THE ORIGINAL GUIDE TO FOOTBALL PERIODISATION RAYMOND VERHEIJEN

THE ORIGINAL GUIDE TO FOOTBALL PERIODISATION YOUTH DEVELOPMENT IN FOOTBALL COACHING SOCCER LIKE GUARDIOLA AND MOURINHOPERIODIZATION IN RUGBY SPORTS ILLUSTRATED BLOOD, SWEAT AND CHALK MARK NESTI TIMO JANKOWSKI TUDOR BOMPA THE EDITORS OF SPORTS ILLUSTRATED THE ORIGINAL GUIDE TO FOOTBALL PERIODISATION YOUTH DEVELOPMENT IN FOOTBALL COACHING SOCCER LIKE

The Original Guide to Football Periodisation Youth Development in Football Coaching Soccer Like Guardiola and Mourinho Periodization in Rugby Sports Illustrated Blood, Sweat and Chalk *Mark Nesti* Timo Jankowski Tudor Bompa The Editors of Sports Illustrated

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

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

AS MOST OTHER TEAM SPORTS RUGBY IS A SPORT OF TECHNICAL FINESSE TACTICAL BOLDNESS AND REFINED AND COMPLEX PHYSICAL DEVELOPMENT IN THIS BOOK ONLY ONE BUT THE CRUCIAL ELEMENT OF THIS SPORT WILL BE ADDRESSED NAMELY THE PHYSICAL CONDITIONING THIS TOPIC REPRESENTS THE FOUNDATION OF ALL THE OTHER ELEMENTS OF THE GAME TO MAKE THIS BOOK VERY PRACTICAL AND EASY TO APPLY A HUGE AMOUNT OF DIFFERENT AND IMPORTANT ASPECTS FOR A GOOD TRAINING AND THE ANTICIPATED SUCCESSES AND ALSO SPECIFIC PROPOSALS FOR THE ABILITIES OF EACH POSITION AND THEIR DEVELOPMENT IS ANNOUNCED IN PARTICULAR AFTER A DESCRIPTION OF THE FUNDAMENTALS OF RUGBY AND THE GENERAL PHYSIOLOGICAL DEMANDS OF THE SPORT A PLAYER PROFILE IS SUGGESTED IN ORDER TO PRESENT SPECIFIC TESTINGS AND TRAININGS ALSO SHORT TERM AND ANNUAL TRAINING PLANS ARE SHOWN AND EXPLAINED IN DETAIL TO IMPROVE THE DIFFERENT SKILLS OF THE PLAYERS THE MOST IMPORTANT MOTOR ABILITIES LIKE POWER SPEED AND ENDURANCE HAVE THEIR OWN CHAPTERS WHERE EXTRA TRAINING FOR THEM IS PROVIDED AS PRACTICAL AS POSSIBLE WITH MANY EXAMPLES AND DRILLS IN THE END ALSO THE RECOVERY AND THE NUTRITION ARE EXACTLY DESCRIBED WHEREBY THE NECESSARY ENERGY FOR PLAYING AND TRAINING IS WARRANTED

THE MODERN GAME OF FOOTBALL IS FILLED WITH PLAYS AND FORMATIONS WITH NAMES LIKE THE COUNTER TREY THE WILDCAT THE ZONE BLITZ AND THE COVER TWO THEY HAVE BECOME PART OF THE SPORT S VERNACULAR AND YET FOR MANY FANS THEY REMAIN JUST NAMES OFTEN CONFUSING ONES TO RECTIFY THAT TIM LAYDEN HAS DRILLED DEEP INTO THE CORE OF THE GAME TO REVEAL NOT ONLY HOW THESE CHALKBOARD X S AND O S REALLY WORK ON THE FIELD BUT ALSO WHERE THEY CAME FROM AND WHO DREAMED THEM UP THESE PLAYBOOK SCHEMES MANY OF THEM ILLUMINATED BY

DIAGRAMS BEAR THE INSIGNIA OF SOME OF THE GAME S GREAT INNOVATORS MEN LIKE VINCE LOMBARDI DON CORYELL TOM OSBORNE BILL WALSH TONY DUNGY AND BUDDY RYAN BUT FOOTBALL HAS ALSO BEEN RADICALLY ALTERED BY THE INGENIOUS WORK OF MEN WITH MORE OBSCURE NAMES LIKE TIGER ELLISON EMORY BELLARD AND MOUSE DAVIS IN BLOOD SWEAT AND CHALK LAYDEN TAKES READERS INTO THE MEETING ROOMS AND IN SOME CASES THE LIVING ROOMS WHERE THE GAME S MOST SIGNIFICANT IDEAS WERE HATCHED HE GOES TO THE COACHES AND TO THE PLAYERS WHO INSPIRED THEM AND LETS THEM TELL THEIR STORIES IN CANDID CONVERSATIONS WITH SOME OF FOOTBALL S MOST INTRIGUING CHARACTERS LAYDEN PROVIDES A FASCINATING GUIDE TO THE GAME HELPING FANS TO BETTER SEE THE SUBTLETIES OF AMERICA S FAVORITE SPORT

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