

THE ORIGINAL GUIDE TO

# FOOTBALL PERIODISATION



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

**RAYMOND VERHEIJEN**



WITH CONTRIBUTIONS BY:

GUUS HIDDINK, LOUIS VAN GAAL, DICK ADVOCAT, FRANK RUKAARD,  
JOHAN NEECKENS, MARCO VAN BASTEN, CRAIG BELLAMY AND OTHERS.

# Football Periodisation Raymond Verheijen

**Timo Jankowski**



## **Football Periodisation Raymond Verheijen :**

**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      **Fußball durch Fußball** Marco Henseling, René

Marić,2015-11-09 Wie kann man als Fu balltrainer unabh ngig von Spiel und Altersklasse eine Mannschaft auf ihre Aufgabe vorbereiten und ihr Freude am Spiel vermitteln Marco Henseling und Ren Mari vom bekannten Fu ballblog Spielverlagerung de geben in diesem Handbuch Antworten praxisorientiert und auf Basis gesicherter Erkenntnisse anstelle nicht hinterfragter Erfahrungswerte Zugeschnitten auf die individuelle Fu ballphilosophie des Trainers und den M glichkeiten der Spieler entsprechend werden Taktik Training und Lernerfolg optimiert Dem Training liegt dabei ein ganzheitliches und periodisiertes Konzept zugrunde wie es auch Erfolgstrainer von Thomas Tuchel bis Jos Mourinho und Pep Guardiola anwenden Taktik Technik Physis und Psyche werden in den zahlreichen bungsformen stets in einem Guss fu ballspezifisch und sorgf ltig dosiert geschult Das Verletzungsrisiko sinkt das Lernen macht mehr Freude und verl uft schneller und nachhaltiger als beim traditionellen Einschleifen Mit ber 30 Trainingsformen inklusive zahlreicher Variationsvorsch lge und m glichkeiten vielen Abbildungen sowie Interviews u a mit Bundesligatrainer Roger Schmidt ist dies ein umfassender Ratgeber nicht nur f r Trainer      **Coaching Soccer Like Guardiola and Mourinho** Timo Jankowski,2016-11-17 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      **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      **Leadership** Eddie

Jones,2021-11-25 Praise for Eddie Jones A genuine super coach The Sunday Times His gifts of leadership and organisation are remarkable The Daily Mail Eddie Jones is one of the most successful sports coaches of all time From coaching three different nations to Rugby World Cup finals and enjoying a winning record with England of nearly 80 per cent he knows what s needed to lead and manage high performance teams For the first time Eddie reveals what it takes to operate in high pressure environments the successes and setbacks and how these lessons can be applied to every walk of life from coaching a children s sports team to leading a multinational organization to simply doing your job better Forthright and unflinchingly honest Eddie Jones reveals what he has learnt from Sir Alex Ferguson Ars ne Wenger and Pep Guardiola as well as from the founder of Uniqlo and Ron Adams of the NBA Drawing on stories from nearly thirty years of coaching Eddie explains how you need humour humility and relentless curiosity to lead an eclectic mix of superstars from Maro Itoje to James Haskell George Smith to Kyle Sinckler and create teams that are relentlessly hungry to win Leadership is the ultimate rugby book about what it takes to be the best Written with Donald McRae two time winner of the William Hill Sports Book of the Year Award Leadership is the book for anyone who wants to learn how to build and lead a team to success      *Conditioning for Soccer* Raymond Verheijen,1998 A guide to developing various aspects of conditioning for soccer players It features such chapters as Soccer Strength Training Soccer Specific Endurance Training Speed Training for Soccer Pre Season Conditioning

Goalkeeper Training and Fitness Testing and Injury Prevention      **Análise de Desempenho no Futebol: Entre a Teoria e a Prática** Rafael Martins Cotta, 2024-11-22 A Análise de Desempenho no Futebol um assunto muito estudado na atualidade A dificuldade por materiais de estudo relacionados a essa área foi a maior motivação para criar esta obra que pode auxiliar todos os interessados a aumentar o conhecimento desse tema O futebol está cada vez mais dependente da tecnologia e estudar os detalhes desse jogo pode ser primordial no resultado final Neste livro mostraremos diversas maneiras de se trabalhar estudar e aplicar a Análise de Desempenho no Futebol Embora algumas equipes não tenham a estrutura devida para dispor desse trabalho elas podem se adequar e também desenvolver uma boa análise se os profissionais da comissão técnica tiverem conhecimento do assunto Depoimentos de profissionais pesquisas relacionadas com metodologias de trabalho além da possibilidade de aprender passo a passo como funciona de maneira completa o trabalho do analista de desempenho entre outros pontos muito interessantes compõem esta obra tanto a quem profissional ou amante do futebol de uma maneira geral Viaje e entenda o quanto a ciência tem contribuído cada vez mais com o futebol enriquecendo a modalidade e valorizando crescentemente os profissionais envolvidos      **Red Dragons - The Story of Welsh Football** Phil Stead, 2013-08-15 The Red Dragons covers the story of Welsh football since its earliest days in the nineteenth century and looks at the characters controversies and developments of the country's clubs players and most importantly the national team      **Comment regarder un match de foot ?** Raphaël Cosmidis, Christophe Kuchly, Julien Momont, Gilles Juan, 2016-02-11 Développez votre culture tactique Jeu de possession catenaccio contre attaques pressing Quelles sont les grandes options tactiques du football et comment sont-elles appliquées sur le terrain Quels sont les vices et les vertus des systèmes mis en place Comment ont-ils voulu les postes des joueurs Le but est de permettre au spectateur de remarquer ce qui se déroule sous ses yeux de discerner ce qu'il ne peut voir sans clés d'analyse Il ne s'agit pas de regarder autrement le football mais de mieux le regarder De nombreux phénomènes médiatiques participent de la démocratisation de la tactique les jeux vidéo des blogs fameux ou la prolifération des données font que l'approche tactique n'est plus seulement celle des analystes froids et sérieux Chacun sent bien désormais que tous les matches sont très tactiques pas seulement ceux qui sont fermés Trouver un système dans lequel Messi court ou il le veut ou ne court pas n'est pas moins tactique que le catenaccio c'est un système conçu pour être efficace équilibré et appliqué le mieux possible par les joueurs L'objectif est donc de donner au lecteur des repères pour apprécier le jeu d'équipe qui se déroule sur le terrain Comment les joueurs se déplacent-ils individuellement et collectivement Avec ou sans ballon Comment trouvent-ils des espaces marquent-ils leurs adversaires Pour répondre ces questions les auteurs ont rencontré de nombreuses personnalités Christian Gourcuff Guy Roux Elie Baup Stéphane Moulin Yohan Micoud Guy Lacombe Roger Schmidt entre autres lus les ouvrages et passés aux cribles les déclarations des plus grands Guardiola Mourinho Klopp Ancelotti et bien d'autres encore En alimentant l'ouvrage de citations de schémas ou de situations de jeu d'analyses de matches récents ou classiques il n'est pas tant question de dresser un bilan que de donner la possibilité

aux lecteurs notamment les plus aguerris de participer aux polémiques de se prononcer sur les évolutions ou les traditions d'argumenter pour afficher ses préférences En d'autres termes les auteurs n'oublient pas que le tacticien reste un supporter

Sommaire Comment regarder un match de foot Les clés du jeu décryptées INTRODUCTION PREMIÈRE PARTIE SE PLACER ET SE DÉPLACER Les schémas tactiques Les postes Conclusion le joueur libre DEUXIÈME PARTIE SANS LE BALLON Défendre Attaquer Conclusion Montez TROISIÈME PARTIE AVEC LE BALLON Attaquer Défendre Conclusion Imposer son style ou s'adapter CONCLUSION LE COACHING Relativité générale planification et priorisation Relativité restreinte le coaching gagnant Tableau final Les auteurs Les Managers font partie de la Galaxie des Cahiers du foot dont le site héberge leur blog Raphaël COSMIDIS Gilles JUAN Christophe KUCHLY et Julien MOMONT constituent l'équipe

*Training Secrets of the World's Greatest Footballers* James Witts, 2019-06-27 Incredibly well researched and loaded with modern day high tech football insights Tony Strudwick Head of Performance Wales national football team Professional football is more demanding than ever Top internationals reach speeds of 36km/hr run 12km each match and play up to 60 games each season Sports scientists are now key figures at every top club applying cutting edge techniques to boost fitness accelerate recovery and forge lean mean winning machines This illuminating book uncovers the training and fuelling secrets of today's greatest footballers drawing on access to the world's best clubs including Barcelona Manchester City Manchester United Liverpool Bayern Munich Paris Saint Germain and many more Why does Cristiano Ronaldo have his own cryotherapy chamber Why does Paul Pogba wear custom made compression socks Why does Sergio Agüero altitude train when returning from injury From virtual reality units to the omnipresence of GPS vests taking in brain training innovative gear and performance nutrition along the way you'll discover what it takes to reach the top of the game and how to apply this knowledge to your own training

A Completely Different Game Emma Hayes, Michael Calvin, 2024-07-23 How do you get the best out of people What does it take to make a team thrive Few people know the answers better than Emma Hayes As the coach of Chelsea FC Women she has led the club to 14 major trophies She is a widely celebrated figure in sports media and has been named TV pundit of the year by both Broadcast Magazine and the Sports Journalists Association In 2021 she was named Best Football Coach by FIFA in 2016 she was named MBE in the Queen's 90th birthday honours list and in 2022 was awarded an OBE for her services to football In her first ever book written in collaboration with internationally best selling author Michael Calvin Emma shares her experience of managing a high performance football team to draw out life lessons and techniques that anyone can use to their advantage It's also a fascinating look into the world of women's football told by a woman at the centre of it with frank entertaining anecdotes from on and off the field

**My Life and Rugby** Eddie Jones, 2019-11-21 Winner of the Daily Telegraph Rugby Book of the Year The Sunday Times bestselling rugby book of the year Brilliant honest combative Eddie Jones is a true legend of world rugby and remains an enigmatic figure in the game In *My Life and Rugby* he tells his story for the first time including the full inside account of England's 2019 World Cup campaign He describes his experience growing

up in a tough working class area of Sydney where he first played rugby and how he learnt from the extreme highs and lows of his own playing career the numerous successes but also the painful disappointment of never playing for Australia He tells how he then embarked on a coaching career that has seen him become one of the most experienced and decorated coaches in Rugby Union spanning four World Cups and three finals His successes have included masterminding England's spectacular victory over New Zealand in the 2019 World Cup and engineering the sport's most stunning upset when Japan beat South Africa in 2015 *My Life and Rugby* is the story of one of the most compelling and singular figures in rugby Told with unflinching honesty this is the ultimate book for all fans of the sport Written with Donald McRae twice winner of the William Hill Sports Book of the Year award and three time Sports Feature Writer of the Year *My Life and Rugby* is the story of one of the most compelling and singular figures in rugby Told with unflinching honesty this is the ultimate rugby book for all fans of the sport A Best Book of the Year Daily Mail Sunday Times The Times      *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

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