

| Quality                                | Quantity                            |
|--|-------------------------------------|
| Maximum execution of a football action | Maintaining many football actions   |
| Maximum Rest between actions           | Minimum Rest between actions        |
| Freshness is crucial                   | Fatigue is allowed                  |
| Improving actions                      | Maintaining actions                 |
| Football 1st - Individual rehab 2nd    | Football 1st - Individual rehab 2nd |

Quality before Quantity