

			MATCH	RECUPERATION		OPERATIONALISATION ET ACQUISITION			RECUPERATION	MATCH		
			DIMANCHE	LUNDI	MARDI	MERCREDI	JEUDI	VENREDI	SAMEDI	DIMANCHE		
Dimension tactique	complexité du jeu		Evaluation qualitative	Récupération passive	récupération active	Fraction moyenne du jeu	Fraction large du jeu	Petite Fraction du jeu	Mise en place pour le match	Evaluation qualitative		
	niveau d'organisation				sous-principes	sous-sous principes	Grands principes, principes	sous-principes	sous-principes			
	organisation					sectorielle, intersectorielle	intersectoriel, collectif	sectoriel				
Dimension physique	dominante				contractions musculaires	récupération active	forme spécifique	Endurance	Vitesse		Récupération active	Evaluation qualitative
						(-)	(++)	(++)	(-)		(-/+)	
						(-)	(-)	(-)	(-)		(-)	
						(-)	(-)	(-)	(++)		(-/+)	
Dimension psychologique	Charge émotionnelle					(-)	(-)	(++)	(-)		(-/+)	
Exercices d'entraînement	Temps de récupération					(+)	(++)	(-)	(+)		(++)	
	Durée					90'	90'	90'	90'		60'	
	Densité (espace / nombre de joueurs)					(+)	(-)	(++)	(-)		(-)	

# Periodisation Tactique En Football

**Jianjun Gao**



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