THE REQUIREMENTS OF TEAM PERFORMANCE

STRATEGY
OVERALL PLAN

CONDITIONS & OPPOSITION, CHOICE OF PLAYERS & USE OF SUBSTITUTES

GROUP SKILLS
TACTICS

ATTACKING THIRD	DEFFENSIVE THIRD
SET PIECES FOR DEAD BALL	DEFFENDING DEADBALL SITUATIONS

ATTACKING PRINCIPLES	DEFENDING PRINCIPLES
DEPTH MOBILITY WIDTH PENETRATION VARIATION	DEPTH CONCENTRATION BALANCE DELAY SAME ANGLES

INDIVIDUAL BALL TECHNIQUES	INDIVIDUAL BALL TECHNIQUES
RECEIVING STRKING THE BALL DRIBBLING HEADING	STRKING THE BALL TACKLING HEADING ACCURATE PASSING

PHYSICAL FITNESS

ENDURANCE MOBILITY STAMINA STRENGTH SPEED

BASIC MOVEMENTS

TWISTING/TURNING RUNNING JUMPING STOPPING/STARTING

ItsaGoal SPECIALIST SPORTS EQUIPMENT

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