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Camp Nou antes de ir jogar pelo Real Madrid. "Eu estava prestes a assinar minha parte do contrato apó o final da temporada e depois fui para o Brasil de férias", Ronaldo disse ao DAZN. Ronaldo: Eu nunca quis deixar Barcelona, mas a decisão não foi...

marca : futebol. barcelona ; 2024/02/12 Ele estava em 2024, ele assinou com Al Nassr. Cristiano

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.

[What is Tempo in Exercise? - How to Use It - OP EX Fitness](#)

[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.

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