

Türkiye Buz Hokeyi Federasyonu



ANTRENMAN PROGRAMI

Yetenek /
Taktik

Takım : _____

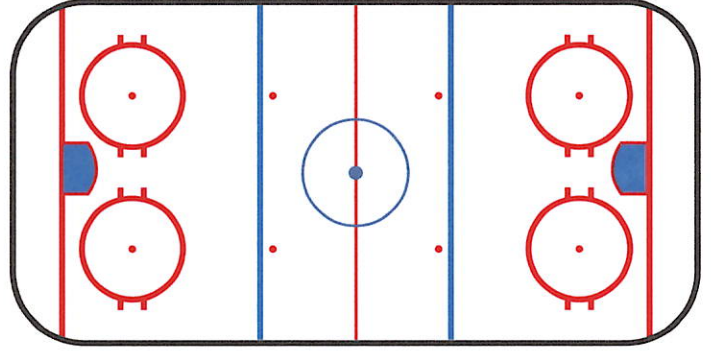
Tarih : _____

Zaman : _____

Antrenör : _____

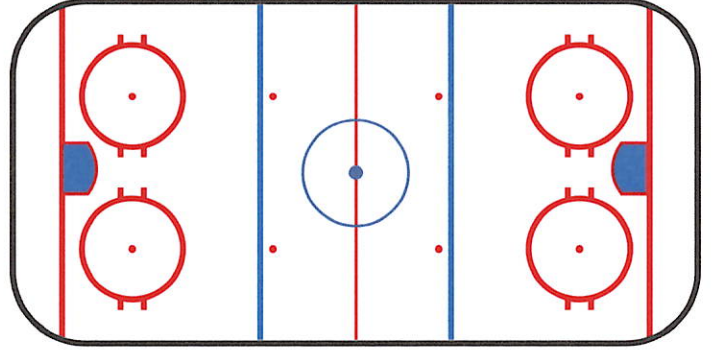
EGZERSİZ

anahtar kelime



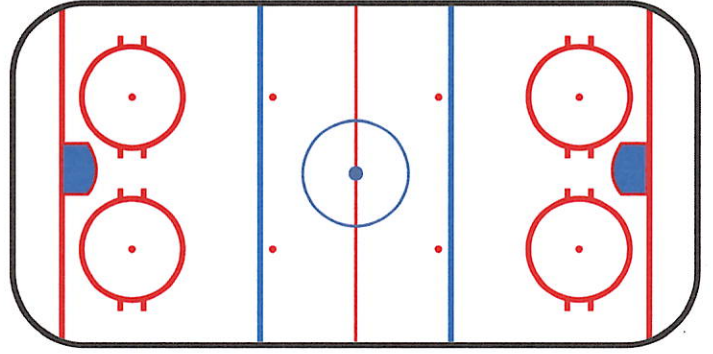
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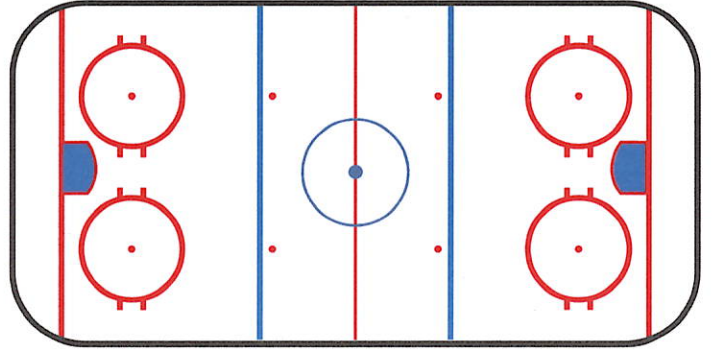
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SPOR TOTO
TEKİMLER BAKANLIĞI