Name of the exercise



Subdinami	e of work	Task	Di	ifficult		Nº of	the players	Space
Subdinamic of work		1 ask	Difficult			N° of the players		Space
Duration	Repetition	Rest between rep		pt. S	eries	Rest between series		Total duration
OBJECTIVES TO WORK								
<u>Tacticals</u>			Technic			als <u>Psychological</u>		
DESCRIPTION								
DESCRIPTION								

Image