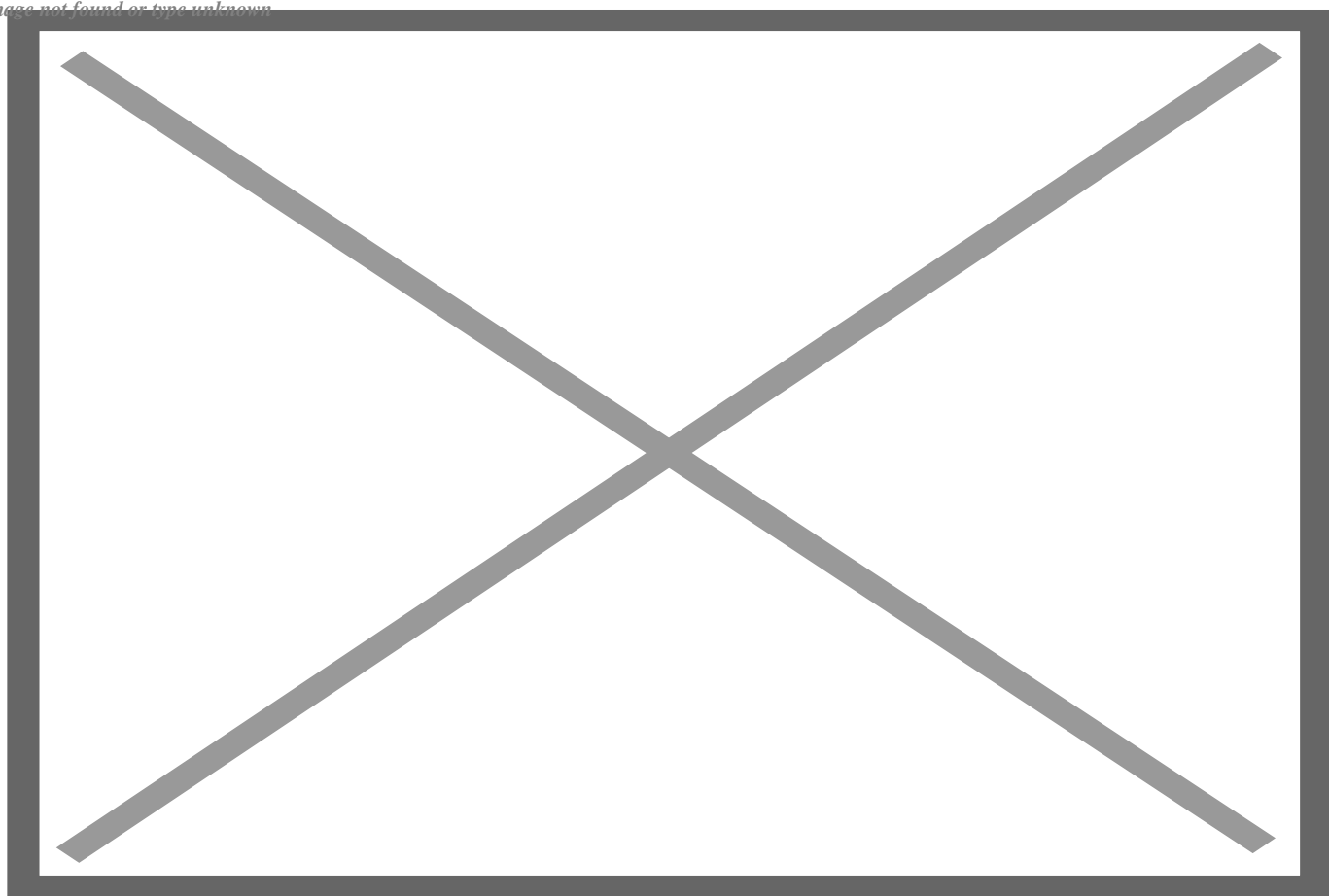


Ball dominance: Jhoen Lefont returns to the pool

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Cuban Jhoen Lefont will try this Saturday to break his own record of dominating the ball with his head without touching the bottom in the swimming pool of the capital's Hotel Nacional, in salute to the Physical Culture and Sports Day, this November 19.

Havana, November 19 (RHC)-- Cuba's Jhoen Lefont will try this Saturday to break his own record of dominating the ball with his head without touching the bottom in the swimming pool of the capital's Hotel Nacional, in salute to the Physical Culture and Sports Day, this November 19.

Lefont, the aptly named "Dolphin of Cuban soccer", will seek to break the mark of 1,664 touches given to the ball in 2018 at the pool of the Meliá Cohiba Hotel.

"Of my previous records, this is the most difficult because in each attempt I have to increase the number of touches. But I have achieved it in the controls that have been done to me and this Monday I worked well in a competitive modeling in the pool. I am well prepared physically and mentally, so I plan to achieve my goal without major setbacks," said Lefont in an exclusive interview with ACN.

The former matancero golfer said that, as always happens to him when he attempts a record at this time of the year, there is a change of weather: "there is wind that makes it more difficult to dominate the ball and, as temperatures drop, the water is colder because there is hardly any sun". But that will not discourage him, he said, and he will concentrate much more on the test.

"I did weight work with the national polo team and with the most veterans of the sport. In addition, I did training sessions of ball touches, in sessions of three by eight hundred, or two by one thousand, with a five-minute rest between each one," he said.

"In this preparation I also performed the necessary leg exercises in the water, jumps with arms up and I also did balance by controlling the ball, but in the last few days I have not touched the weights anymore. I have reduced the weights and I have done many stretching exercises and in the pool I looked for the most suitable place so that the sun does not bother me too much and the wind blows less, concluded Lefont, known as the Dolphin of soccer.

<https://www.radiohc.cu/index.php/en/noticias/deportes/305429-ball-dominance-jhoen-lefont-returns-to-the-pool>



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