

# Periodisation - Football (Soccer)

## Macro Cycle

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

# Periodisation Plan For A Soccer Player

**J Dewey**



## **Periodisation Plan For A Soccer Player:**

## Whispering the Techniques of Language: An Emotional Journey through **Periodisation Plan For A Soccer Player**

In a digitally-driven earth where displays reign supreme and immediate communication drowns out the subtleties of language, the profound strategies and psychological nuances hidden within words usually move unheard. However, situated within the pages of **Periodisation Plan For A Soccer Player** a captivating literary treasure pulsing with organic emotions, lies an extraordinary quest waiting to be undertaken. Composed by an experienced wordsmith, this enchanting opus invites readers on an introspective journey, delicately unraveling the veiled truths and profound impact resonating within the very cloth of each word. Within the emotional depths of the poignant review, we will embark upon a heartfelt exploration of the book's core themes, dissect their charming writing style, and yield to the powerful resonance it evokes serious within the recesses of readers' hearts.

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