

			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

Lauren Gardner



Periodisation Tactique En Football:

Unveiling the Energy of Verbal Artistry: An Psychological Sojourn through **Periodisation Tactique En Football**

In some sort of inundated with displays and the cacophony of instantaneous interaction, the profound power and psychological resonance of verbal artistry usually fade into obscurity, eclipsed by the continuous onslaught of sound and distractions. Yet, located within the musical pages of **Periodisation Tactique En Football**, a captivating function of fictional elegance that impulses with raw emotions, lies an unforgettable journey waiting to be embarked upon. Written with a virtuoso wordsmith, this mesmerizing opus guides viewers on an emotional odyssey, lightly exposing the latent potential and profound impact stuck within the delicate web of language. Within the heart-wrenching expanse of this evocative analysis, we can embark upon an introspective exploration of the book is central styles, dissect its interesting writing design, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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