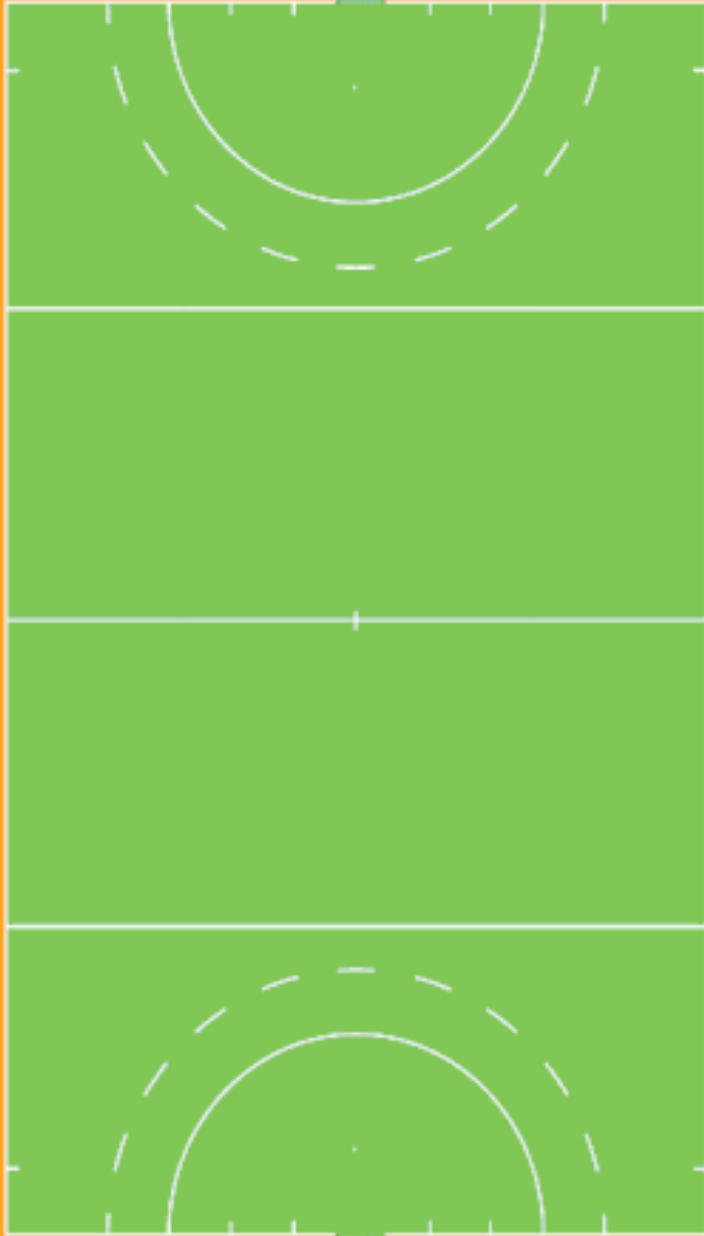
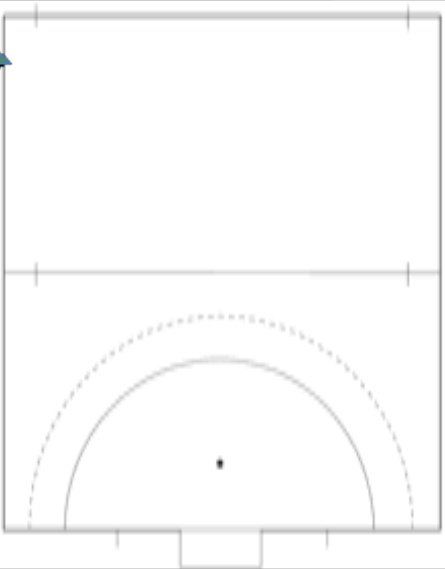


Put this sheet in a plastic and use a whiteboard marker. You can use it again  
 Weka karatasi hii kwenye karatasi ya plastic na tumia marker pen kuandika juu, ili ukifuta unawez kutumia tena

<b>Date / Tarehe</b>		<b>Oponent / Mpinzani</b>			
		<b>Goals players / Wachezaji malengo</b>			
		1			
		2			
		3			
		<b>Goals coach / Kocha wa mabao</b>			
		1			
		2			
		3			
		<b>Keep in mind</b>		<b>Kumbuka</b>	
		Penalty corner Offense		Short corna kushambulia	
Penalty corner Defense		Short corna kuzuia			
Mental abilities		Uwezo wa akili			
Energy		Nguvu			
Pressure/Ball Possession		Presha/Umiliki wa mpira			
<b>Start formation / Wachezaji wanaoanza</b>					
		<b>Substitutions</b>			
		1			
		2			
		3			
		4			
		<b>Schedule</b>			
		1			
		2			
		3			
		4			
<b>Evaluate half time / Kkutathmini mapumziko</b>					
1					
2					
3					
<b>Evaluate after game / Kutathmini baada ya mchezo</b>					
1					
2					
3					
<b>Summary / Muhtasari</b>		<b>Compliments / Pongezi</b>			
1		1			
2		2			
3		3			
<b>Goals next match / Malengo mechi ijayo</b>		4			
1		5			
2		<b>RESULT / MATOKEO</b>			
		-			
<b>Fun is most important - Fuhara Je Muhimu Zaidi</b>					