

The Original Guide To Football Periodisation

Raymond Verheijen

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Coaching Soccer Like Guardiola and
Mourinho
Methodological Steps Within Tactical Principles
Designing Training Situations
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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 josé mourinho diego simeone andre 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

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