



WORLD FOOTBALL ACADEMY

# PRINCIPLES OF FOOTBALL PERIODISATION

RAYMOND VERHEIJEN

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## PRINCIPLES OF PERIODISATION

1. **Better Training or More Training?**
2. Gradual build-up → Long Term Fitness
3. From Lower Level to Higher Level
4. Fitness vs Freshness
5. Accumulation of Fatigue results in (ACL) injuries
6. Explosive players: don't destroy fast muscle fibres



THE ULTIMATE GUIDE TO  
**FOOTBALL  
PERIODISATION**  
BY RAYMOND VERHEIJEN



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