

# Trainability Tips

## ■ Qualities that cannot be improved in a state of fatigue:

- Pure speed;
- Acquisition / refinement of new technique
- Speed-strength;
- Maximal strength;

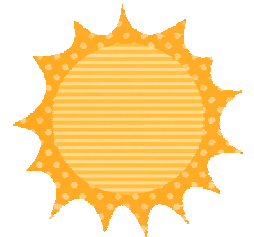
## ■ Qualities that can be improved in a state of low fatigue:

- Speed-endurance (lactic power);
- Strength-endurance;
- Skill (if the objective is to stabilize technical skills in a state of fatigue)



## ■ Qualities that can be improved in a state of moderate fatigue:

- Lactic capacity;
- Aerobic power;
- Aerobic capacity;
- Skill (if the objective is to stabilize technical skill under a variety of conditions, i.e., simulating final minutes of a match.)



## ■ Qualities that can be improved in a state of moderate to high fatigue:



➤ Aerobic capacity;

➤ Flexibility