

THE ORIGINAL GUIDE TO

FOOTBALL PERIODISATION



Always play with your strongest team | **PART 1**

RAYMOND VERHEIJEN

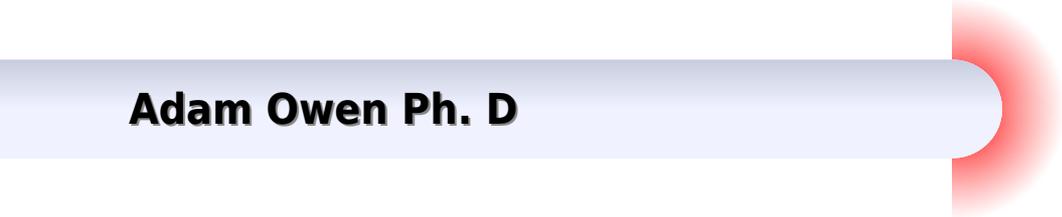


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JOHAN NEESKENS, MARCO VAN BASTEN, CRAIG BELLAMY AND OTHERS.

The Original Guide To Football Periodisation Raymond Verheijen

Adam Owen Ph. D



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Coaching Soccer Like Guardiola and Mourinho Timo Jankowski, 2016-08-29 A soccer player is more than the sum of his parts endurance speed shooting technique passing technique and many more All of these factors need to be turned into one system to create good players Traditional training theory doesn't achieve that because each skill is trained individually This is why the concept of Tactical Periodization has become the preferred training theory for many of the current most successful soccer coaches Pep Guardiola Jos Mourinho Diego Simeone Andr Villas Boas and many others train according to these principles By creating match like situations in practice players learn to link their technical tactical and athletic abilities to match intelligence They will learn to transfer their skills to soccer matches and they can improve endurance technique and tactics all at the same time while enjoying the practice sessions more For this book the author has evaluated and analyzed hundreds of training sessions and has tailored exercises to specific demands All exercises are performed with a ball so that players learn to apply each skill to the game Every coach will find numerous exercises in this book to help them create better and more efficient practice sessions so they can improve their players and the team's performance With Tactical Periodization your team will become better and be successful on the next match day

Taktische Periodisierung im Fußball Timo Jankowski, 2015-06-29 Um Klavier spielen zu lernen rennt der Klavierspieler nicht um das Klavier er spielt das Klavier Vorbei sind die Zeiten in denen die Ausdauer im Wald trainiert wurde und die Schnelligkeit vllig fu ball untypisch nach einem Pfiff Signal wie in der Leichtathletik Isolierte Torschuss bungen sind ebenso wenig spielnah wie Pass bungen ohne einen taktischen Bezug zum Spiel Das Ziel der taktischen Periodisierung ist es daher so spielnah wie m glich zu trainieren weshalb alle bungen mit Ball absolviert werden Ausgangslage f r die Trainingsplanung ist das Spiel selbst das der beste Lehrmeister ist Der Ball und die Taktik stehen im Mittelpunkt der Trainingsgestaltung da erst durch die Taktik andere Leistungsfaktoren wie die Athletik in ein Fu ballspiel bertragen werden k nnen Viele der momentan erfolgreichsten Weltklasse Trainer und Mannschaften nutzen das Konzept der taktischen Periodisierung so auch Pep Guardiola Jos Mourinho Marcelo Bielsa Diego Simeone Andr Villas Boas und Vereine wie der FC Barcelona oder der FC Porto In aufwendiger Recherche wurden Hunderte von Trainingseinheiten beobachtet Videos ausgewertet Fachliteratur gesichtet bungen analysiert und speziell auf vielfach nachgefragte Bed rfnisse zugeschnitten sodass jeder Trainer und jede Mannschaft diese bungen nutzen kann Mithilfe der taktischen Periodisierung wird Ihr Team sich schnell extrem verbessern

Youth Development in Football Mark Nesti, Chris Sulley, 2014-11-13 The identification and development of talented young players has become a central concern of football clubs at all levels of the professional game as well as for national and international governing bodies This is the first book to offer a comprehensive survey and assessment of youth development programmes in football around the world to highlight best practice and to offer clear recommendations for improvement The book draws on original in depth research at eight elite professional football clubs including Barcelona Ajax and Bayern Munich as well as the

French national football academy at Clairefontaine It adopts a multi disciplinary approach including psychology coaching and management studies and covers every key topic from organisational structures talent recruitment and performance analysis to player education and welfare Written by two authors with extensive experience in English professional football including five Premiership clubs this book is important reading for any student researcher coach administrator or academy director with an interest in football youth sport sports development sports coaching or sport management **The Original Guide to Football Periodisation** ,2014 **Football Periodization to Maximise Performance** Adam Owen Ph. D,2022-05-09 Learn how to design training sessions and plan the training week 102 Practices included to make sure your players are always prepared correctly and able to perform at their maximum on match day for all coaching levels Youth to Pro **Spalding's Official Football Guide For 1899** Walter Camp,2011-07-02 Reprint of Spalding s Official Football Guide for 1899 Includes 1898 All America Teams and team rankings **Spalding's Official Football Guide for 1912** Walter C. Camp,2011-12 Reprint of Spalding s Official Football Guide for 1912 **Spalding's Official Football Guide For 1902** Walter Camp,2011-08-02 Reprint of Spalding s Official Football Guide for 1902 includes All America teams and results for 1901 and expectations for 1902 Contributions from Walter Camp Caspar Whitney others Many team photos **Analysing Football** Raymond Verheijen,René Marić,2024 **Football Made Simple** Dave Ominsky,Dave Omisky,P. J. Harari,1998-04 Understanding this popular sport is easy with this title that includes rules of football simplified what to look for during play NFL teams college football rules and bowl games introduction to fantasy leagues stars plus great teams past and present Each section stands alone for use as a handy reference guide [Spalding's Official Football Guide For 1900](#) Walter Camp,2011-07-13 Spalding s Official Football Guide for 1900 Edited by Walter Camp

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