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|  | **Mandag** | **Tirsdag** | **Onsdag** | **Torsdag** | **Fredag** | **Lørdag** | **Søndag** |
| **Istrening** |  |  |  |  |  |  |  |
| **Kamp** |  |  |  |  |  |  |  |
| **Barmark** |  |  |  |  |  |  |  |
| **Teori / mentalt** |  |  |  |  |  |  |  |

**Uke, år, periode**

Tema fra sesong-/periodeplan

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| **Tekniske ferdigheter** | **Ishockeyforståelse** | **Barmark** | **Teori/mentalt** |
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