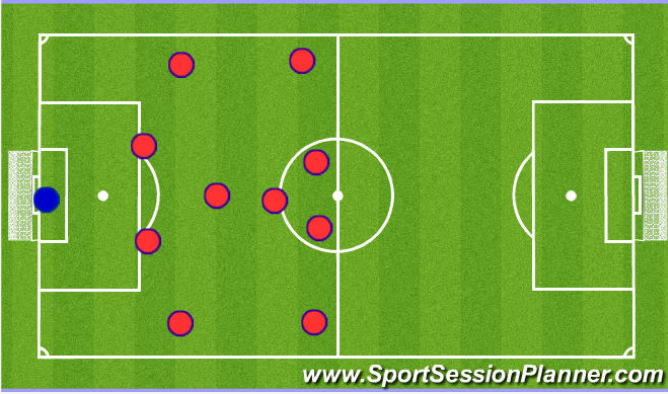
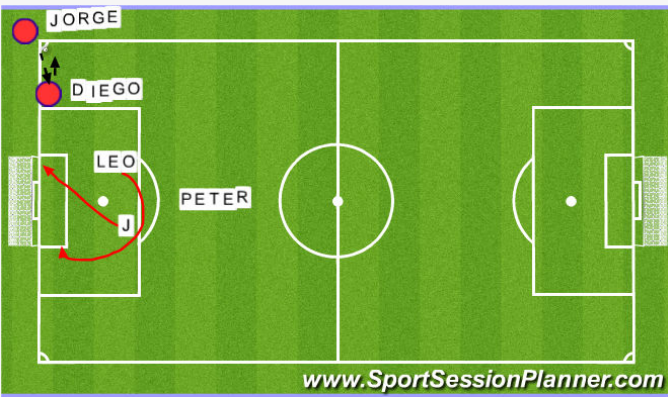


Period 1

- Game pointers
- Concetrate for 70min
- Playing vs an offensive group
- Recognize key players on opposite team and neutralize them (Deny them the service if possible)
- Be smart on transition (Fall into a middle press as soon as posession is lost in the first 10min), stretch the field on posession and connect 5-7 passes in a row
- know your role on set pieces
-



Set-piece 1



Set-piece 2

