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| --- | --- | --- | --- |
| **氏名** |  | **指導実践**  **テーマ** |  |
| **実施日** |  |

**指導方法**

|  |  |
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| **W-up（ウォーミングアップ）** | **TR2（トレーニング2）** |
|  |  |
| **TR1（トレーニング1）** | **Game（ゲーム）** |
|  |  |

**Key Factor**