

THE ORIGINAL GUIDE TO

# FOOTBALL PERIODISATION



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

**RAYMOND VERHEIJEN**



WITH CONTRIBUTIONS BY:

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# The Original Guide To Football Periodisation Raymond Verheijen

**Clemens Wendtner**



## **The Original Guide To Football Periodisation Raymond Verheijen:**

**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 *The Original Guide to Football Periodisation*, 2014

*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 v llig 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

*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

**The Complete Guide to Football** Howard Patton, MD, 2021-07-15 Football is the most popular association football game in which two teams of 11 players try to move the ball into the opponent's goal. Only the goalkeeper is permitted to handle the ball and must not touch it with his hands or arms while in play. The team that moves the ball into the opponent's goal scores a goal. Football is a form of team sports that involves running, kicking, and passing the ball. Unqualified the word football normally means the form of football that is most popular in the world. Sports commonly known as football in many countries, including American football, Canadian football, Australian rules football, rugby football, and Gaelic football. These various forms of football share a common origin in a game known as football. There are a number of references to traditional ancient prehistoric ball games in many different parts of the world. Certain references can be traced back to the codification of the games at English universities in the 19th century. The influence of the British Empire on these rules of football in different areas of British influence is directly related to the British Empire. In the 19th century, distinct regional codes were already developing. Gaelic football for example, was incorporated into the rules of football games in order to maintain their heritage. In 1888, the Football League was founded in England, becoming the first of many professional football competitions. During the 20th century, various kinds of football grew to become the most popular team sports in the world. Football is the world's most popular game in terms of participants and spectators. Simple in terms of rules and equipment, the sport can be played in almost any environment, from formal pitches to grassy fields, school grounds, or beaches. Football is a global phenomenon. The Fédération Internationale de Football Association (FIFA) estimated that at the turn of the 21st century, there were approximately 250 million football fans and over 1.3 billion people watched football in 2010. A combined television audience of more than 26 billion watched football's premier tournament, the FIFA World Cup, in 2010.

Spalding's Official Football Guide for 1912 Walter C. Camp, 2011-12 Reprint of Spalding's Official Football Guide for 1912

**Analysing Football** Raymond Verheijen, René Marić, 2024

**The Pro Style** Tom Bennett, 1976

Football and How to Watch It (1922) Percy Duncan Haughton, Heywood Brown, 2009-02 This scarce antiquarian book is a facsimile reprint of the original. Due to its age, it may contain imperfections such as marks, notations, marginalia, and flawed pages. Because we believe this work is culturally important, we have made it available as part of our commitment for protecting, preserving, and promoting the world's

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