

# FREE COACHING SOCCER LIKE GUARDIOLA AND MOURINHO: THE CONCEPT OF TACTICAL PERIODIZATION PDF



Timo Jankowski | 250 pages | 01 Sep 2016 | Meyer & Meyer Sport (UK) Ltd | 9781782550723 | English | Garsington, United Kingdom

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Store Locations. Australia Post has advised they expect delivery delays during the Christmas period. For Christmas delivery order online before Soccer player are more than the sum of their parts: endurance, speed, shooting technique, passing technique, skills, and intelligence on the pitch. The soccer coach has to take all of these factors into one system that will create good players. 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. 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.

Anyone coaching soccer players will find numerous exercises in this book to help them create better and more efficient practice sessions Coaching Soccer Like Guardiola and Mourinho: The Concept of Tactical Periodization they can improve their players and the teams performance. With Tactical Periodization, your team will become better and be successful on the next match day!

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## **Coaching Soccer Like Guardiola And Mourinho by Timo Jankowski -**

When taking a closer look at these seven areas that comprise soccer speed, it becomes obvious that the approach to these Coaching Soccer Like Guardiola and Mourinho: The Concept of Tactical Periodization cannot be strictly athletic, like with a meter runner. Next to genetic factors, such as muscle fiber composition and athleticism, the complexity of soccer speed can only be trained properly by including mental factors as well as tactics and technique.

The tactical periodization model specifically takes into account this problem and, to date, is the only model that fully reproduces the complexity of soccer and presents a holistic approach, which we will now explain on the following pages.

The following quote from Mourinho provides a small preview of the tactical periodization concept :. However, in a football match, 11 against 11, I think Obikwelu would be the slowest! However, on Coaching Soccer Like Guardiola and Mourinho: The Concept of Tactical Periodization pitch, he is one of the fastest players I know because pure speed has nothing to do with football speed.

Speed in football is about analysis of the situation, reaction to stimulus, and the ability to identify it. Summarized: Mourinho is absolutely convinced that the fastest sprinter in the world, Usain Bolt, would be the slowest player on the soccer field.

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## **Tactical Periodization - A Proven Successful Training Model - Soccer-Coaches**

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. 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 Coaching Soccer Like Guardiola and Mourinho: The Concept of Tactical Periodization 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! Plus de livres par Timo Jankowski Tout afficher.

Successful German Soccer Tactics.

