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		Mai	intain		Develop		Maiotain		Rest	8	Develop strength	Develo power
Speed	Dev		Maintain		Develop	Maintain		Rest	Rest			
Flexibility	Develop Maintain									Develop		
Cardio Endurance	Maintain				Develop	Maintain			Little	Develop		
Muscular endurance	Develop Maintain										Develop	
Skills	Develop Strategy & Tactic							Rest	Rest			
Agility	Rest	De	velop			Maintain					Rest	

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Paul Gamble

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