

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

Marcel A. Müller



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