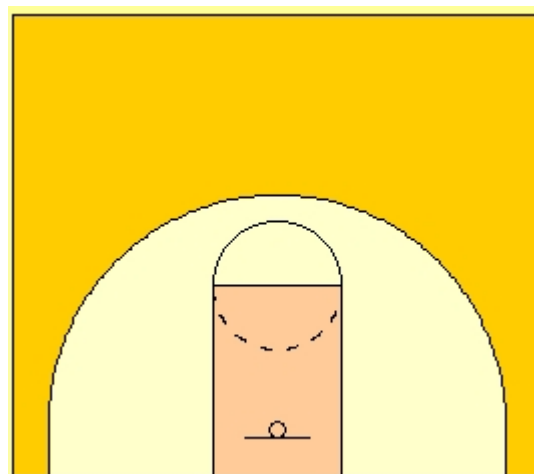
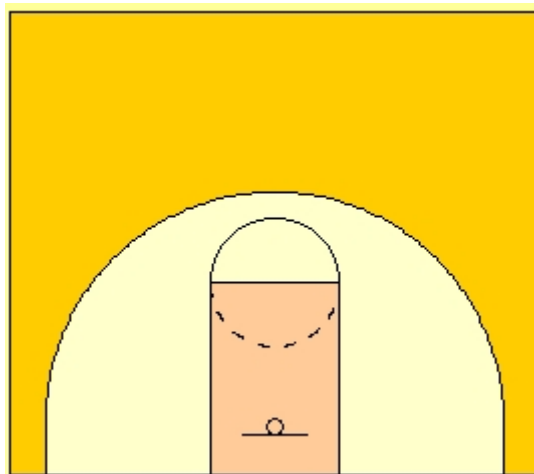
OBSERVAȚII:



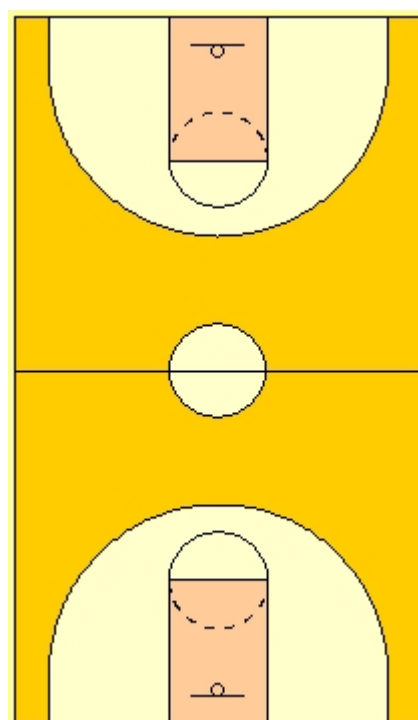
ANTRENAMENTUL 14

Obiective:

Descrierea principalelor exerciții



OBSERVAȚII:



RECOMANDARI PENTRU JUCATORI (pentru antrenorii echipelor de unde provin jucatoarele – global si nominal. Programul de antrenament individual va fi inmanat fiecarei jucatoare pentru a fi transmis antrenorului de la club – se vor specifica jucatorii carora li s-a inmanat program individual de antrenament).

[illegible]

APRECIERI FINALE:
