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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.

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.

Team & Player Instructions | Online Help - Soccer Manager : help

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Necessário jogar uma subscrição Xbox Game Pass. Call of Duty: Warzone 2.0 está gratuito dos padrões es free-to play, Perguntas frequentes sobre Call Of dutieWar Zones 3.0 -

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To achieve this weapon within your Gunsmith. Here's how orient fundamental You
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