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;div><div>Tempo, also known as time under tension, is a pro
gramming tool that allows the coach to specifically alter and target specific re
sults in an athlete's program. Coaches who master tempo can use
 it to work the athlete's position, mechanics, movement progression, metabol
ism, control, and absolute strength.</div></div></div></div
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v><div>Tempo. This determines the speed at which your playe
rs 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 passi
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amp; Player Instructions | Online Help - Soccer Manager</div>
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33;u prens Caminhada</p>
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