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Apaixonado pelo visual clássico do basquete dos anos 80, mas tem uma

queda pela cultura acelerada dos jogos de hoje? Conheça;

a o Nike Court Vision Low. Um

clássico remixado com pelo menos 20% de materiais reciclados por peso, seu cabedal

é tido e camadas costuradas mantêm a alma do esti

lo original. O colarinho baixo macio

mantém a simplicidade e o conforto para o seu mundo.

Tempo, also known as time under tension, is a programming tool that allows the coach to specifically alter and target s

pecific 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.

What is Tempo in Exercise? - How to Use It - OP

EX Fitness : blog : how-to-understand-and-use-tempo

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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

soccermanager : help

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