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KUALA LUMPUR: Tenaga Nasional must not waste anymore energy on thinking about what other teams are up to in their bid to become the Malaysia Hockey League (MHL) champions once again.

Currently, Tenaga are in second place in the MHL, tied on 12 points with Maybank, with only goal difference separating them. Meanwhile, Terengganu lead the league with a comfortable 18 points.

Tenaga head coach Nor Saiful Zaini has urged his team to avoid any more slip-ups and to secure all points from their remaining fixtures, especially in their upcoming match against Nur Insafi on Tuesday.

“I find it difficult, but I remind my players that the most important thing is for us to play well.

“We cannot control what happens with other teams, but we can control how we play.

“We made mistakes early in the league, and now we must move forward and perform well in every match.

“Chasing is very difficult, especially when you see Terengganu have made more thorough preparations this season, and as a result, they’ve been winning comfortably in most of their matches,” said Saiful.

However, Tenaga have been dealt a blow with the absence of key player Shello Silverius, who has been suspended for one match.

“He won’t be able to play in one match due to accumulating yellow cards, but I don’t think it will be a major issue because there are other players who can step in for him.

“The most important thing is for us to work hard in that match and try to score as early as possible,” he added.