



Importance at the Formation Stage:

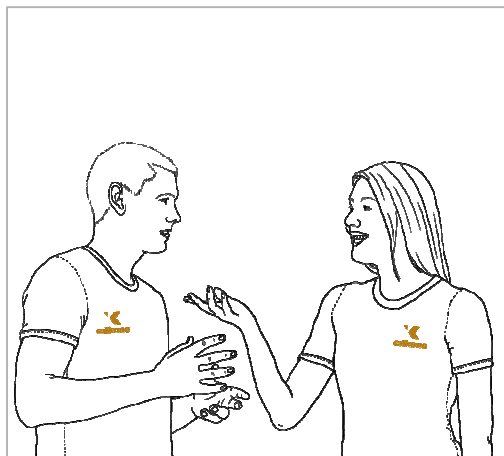


Importance at the Technification Stage:



DIDACTIC SOLUTION

The warm-up should include tactical and strategic situations to prepare the team for the objectives of the session, creating a relationship between the warm-up exercises with those of the main part.



“Buenaventura (Pep’s staff) talks us through it. ‘We never start off with the same warm-up. What do I mean by never? I mean that we have the next exercise planned and that dictates the kind of warm-up we do.’”

