

# Raymond Verheijen Periodization

Conditioning for Soccer Coaching Soccer Like Guardiola and Mourinho Dutch Soccer Secrets A Completely Different Game The Original Guide to Football Periodisation

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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

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 andré 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

learn how a nation of about 16 million inhabitants can regularly produce world class

players or coaches like johan cruyff arjen robben or dick advocaat and louis van gaal

from the head coach of the united states women s national team and legendary coach of chelsea fc comes a book of hard won lessons for leading a team to success on and off the field few places will test your leadership skills more than the global soccer stage for more than twenty years emma hayes has led her teams to championship after championship coaching her players through personal and professional setbacks and becoming a powerful advocate for women in sports available for the first time in print a completely different game shares hayes s inspirational innately human approach to fulfilling the potential of those around her beginning with her upbringing in camden and ending with her move to the us national team hayes takes us through the events that shaped her and the critical leadership lessons she learned along the way she also lays bare the difficulties that came with managing a women s sports team in an industry designed for and catered to men and makes a clear actionable and urgent call for equity in sports generous authoritative and grounded in lived experience a completely different game will help you lead with heart strength and authenticity no matter what challenge you re facing

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