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Testo chiaro, semplice e concreto per la guida di una squadra di calcio.

Nella prima parte è dato ampio spazio alla pianificazione e organizzazione del precampionato (preparazione fisica, tecnica e tattica).

Nella seconda parte si analizza, nei dettagli, il modulo di gioco 4:5:1 con la descrizione delle esercitazioni per lo sviluppo dello stesso.

Nella terza parte, infine, ci si sofferma sugli aspetti psicologici nella gestione di un gruppo.

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