

Raymond Verheijen Periodization

Dutch Soccer Secrets A Completely Different Game Soccer: Functional Fitness Training Soccer: Functional Fitness Training Football Periodisation Coaching Soccer Like Guardiola and Mourinho On Periodization Peter Hyballa Emma Hayes Harry Dost Harry Dost Raymond Verheijen Timo Jankowski Virginia Walker Jackson

Dutch Soccer Secrets A Completely Different Game Soccer: Functional Fitness Training Soccer: Functional Fitness Training Football Periodisation Coaching Soccer Like Guardiola and Mourinho On Periodization *Peter Hyballa Emma Hayes Harry Dost Harry Dost Raymond Verheijen Timo Jankowski Virginia Walker Jackson*

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

the world s best soccer players are incredibly fit fast lean and strong achieving this level of athleticism requires a rigorous soccer fitness training program applying the most effective drills exercises and core training methods in soccer functional fitness training the authors present numerous drills for this training based on the latest the findings in sports science and on the authors long term coaching experience they present an extensive practical guide to help you improve your team s performance through core

training soccer specific exercises and drills the exercises can be used for amateurs and professional players youth and adults alike your players can learn how to score the most exciting and acrobatic goals how to tackle without fouling and how to avoid injuries the drills in the book create typical match situations to help your team prepare for the game and stay motivated many of the fitness exercises require no extra equipment and rely only on bodyweight thus targeting many different muscles at once the book is easy to use on the pitch and the ideal tool to turn youth players into the next cristiano ronaldo zlatan ibrahimovic or bastian schweinsteiger

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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 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

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