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Mesociclo Settore Giovanile Novara Calcio: sviluppo Capacità Coordinative Meso Presentazione In questo articolo verrà esposta e analizzata una proposta di mesociclo mirato allo sviluppo delle Capacità coordinative , presentato da me durante il mese di settembre presso il settore giovanile del Novara Calcio. L'articolo verrà diviso in due parti nella prima parte andremo a trattare nel ...

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