



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



# Periodisation In Football Raymond Verheijen

**L Towne**



## **Periodisation In Football Raymond Verheijen:**

## **Periodisation In Football Raymond Verheijen** Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the power of words has be much more evident than ever. They have the ability to inspire, provoke, and ignite change. Such may be the essence of the book **Periodisation In Football Raymond Verheijen**, a literary masterpiece that delves deep to the significance of words and their impact on our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall effect on readers.

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