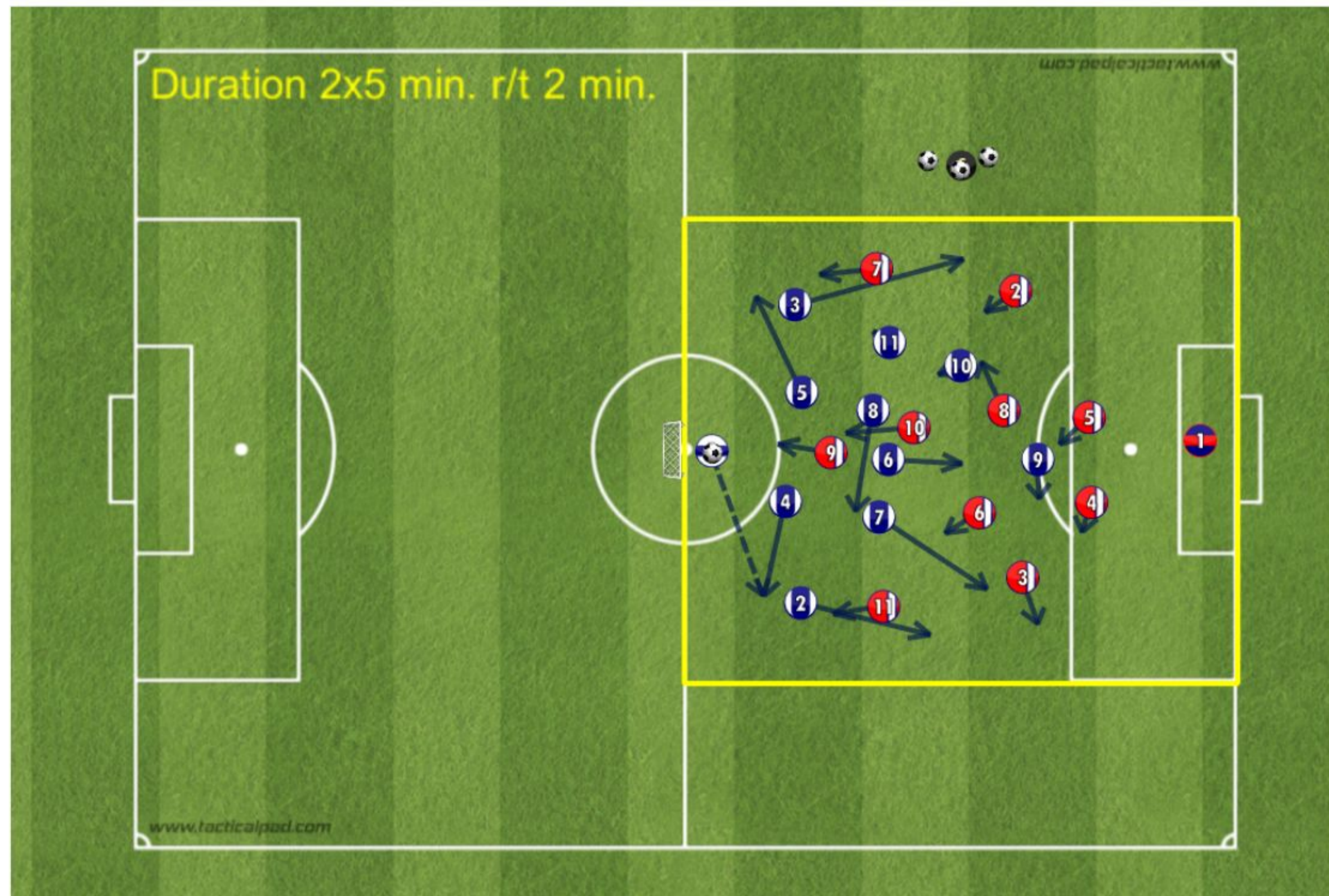


SPEED OF GAME



Set up: Pitch 50x45m, balls cones ...

Organization: The implementation of the principles of the game for the upcoming match with an emphasis on speed of execution.

Coaching points: - Speed of play
- Preactivation