# Tulemuseesmärk

Meeskondlikud eesmärgid 20\_\_

Millist kohta tahan saavutada:

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# Soorituseesmärk

Milline peaks minu võistlusmängu sooritus olema, et seda eesmärki saavutada?

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# Arengueesmärgid

Mis peaks minu soorituses muutuma, et seda eesmärki saavutada?

1. ...........................................................................
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3. ...........................................................................
4. ...........................................................................
5. ...........................................................................
6. ...........................................................................
7. ...........................................................................
8. ...........................................................................

# Tegevuseesmärgid trennis

Mida ma teen selle ............................... jooksul treeningutel, et minu sooritus selliseks muutuks?

 (ajalised piirid)

1. ...........................................................................
2. ...........................................................................
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# Tegevuseesmärgid võistlustel

Mida ma teen mängu ajal, et minu tegevus oleks selline, nagu soorituseesmärgis kirjeldatud?

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