

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	Maintain				Develop	Maintain			Rest	Rest	Develop strength	Develop power
Speed	Develop		Maintain			Develop	Maintain				Rest	
Flexibility	Develop	Maintain									Rest	Develop
Cardio Endurance	Maintain					Develop	Maintain			Little	Develop	
Muscular endurance	Develop	Maintain								Rest	Develop	
Skills	Develop				Strategy & Tactic						Rest	
Agility	Rest	Develop		Maintain					Rest			

Periodisation Plan For A Soccer Player

**Ryan Curtis, Courteney
Benjamin, Robert Huggins, Douglas J.
Casa**

Periodisation Plan For A Soccer Player:

Whispering the Strategies of Language: An Emotional Quest through **Periodisation Plan For A Soccer Player**

In a digitally-driven earth where monitors reign great and instant communication drowns out the subtleties of language, the profound techniques and psychological subtleties concealed within phrases frequently move unheard. However, set within the pages of **Periodisation Plan For A Soccer Player** a interesting literary prize sporting with raw emotions, lies an extraordinary quest waiting to be undertaken. Penned by a skilled wordsmith, this charming opus invites visitors on an introspective journey, gently unraveling the veiled truths and profound influence resonating within ab muscles cloth of every word. Within the psychological depths of this moving evaluation, we can embark upon a genuine exploration of the book is primary subjects, dissect their fascinating writing style, and succumb to the powerful resonance it evokes heavy within the recesses of readers hearts.

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