



Importance at the Formation Stage:



Importance at the Technification Stage:



DIDACTIC SOLUTION

In moments prior to the match, it is necessary to reinforce the confidence of the team based on what is planned (application of the training concepts), establish clear and achievable objectives, reinforce self-esteem, raise the level of attention and concentration, anticipate what can happen and reduce stress levels.



“Guardiola before going out to the field, his message is always motivating; he doesn't usually scream, he doesn't need to.”

T. Vilanova

“With Guardiola the sensation when we left every one of his prematch talks was like we were already up three-nil. We were so empowered, so prepared, that it felt like we were already winning.”

D. Alves

“After the warm-up, ten or fifteen minutes before kick-off, but not always, Guardiola appears for a few moments to remind them of two or three key points, small comments, and then he disappears again.”