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# PRINCIPLES OF FOOTBALL PERIODISATION

RAYMOND VERHEIJEN

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## PRINCIPLES OF PERIODISATION

1. **Better Training or More Training?**
2. Gradual build-up → Long Term Fitness
3. From Lower Level to Higher Level
4. Fitness vs Freshness
5. Accumulation of Fatigue results in (ACL) injuries
6. Explosive players: don't destroy fast muscle fibres



THE ULTIMATE GUIDE TO  
**FOOTBALL  
PERIODISATION**  
BY RAYMOND VERHEIJEN



# Periodisation In Football Raymond Verheijen

**M Mark**



## **Periodisation In Football Raymond Verheijen:**

**The Original Guide to Football Periodisation** ,2014      Youth Development in Football Mark Nesti,Chris

Sulley,2014-11-13 The identification and development of talented young players has become a central concern of football clubs at all levels of the professional game as well as for national and international governing bodies This is the first book to offer a comprehensive survey and assessment of youth development programmes in football around the world to highlight best practice and to offer clear recommendations for improvement The book draws on original in depth research at eight elite professional football clubs including Barcelona Ajax and Bayern Munich as well as the French national football academy at Clairefontaine It adopts a multi disciplinary approach including psychology coaching and management studies and covers every key topic from organisational structures talent recruitment and performance analysis to player education and welfare Written by two authors with extensive experience in English professional football including five Premiership clubs this book is important reading for any student researcher coach administrator or academy director with an interest in football youth sport sports development sports coaching or sport management      **Coaching Soccer Like Guardiola and Mourinho** Timo

Jankowski,2016-08-29 A soccer player is more than the sum of his parts endurance speed shooting technique passing technique and many more All of these factors need to be turned into one system to create good players Traditional training theory doesn't achieve that because each skill is trained individually This is why the concept of Tactical Periodization has become the preferred training theory for many of the current most successful soccer coaches Pep Guardiola Jos Mourinho Diego Simeone Andr Villas Boas and many others train according to these principles By creating match like situations in practice players learn to link their technical tactical and athletic abilities to match intelligence They will learn to transfer their skills to soccer matches and they can improve endurance technique and tactics all at the same time while enjoying the practice sessions more For this book the author has evaluated and analyzed hundreds of training sessions and has tailored exercises to specific demands All exercises are performed with a ball so that players learn to apply each skill to the game Every coach will find numerous exercises in this book to help them create better and more efficient practice sessions so they can improve their players and the team's performance With Tactical Periodization your team will become better and be successful on the next match day      *Taktische Periodisierung im Fußball* Timo Jankowski,2015-06-29 Um Klavier spielen zu

lernen rennt der Klavierspieler nicht um das Klavier er spielt das Klavier Vorbei sind die Zeiten in denen die Ausdauer im Wald trainiert wurde und die Schnelligkeit v llig fu ball untypisch nach einem Pfiff Signal wie in der Leichtathletik Isolierte Torschuss bungen sind ebenso wenig spielnah wie Pass bungen ohne einen taktischen Bezug zum Spiel Das Ziel der taktischen Periodisierung ist es daher so spielnah wie m glich zu trainieren weshalb alle bungen mit Ball absolviert werden Ausgangslage f r die Trainingsplanung ist das Spiel selbst das der beste Lehrmeister ist Der Ball und die Taktik stehen im Mittelpunkt der Trainingsgestaltung da erst durch die Taktik andere Leistungsfaktoren wie die Athletik in ein Fu ballspiel

bertragen werden können Viele der momentan erfolgreichsten Weltklasse Trainer und Mannschaften nutzen das Konzept der taktischen Periodisierung so auch Pep Guardiola Jos Mourinho Marcelo Bielsa Diego Simeone Andr Villas Boas und Vereine wie der FC Barcelona oder der FC Porto In aufwendiger Recherche wurden Hunderte von Trainingseinheiten beobachtet Videos ausgewertet Fachliteratur gesichtet bungen analysiert und speziell auf vielfach nachgefragte Bedürfnisse zugeschnitten sodass jeder Trainer und jede Mannschaft diese bungen nutzen kann Mithilfe der taktischen Periodisierung wird Ihr Team sich schnell extrem verbessern

*Red Dragons - The Story of Welsh Football* Phil Stead, 2013-08-15 The Red Dragons covers the story of Welsh football since its earliest days in the nineteenth century and looks at the characters controversies and developments of the country's clubs players and most importantly the national team

**Training Secrets of the World's Greatest Footballers** James Witts, 2019-06-27 Incredibly well researched and loaded with modern day high tech football insights Tony Strudwick Head of Performance Wales national football team Professional football is more demanding than ever Top internationals reach speeds of 36km/hr run 12km each match and play up to 60 games each season Sports scientists are now key figures at every top club applying cutting edge techniques to boost fitness accelerate recovery and forge lean mean winning machines This illuminating book uncovers the training and fuelling secrets of today's greatest footballers drawing on access to the world's best clubs including Barcelona Manchester City Manchester United Liverpool Bayern Munich Paris Saint Germain and many more Why does Cristiano Ronaldo have his own cryotherapy chamber Why does Paul Pogba wear custom made compression socks Why does Sergio Agüero altitude train when returning from injury From virtual reality units to the omnipresence of GPS vests taking in brain training innovative gear and performance nutrition along the way you'll discover what it takes to reach the top of the game and how to apply this knowledge to your own training

*Analysing Football* Raymond Verheijen, René Marić, 2024 *Football Periodization to Maximise Performance* Adam Owen Ph. D, 2022-05-09 Learn how to design training sessions and plan the training week 102 Practices included to make sure your players are always prepared correctly and able to perform at their maximum on match day for all coaching levels Youth to Pro

**Football and How to Watch It** Percy Duncan Haughton, 2013-09 This historic book may have numerous typos and missing text Purchasers can usually download a free scanned copy of the original book without typos from the publisher Not indexed Not illustrated 1922 edition Excerpt of the head coach Not infrequently a player who shows unexpected ability is promoted from the scrubs to the varsity squad It often happens that some players show well at first but cannot stand the mental and physical strain of the season Others flourish on hard work and seem to possess the ability to perform at their best when under stress It therefore behooves the coach to study constantly the characteristics and personalities of the candidates In some cases if a player is of recognized skill it is well to treat him leniently and to encourage him in order to instill and maintain self confidence In utter contrast others have to be driven at all times to bring out their latent possibilities It is only by thus differentiating the treatment of individuals that the best is obtained from all Herein lies a

subtle factor which often makes or breaks a football team As in the training of all other groups of human beings for any concerted action it is necessary to establish and maintain strict discipline among football players throughout the whole season This not only applies to punctuality and a close observance of training rules but also to the ingraining into each player of instantaneous and instinctive obedience to the word of command These two adjectives have a distinct bearing on offensive team maneuvers It is comparatively easy to teach a team to start in unison at the snap of the ball or if a starting signal is used on the proper number but it takes weeks of intensive rehearsing to reach a stage of development where each player performs his various assignments subconsciously This asset is of particular value in the final games of the season when the atmosphere of excitement and noise of the

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