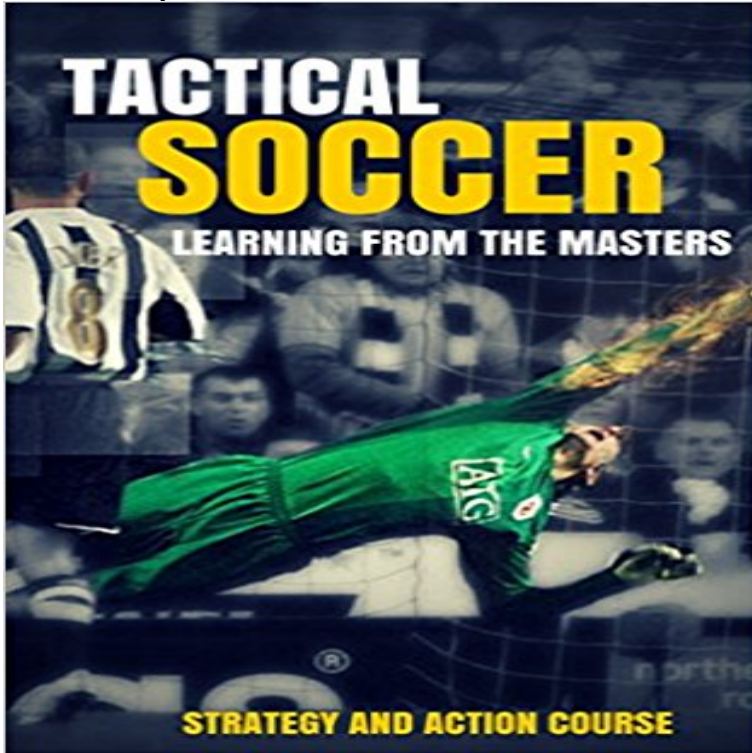


# Tactical Soccer: Understanding Intelligent Game - Aggressivity, Technique and Performance



Step by Step instructions Technical Strength, Power Stamina, Endurance Schedules and directions Methodology and Core Conditioning Principles Program Schedule, Tools and hardware Bodyweight Workouts Motivation and mindsets Benchmarks and Goal Trackers Nutrition Assessments Instant Download Access your true potential Control your tactics and excel even under extreme pressure Enhance performance by transforming nervousness and fear into confidence Improve focus and concentration for positive results Enhance visualization techniques and learn to create success imagery that will generate results Understand what exercises will vastly improve your speed and performance Use proven sport psychology techniques to leave your ego outside and avoid performance choking Learn to create the Ideal Performance State using Neuro Linguistics Programming Get rid of limiting beliefs and the negative talk in your head once and for all

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