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Botas O O bet365 O O bet365 Ambos os Campos Antigo Arsenal e West Ham United
meia Stewart Robson. Ex-Liverpool and West Cam Newcastle meio campista Patrick Robin

Rosson whufc : notcias ;

tas, ambos/campo a -ex comarsenal ume oeste seham

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Tempo, also known as time under tension, is a programming tool that allows the coach to specifically alter and target specific results in an athlete's program.

Coaches who master tempo can use it to work the athlete's position, mechanics, movement progression, metabolism, control, and absolute strength.

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What is Tempo in Exercise? - How to Use It - OP

EX Fitness

blog : how-to-understand-and-use-tempo

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Tempo. This determines the speed at which your players attempt to play.

The drop down box has 3 options - Slow, Normal and Fast. The tempo employed by your team could affect the success of your passing.

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Team & Player Instructions | Online Help - Soccer Manager

soccermanager : help

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