

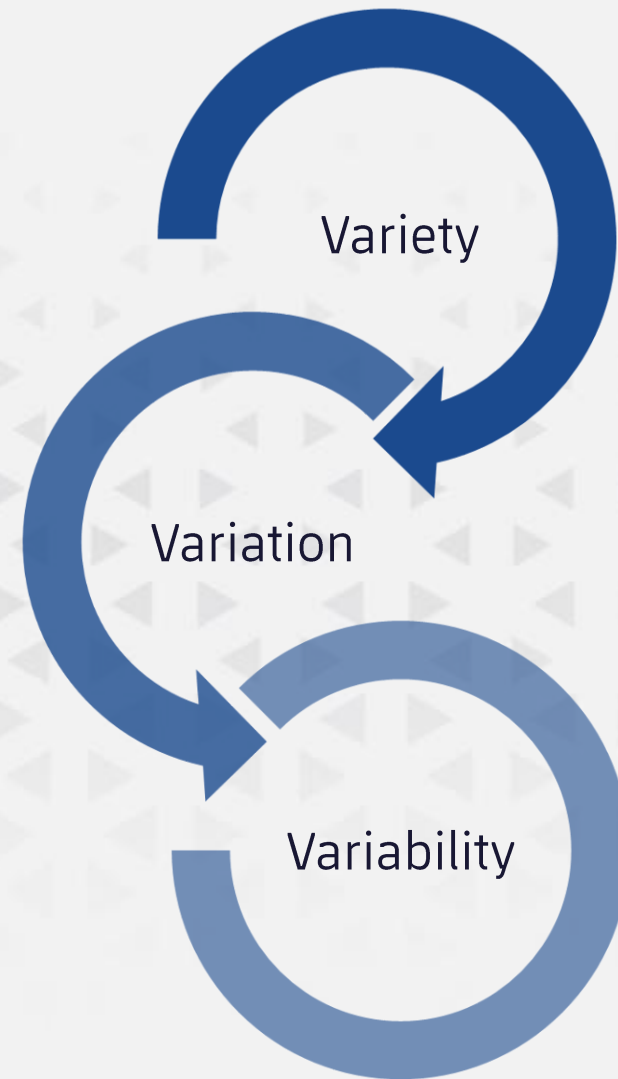
The basics of our style of play

TOPIC: THE "SUPPORTING" SCIENCES OF FC BARCELONA
PART 2

If we design specific playing contexts, by definition these will entail certain variability in the actions to be carried out by the players.

Is it therefore necessary to introduce this variability in specific contexts on a regular basis? Or is this variability (in its multiple forms, such as differential training) more useful for less complex exercises, with a lesser degree of complexity?

**Observed
phenomena that
appear in team
sports**



Training

The athlete is a nonlinear dynamic system and is constantly interacting with his/her surroundings and the exercise, where learning emerges for the purpose of self-organization.

Athlete

Complexity in interactive sports in shared spaces

