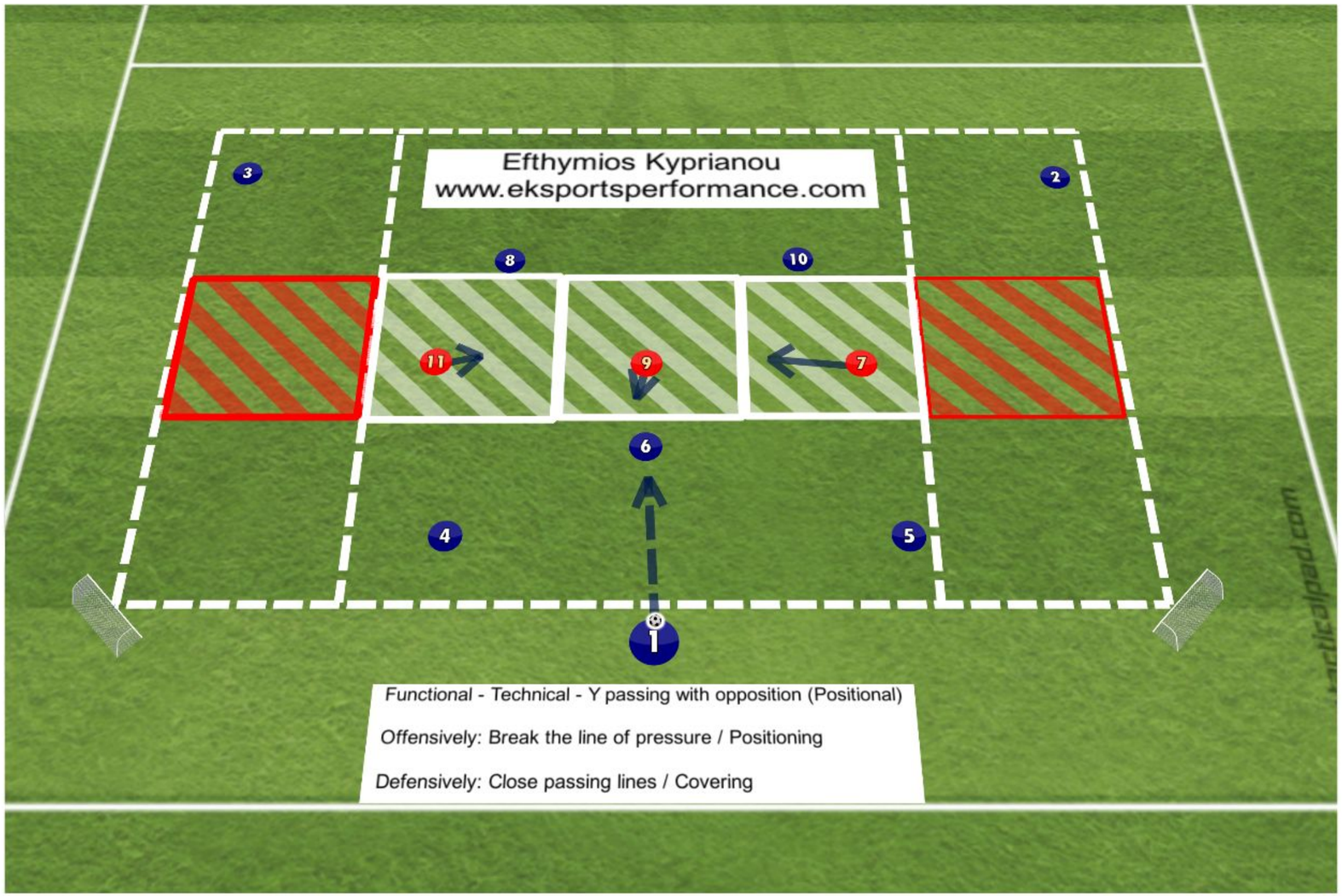
ANIMATION 2


Efthymios Kyprianou
www.eksportsperformance.com
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1
Functional - Technical - Y passing with opposition (Positional)
Offensively: Break the line of pressure / Positioning
Defensively: Close passing lines / Covering
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