TACTICAL PERIODIZATION
PART 2 - THE PRACTICAL BOOK

EXAMPLES OF A MODEL OF PLAY
AND A MODEL OF TRAINING
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2 - Season Program

The first fundamental task for any person in his job is to know where they are. To make a diagnosis of the general situation that he will be facing during his future work. The same applies for any coach in a soccer team, where the constant evaluation of the surrounding environment of the team is a key point to build up something.

After the initial diagnosis from the club and the team status, it important to build up a prognosis, a season program, that should include:

I. Definition of targets and objectives (expected results and team development)

II. A list with the fundamental needs (players, staff, facilities...)

III. Model of Play
   A. General Principles of Play
   B. Players Characteristics
   C. "Themes" / Moments of the Game
   D. Levels of Organization and Complexity Reduction of the Principles of Play

IV. Model of Training
   A. Training Methodology
   B. Periodization of Training
   C. Pattern Microcycle
   D. Training Sessions
   E. Training Exercises

The first step must be to answer a few simple but fundamental questions to build up our season. The season program is a basic tool that will give us the necessary information to find out the pathways and necessary solutions to develop our work during our cycles of training following a coherent and logical sequence of training and game patterns.
This "Model of Play" was designed for an academy team in the Gulf region during the 2012/13 season.

The complexity of the demands were adjusted to the culture of the club and to the specificity of the players in the team...

This presentation was made for the board members and for the players, NOT FOR COACHES. It's a practical approach without referring to specific "Tactical Periodization" terms!!

Some of the principles, sub-principles and sub-sub principles of play will be clarified in the end of this presentation...

THE MODEL OF PLAY IS A PROJECT OF COLLECTIVE ORGANIZATION OF A FOOTBALL TEAM... LIKE ALL PROJECTS IT IS IN CONSTANT EVOLUTION AND MODIFICATION!

THIS IS A DOCUMENT WITH GUIDELINES AND NOT WITH RULES TO FOLLOW NO MATTER WHAT. THE GAME IS A DYNAMIC AND OPEN TASK, THE MODEL OF PLAY MUST FOLLOW THE SAME IDEALS.
4 - Model of Training

The training and the game are deeply connected. So only the game and our Model of Play can tell us what we need to train (contents of the training). Despite the singularity of each Model of Play there are some common "themes" that are the basic stones for the construction of a Model of Training. Those "themes" are connected with the phases/moments of the game and with some conditionings that we may face in the game from time to time.
4.3 - Planning of the Microcycle

The training microcycle is the basic stone for game performance. It is influenced in advance by the conceptual planning made previously, by the strategic planning used during the week and by the tactical planning management during match day.

Despite the constant adjustments in training and the unpredictability of the soccer game, we consider important to have a pattern microcycle that will ensure the stabilization of the performance of the team.

This microcycle should be constructed using two major patterns that must remain as stable as possible during all season (although in some details they may need to be managed on day by day basis). Those patterns are the complexity of the tactical information transmitted and the predominant physical dimension of the training.

This being said we will now present an example of a random microcycle and correspondent training sessions:
4.3.4 - Training Day 4

This training session marks the end of the acquisitive part of the microcycle and the beginning of the recovery concerns to the next game that will be played a little bit more than 45h after the end of this training session. So, this training will have a first phase with stimulation of speed of movement (from the players and ball) with offensive tactical circulations and in a second phase promote recovery with a positional game that will also reinforce the tactical goals worked all week long.

The timings of exercitation and recovery in this kind of exercises are variable considering that what I will be controlling the number of repetitions and not the time taken to perform the exercise. The fact that we have 3 or 4 players “in waiting list” for the initial exercises will ensure large recovery to all and enable maximum speed in each repetition, nevertheless it is essential that the exercise do not get boring due to very long waiting times!

**TRAINING SESSION DESCRIPTION:**

**TRAINING SESSION OBJECTIVES:** IMPROVE THE LAST PHASE OF ATTACK (FINISHING) AND DEFENSE AGAINST 2 STRIKERS IN THE BOX

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<table>
<thead>
<tr>
<th>SESSION Nº</th>
<th>WEEK Nº</th>
<th>DATE</th>
<th>WEEK DAY</th>
<th>DURATION</th>
<th>PHYSICAL DIMENSION</th>
</tr>
</thead>
<tbody>
<tr>
<td>178</td>
<td>35</td>
<td>13 MAR</td>
<td>WEDNESDAY</td>
<td>90 MIN</td>
<td>SPECIFIC SPEED</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Warm up</th>
<th>Ex. 1</th>
<th>Ex. 2</th>
<th>Ex. 3</th>
<th>Ex. 4</th>
<th>Cool Down</th>
</tr>
</thead>
<tbody>
<tr>
<td>COMPLEXITY PRGRESSION</td>
<td>Passing drill without opposition</td>
<td>4x1+Gk</td>
<td>6x5+Gk</td>
<td>Gk+10x10+Gk (+2)</td>
<td>-</td>
</tr>
</tbody>
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