

PRINCIPLES OF FOOTBALL PERIODISATION

RAYMOND VERHEIJEN

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PRINCIPLES OF PERIODISATION

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





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Katrin Zwirglmaier

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