

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

JA Banks



Periodisation Plan For A Soccer Player:

Enjoying the Beat of Expression: An Psychological Symphony within **Periodisation Plan For A Soccer Player**

In a global eaten by monitors and the ceaseless chatter of instantaneous connection, the melodic elegance and psychological symphony produced by the published term frequently diminish into the background, eclipsed by the persistent noise and distractions that permeate our lives. But, set within the pages of **Periodisation Plan For A Soccer Player** a wonderful literary treasure overflowing with fresh feelings, lies an immersive symphony waiting to be embraced. Constructed by a masterful composer of language, that interesting masterpiece conducts visitors on a psychological trip, well unraveling the hidden tunes and profound impact resonating within each carefully constructed phrase. Within the depths of the poignant evaluation, we shall discover the book is main harmonies, analyze its enthralling writing fashion, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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