

# 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

**SB Merriam**



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

## **Periodisation Plan For A Soccer Player** Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has been apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**Periodisation Plan For A Soccer Player**," compiled by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we will delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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