

A photograph of two young men in black athletic wear warming up on a green soccer field. They are both holding their knees, a common pre-game stretch. In the background, a soccer goal is visible on the left, and a tall apartment building stands against a clear sky. The scene is brightly lit, suggesting a sunny day.

PHYSICAL ATTRIBUTES



The South African Football Philosophy:
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- Efficient, fluent and skillful movement based on excellent agility, coordination, dynamic balance, timing and rhythm.
- Aptitudes for reaction of explosive speed and speed endurance.
- High endurance rate of sustained intense and complex actions.
- Efficient recovery - Somatic factor (**biomechanical advantages of average or smaller body-frame/height in modern game's dynamics**)