Periodisation - Football (Soccer)

Macro Cycle

Months	Jan	Feb	Mar	Apr	May	June	July	Aug	Sept	Oct	Nov	Dec
Phases	Preparation (Specific)		Competition							Transition	Preparation (General)	
Training Areas												
Strength/Power		Ma	intain		Develop		Maintain		Rest	8	Develop strength	Develo power
Speed	Dev		Maintain		Develop	Maintain		Rest	Rest			
Flexibility	Develop Maintain									Develop		
Cardio Endurance	Maintain				Develop	Maintain			Little	Develop		
Muscular endurance	Develop Maintain										Develop	
Skills	Develop Strategy & Tactic								Rest	Rest		
Agility	Rest Develop					Maintain					Rest	

Periodisation Plan For A Soccer Player

K Morrison

Periodisation Plan For A Soccer Player:

Reviewing **Periodisation Plan For A Soccer Player**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is truly astonishing. Within the pages of "**Periodisation Plan For A Soccer Player**," an enthralling opus penned by a highly acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve into the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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