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

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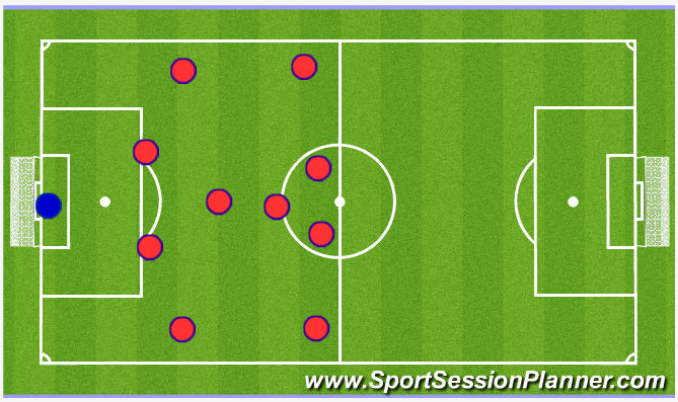
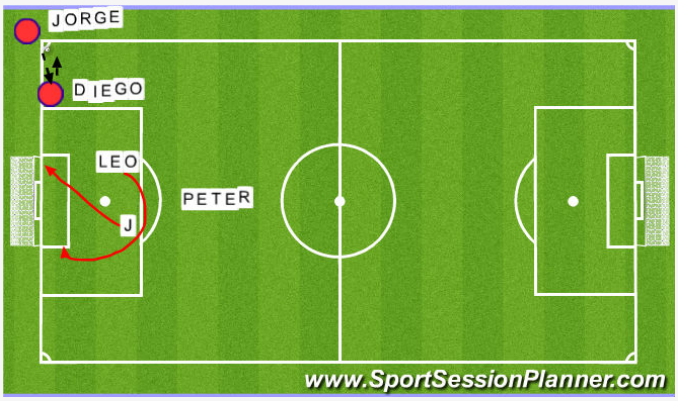
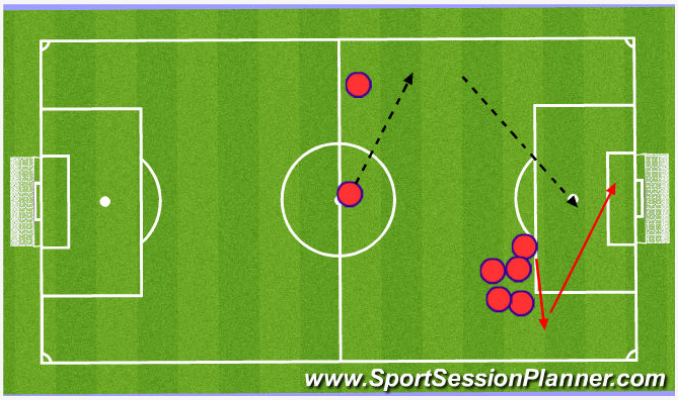


Set-piece 1



Set-piece 2