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FORMATION-BASED TRAINING GAMES

I. The Great Formation Debate

- a. Preoccupations
- b. Shape vs Roles
- c. Examples

II. Considerations

- a. Why train 'in formation?'
- b. Pros and Cons
- c. Aims

III. Training Exercises

- a. Aims
- b. Restrictions
- c. Progressions
- d. Outcomes