



Entrenar. Metodologia para guiar a un equipo de fútbol (Spanish Edition)

Sandro Mura

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Entrenar un equipo significa encontrar dificultades diarias, compararse, idear, decidir muchas cosas diferentes, dictar normas y empeñarse a que estas sean respetadas; serán los mismos jugadores, durante la temporada, a entender que el respeto de las normas y el cumplimiento de las mismas, constituyen requerimientos fundamentales para hacer un buen trabajo y lograr resultados.

El 4:5:1 es un sistema de juego que garantiza cobertura y firmeza y, en el desarrollo de la fase ofensiva con el desequilibrio del equipo adversario, una combinación de situaciones de juego de ataque simples y concretas.

Es muy importante que el entrenador actúe como manager y ayude a asistir en la gestión de las líneas de acción adoptadas.

Un entrenador tiene que trabajar constantemente para construir y consolidar en sus jugadores la mentalidad positiva que es aquella a través de la cual se llega al crecimiento mental, físico y técnico del grupo, se gestionan los momentos afortunados y se reacciona a las derrotas.

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Susan Hare:

Spent a free time to be fun activity to try and do! A lot of people spent their spare time with their family, or their very own friends. Usually they undertaking activity like watching television, about to beach, or picnic within the park. They actually doing same thing every week. Do you feel it? Will you something different to fill your personal free time/ holiday? Could possibly be reading a book is usually option to fill your free time/ holiday. The first thing you ask may be what kinds of guide that you should read. If you want to try out look for book, may be the publication untitled Entrenar. Metodologia para guiar a un equipo de fútbol (Spanish Edition) can be very good book to read. May be it may be best activity to you.

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