

# Raymond Verheijen Periodization

Dutch Soccer Secrets A Completely Different Game The Original Guide to Football Periodisation Leadership Soccer: Functional Fitness Training Successful German Soccer Tactics Coaching Soccer Like Guardiola and Mourinho Peter Hyballa Emma Hayes Eddie Jones Harry Dost Timo Jankowski Timo Jankowski Dutch Soccer Secrets A Completely Different Game The Original Guide to Football Periodisation Leadership Soccer: Functional Fitness Training Successful German Soccer Tactics Coaching Soccer Like Guardiola and Mourinho Peter Hyballa Emma Hayes Eddie Jones Harry Dost Timo Jankowski Timo Jankowski

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

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 arsène 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

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

in order to achieve the result you're aiming for you have to have a plan in soccer you need a match plan some of the most successful soccer coaches devise match plans for every one of their team's matches a match plan describes a strategy that is used to be ideally prepared for the next match and be able to react to shifts in tactics or to particular match situations this book aims to provide every soccer aficionado with a practical insight into the topics of match ideas tactics match systems and match plans using easy to understand language on that basis the author identifies advantages and disadvantages of various formations utilized by top teams and then uses match plans to analyze how those formations can be defeated in play

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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