

TRAINING ACTION



# WORKSHOP FOR LOCAL PLAYERS, KIDS AND COACHES/CLUBS

14 SEPTEMBER, 2023

📍 COIMBRA OLYMPIC POOL CENTER

**14H00 - 14H15: MARGARITA PLEVRIYOU**  
EUROPEAN SILVER MEDALLIST, CHAMPIONS LEAGUE WINNER

“5 Best Training-tips, Physical Trainings  
& Preparation Before Games”

**14H15 - 14H45: TAMAS MOLNAR**

3X OLYMPIC CHAMPION, WORLD AND EUROPEAN CHAMPION, CHL WINNER, TWPC CHAIR

“The Basic Skills and Development of Centre  
Forward Skills in Childhood and For Elite Player”

REGISTRATIONS OPEN UNTIL SEPTEMBER 12, 2023