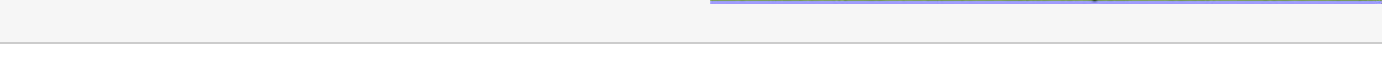


Period 1

- Game pointers
- Concentrate 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 possession is lost in the first 10min), stretch the field on possession and connect 5-7 passes in a row
- know your role on set pieces
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Set-piece 1



Set-piece 2

