



FOOTBALL PERIODISATION

PRINCIPLES AND PLANNING



17.11.18

BSPA WIEN
AUF DER SCHMELZ 6
1150 WIEN
09-18 UHR

RAYMOND VERHEIJEN

Expert Physiology & Training in Football

- Universal Football References
- Principles of Football Periodisation
Brain fatigue as a limiting factor?!
- Developing a Pre-Season Periodisation
Plan the season of your OWN Team

REGISTRATION:

WWW.BSPA-FORTBILDUNGSAKADEMIE.AT

PRICE: € 137



PROGRAM:

A full day of Football Periodisation with the expert Raymond Verheijen. A talk with an extremely integrated approach awaits us. The following points will be discussed:

Universal Football Reference

In many professions, the practitioners apply universal references and terminologie to avoid miscommunication and misunderstanding. In football, however, coaches approach their job based on their own subjective opinions, experiences and terms. In this Football Theory presentation, Raymond Verheijen will educate coaches about the objective and universal football reference and language based on the characteristics of the game.

Principles of Football Periodisation

Football Periodisation is about the planning of all football activities in the best possible way to get the maximum training effect out of each session and to avoid a loss of training quality due to accumulation of fatigue. Therefore, brain performance and in particular brain fatigue and brain recovery are fundamental principles in Football Periodisation. Coaches will get tools how to apply the latest brain science in football training at all levels and age groups.

Developing a Pre-Season Periodisation

Coaches will learn how to apply the principles of football periodisation in the specific context of pre-season. The coaches will take their own upcoming pre-season as the starting point. Every time, after Raymond Verheijen has explained one of the principles of football periodisation, the coaches will apply this principles in his own real-life pre-season. **As a result, all coaches will leave this course with their own pre-season plan.**

WHO should attend this course?

- Soccer Coaches of all levels
- Sports Scientists
- Coaches in team sports in general
- Members of the Medical Staff



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WHY should you attend this course?

- To get new perspectives in proper 'football language'
- To learn how to use game variations for the complex development of football skills
- To know how to plan your pre-season to avoid injuries and to develop skills in an most effective way
- To understand the principles of football as Raymond does!

SCHEDULE:

SATURDAY, 17.11.18	
09:00 – 10:30am	Universal Football Reference
10:30 – 11:00am	Coffee Break
11:00 – 12:30am	Principles of Football Periodisation (1)
12:30 – 01:30pm	Lunch
01:30 – 03:00pm	Principles of Football Periodisation (2)
03:00 – 03:30pm	Coffee Break
03:30 – 05:30pm	Developing a Pre-Season Planning
05:30 – 06:00pm	Questions & Answers



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SPEAKER:



Raymond Verheijen

Raymond Verheijen is the first `scientific` football coach who has been able to link the football practice with the knowledge from the natural science disciplines, in this case exercise physiology. Based on a sound analysis into the ingredients and fundamentals of the game of football and the demands placed upon the players, he has managed to describe the periodisation of football in football action terminology.

Among other things he is the autor of the book *Football Periodisation*, founder of the WFA and lecturer at conferences all over the world.

Regarding the book:

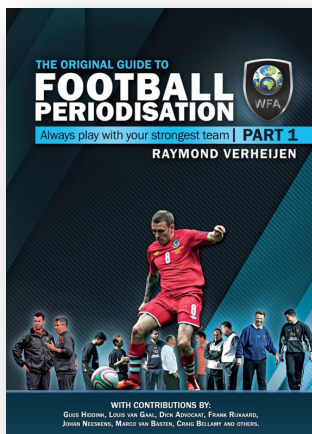
The central theme of this book is to describe the football fitness stimuli, the effects they have and the manner in which they must be applied within the practice of coaching.

In his (Raymond) role as assistent coach at various teams from amateur level to international top level, his implementation of periodisation concept and the associated theory has clearly proved ist value. My experience has been colored by working with the Dutch national team, where I experienced that these new insights into football periodisation will have an impact throughtout the world.

Football performance is team performance. The fine-tuning of the individual player, who has a specific task/role within the team, requires professional skills from the coach. The building blocks of this process are widely and clearly provided in this book.

An inspiring development

By **Bert van Lingen**



WITH CONTRIBUTIONS BY:
GUIS HEDONE, LOUIS VAN GAAL, DIJK ABOGOU, FRANK RIGAUD,
JONAS NEDERES, MARCO VAN BAAREN, CHRIS DILLANEY AND OTHERS.



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More informations here:



https://en.wikipedia.org/wiki/Raymond_Verheijen



<https://webshop.worldfootballacademy.com>

TARGET AUDIENCE:

Soccer Coaches, Coaches from other Team Sports, Sport Scientists, Medical Staff Members

TALK LANGUAGE:

English

DATE:

Saturday: 17.11.18

DURATION:

9am to 6pm

LOCATION:

Auf der Schmelz 6, 1150 Wien



PRICES:

CATEGORIE	LINK TO REGISTRATION	PRICE
Standard Ticket	>> https://bit.ly/2L5c2EU <<	€ 137

AVAILABLE SEATS:

Minimum 35, maximum 150 seats

The organizer reserves the right to postpone, cancel or alter the program of the event if the minimum amount of reservations has not been reached.



PARKING INFORMATION AND ARRIVAL:



By car:

At the institutional framework only a very short number of parking spaces are available. It is advisable to consider enough time for searching. On weekdays there are short-term parking zones around the institute. On Saturday and Sunday parking around the building is free of charge.

By public transportation:

Either by the metro (station U3 Johnstraße) with a short walk (5 min) or directly by the bus (station 10A Auf der Schmelz).

CONTACT AND INFORMATION:

Website WWW.BSPA-FORTBILDUNGS-AKADEMIE.AT

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