

Football Periodisation Raymond Verheijen

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loosely titled the "periodisation approach." It ' s a doctrine favoured by the closest thing Stead has to a mentor - current Wales assistant coach, Raymond Verheijen. "We reduced the number of ...

A complete guide to developing every aspect of conditioning for soccer players. Europe's top soccer conditioning experts contributed the following chapters: Soccer Strength Training, Soccer Specific Endurance Training, Speed Training for Soccer, Pre-Season Conditioning, Goalkeeper Training, Fitness Testing and Injury Prevention.

In this book, you'll learn how to use Tactical Periodization to train your players at the correct intensity for each day of the week, making sure they are always prepared tactically, mentally and physically for competitive matches. Your players (and team) will react quicker, be sharper, and make better decisions in all tactical situations.

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!

In this inspirational yet practical book, the man Parade called " the most important coach in America, " subject of the national bestseller Season of Life, Joe Ehrmann, describes his coaching philosophy and explains how sports can transform lives at every level of play, from the earliest years to professional sports. Coaches have a tremendous platform, says Joe Ehrmann, a former Syracuse University All-American and NFL star. Perhaps second only to parents, coaches can impact young people as no one else can. But most coaches fail to do the teaching, mentoring, even life-saving intervention that their platform provides. Too many are transactional coaches; they focus solely on winning and meeting their personal needs. Some coaches, however, use their platform. They teach the Xs and Os, but also teach the Ys of life. They help young people grow into responsible adults; they leave a lasting legacy. These are the transformational coaches. These coaches change lives, and they also change society by helping to develop healthy men and women. InSideOut Coaching explains how to become a transformational coach. Coaches first have to " go inside " and articulate their reasons for coaching. Only those who have taken the InSideOut journey can become transformational. Joe Ehrmann provides examples of coaches in his life who took this journey and taught him how to find something bigger than himself in sports.He describes his own InSideOut experience, starting with the death of his beloved brother, which helped him understand how sports could transcend the playing field. He gives coaches the information and the tools they need to become transformational. Joe Ehrmann has taken his message about the extraordinary power of sports all over the country. It has been warmly endorsed by NFL head coaches, athletic directors at major universities, high school head coaches, even business groups and community organizations. Now any parent-coach or school or community coach can read Ehrmann ' s message and learn how to make sports a life-changing experience.

In Game Changer Fergus Connolly shows how to improve performance with evidence-based analysis and athlete-focused training. Through his unprecedented experience with teams in professional football, basketball, rugby, soccer, Aussie Rules, and Gaelic football, as well as with elite military units, Connolly has discovered how to break down the common elements in all sports to their basic components so that each moment of any game can be better analysed, whether you're a player or coach. The lessons of game day can then be used to create valuable leaning experience in training.

Long-Term Athlete Development describes how to systematically develop sporting excellence and increase active participation in local, regional, and national sport organizations. This resource describes the long-term athlete development (LTAD) model, an approach to athlete-centered sport that combines skill instruction with long-term planning and an understanding of human development. By learning about LTAD, sport administrators and coaches will gain the knowledge and tools to enhance participation and improve performance and growth of athletes. This text offers the first in-depth and practical explanation of the LTAD model. Long-Term Athlete Development integrates current research on talent development and assessment into practice to help sport leaders plan athletic development across the life span or design detailed programs for a particular group, including those with physical and cognitive disabilities. Authors Balyi, Way, and Higgs—pioneers and veteran LTAD facilitators—critique current talent development models, discuss the limitations of the LTAD model, and demonstrate the benefits of LTAD as a new approach. By integrating knowledge of these models, readers are able to analyze their own programs and take steps to improve sport and coaching philosophies and reach adherence and performance goals. Explanations and visuals of concepts help readers understand the state of knowledge in talent identification and long-term athlete development. Chapter-opening vignettes offer examples of how the LTAD model can be used to alleviate common issues. Listings at the end of each chapter offer sources for further study, and reflection questions guide readers in applying the content. The text offers a logical presentation of current research: • Key factors that guide and shape the LTAD model, such as physical literacy, the differences between early- and late-specialization sports, and variations in trainability across the life span • Information on the time needed to develop excellence in sport and how periodization of training is related to the developmental stage of the athlete • The seven stages of LTAD, from development of fundamental movement skills to training for elite competition and the transition to lifelong physical activity • Considerations in the development of optimal programs for participants passing through each of the seven stages Long-Term Athlete Development is an essential guide to improving the quality of sport, developing high-performance athletes, and creating healthy, active citizens. It offers parents, coaches, and sport administrators a deeper understanding of the LTAD model, helping them create an enjoyable, developmentally appropriate environment for both competitive athletes and enthusiastic participants.

Looking at every area of the game and with exclusive contributions from elite players, leading coaches and sports scientists from the world's leading clubs – including Barcelona, Real Madrid, Manchester United, Chelsea, Paris St Germain and Bayern Munich – this expert guide reveals how sports science ensures the likes of Cristiano Ronaldo, Lionel Messi and Gareth Bale deliver super-star performances every time. A brilliant combination of locker-room secrets and practical advice, this is a book that will interest both players and fans.

As a coach, it is often cause for concern to see your athletes performing skills well in practice but struggling in the game. Coaching Football Technical and Tactical Skills focuses on the situational decisions players and coaches make that often determine the outcome of games. Written by the American Sport Education Program (ASEP) in conjunction with Rob Ash, the head football coach at Drake University, this book allows players to gain valuable gamelike playing experience in practice by putting them in key tactical situations like the scramble, man-to-man and zone pass coverage, and onside kick. Each skill is clearly described, and nearly 150 photos are used to further help you understand and implement the techniques in specific situations. Included are quick tips on how to detect and correct errors, cues athletes need to be aware of in various tactical situations, and key information your athletes need to know to make the appropriate decisions on the field. Skills are cross-referenced to show how they relate to each other and to enable you to plan practice situations quickly. Eight detailed practice plans incorporating gamelike situations and a season plan are included to help you get the most out of each practice. Endorsed by the American Football Coaches Association (AFCA), Coaching Football Technical and Tactical Skills serves as a companion resource for ASEP's Coaching Football Technical and Tactical Skills online course, which, along with Coaching Principles and Sport First Aid courses and CPR certification, makes up the curriculum for ASEP's Bronze Level coaching certification program. Numerous state high school associations, colleges and universities, national sport organizations, and national governing bodies of Olympic sports use the Bronze Level in whole or in part to qualify coaches. The Bronze Level prepares coaches for all aspects of coaching and is a recognized and respected credential for all who earn it.

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