



# FOOTBALL PERIODISATION MENTORSHIP 2019

Wednesday January 9

**MAY 20-24 • CARDIFF CITY • WALES**

**PLAYERS DESERVE BETTER COACHES**

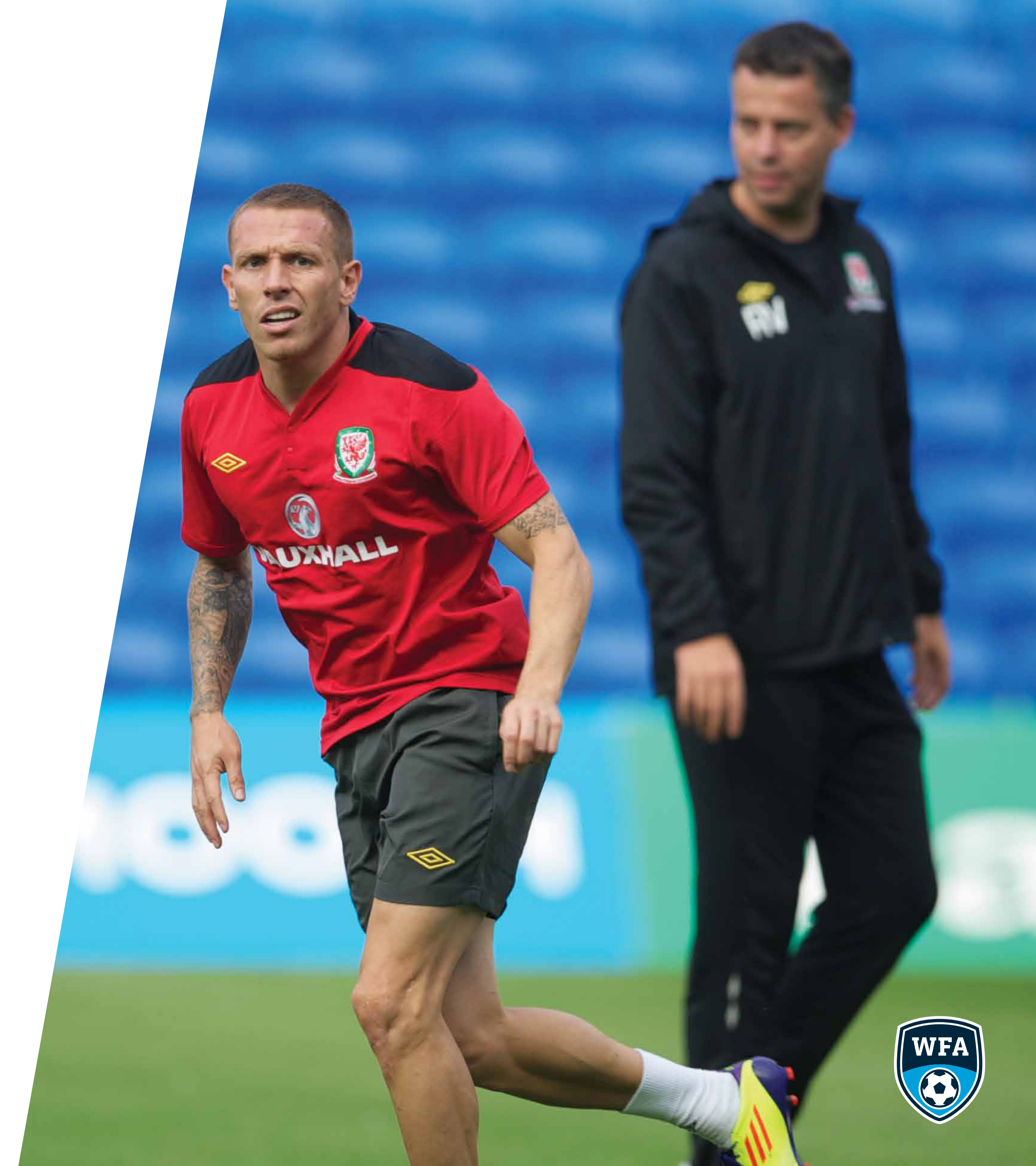


## “**MENTORSHIP 2019: A BRAND NEW FORMAT WITH PRACTICAL SESSIONS!**”

In 2012, we brought together 50 experts from 40 different countries for the first 5-day 'WFA Football Periodisation Mentorship' in Amsterdam. Based on the positive feedback of all delegates we decided to host an annual 5-day Mentorship ever since. During next year's 8th edition we will present a totally new format: for the first time the Mentorship will not take place in Amsterdam but somewhere in Europe at a top level club. For the 2019 edition we have chosen for English Premier League club Cardiff City in Wales.

For 5 days, Raymond Verheijen will deliver plenary sessions about how to apply the football specific concepts of Football Tactics, Football Fitness and Football Braining within the context of the team periodisation based on the principles of Football Periodisation. And this year we added an extra dimension: training sessions!

For years already the practical sessions are an integral part of the Expert Meeting (level 2 course) and the ProCourse (level 3 course).







But now we have decided to also include training sessions in the Mentorship format. The practical sessions will be delivered by Raymond Verheijen. He will demonstrate how to apply the Football Tactics Methodology and the Football Fitness Methodology in practice.

The Football Periodisation Mentorship will be held from Monday 20th to Friday 24th May in Cardiff, Wales. For this exclusive event only 40 places are available for football coaches from all continents who are ready to raise their bar. As a coach you take your players outside their comfort zone to allow them to improve. You create uncomfortable and challenging situations for your players and you expect them to deal with it. For example, players have to deal with accumulating lactic acid in their muscles during small-sided games 4v4. You are not bullying your players nor are you a mean person. This is what we call overload and you create this uncomfortable situation to help your players improve. World renowned coach educator Raymond Verheijen is well-known for applying this exact same principle when educating coaches. So, the Mentorship will not be your normal comfortable coaching course. Instructor Verheijen will create his famous challenging and uncomfortable 'dressing room' environment to help accelerate your development as a coach. So, please only register if you are ready to challenge yourself and your subjective beliefs and open to replace the by more objective football knowledge.





## MONDAY

07:00 – 08:00am *Breakfast*

08:00 – 10:00am **Football Theory: Universal Football References and Language**

10:00 – 10:30am *Coffee break*

10:30 – 11:30am **Communication: The Principles of Tactics**

11:30 – 12:30pm **Decision Making: The Principles of Game Insight**

12:30 – 01:30pm *Lunch*

01:30 – 03:00pm **Executing Decisions: The Principles of Football Technique**

03:00 – 03:30pm *Coffee break*

03:30 – 04:00pm **Travel to Stadium**

04:30 – 06:00pm **Training Session with Cardiff City Academy Team**

06:00 – 06:30pm **Travel to Hotel**

06:30 – 07:30pm *Dinner*

07:30 – 09:00pm **Higher Tempo for 90 Minutes: The Principles of Football Fitness**

09:00 – 10:00pm **Training Session Analysis**



# 20

**MAY 2019**

## TUESDAY

07:00 – 08:00am *Breakfast*

08:00 – 09:00am **The Principles of Team Periodisation**

09:00 – 10:00am **Team Periodisation: W-ups, Passing Exercises & Position Games**

10:00 – 10:30am *Coffee break*

10:30 – 11:30am **Team Periodisation: Football Fitness Model**

11:30 – 12:30pm **Team Periodisation: Football Fitness Methods (1)**

12:30 – 01:30pm *Lunch*

01:30 – 02:00pm **Team Periodisation: Football Fitness Methods (2)**

02:00 – 03:00pm **Principles of Football Periodisation**

03:00 – 03:30pm *Coffee break*

03:30 – 04:00pm **Travel to Stadium**

04:30 – 06:00pm **Training Session with Cardiff City Academy Team**

06:00 – 06:30pm **Travel to Hotel**

06:30 – 07:30pm *Dinner*

07:30 – 09:00pm **Team Periodisation: Ajax Europa League 2017 Case Study**

09:00 – 10:00pm **Training Session Analysis**



# 21

**MAY 2019**



## WEDNESDAY

07:00 – 08:00am *Breakfast*

08:00 – 09:00am **Football Tactics Periodisation: Position Specific Communication**

09:00 – 10:00am **Football Tactics Periodisation: Tactical Games Methodology**

10:00 – 10:30am *Coffee break*

10:30 – 11:30pm **Football Tactics Periodisation: Position Games Methodology**

11:30 – 12:30pm **Football Tactics Periodisation: Passing Exercises Methodology**

12:30 – 01:30pm *Lunch*

01:30 – 03:00pm **Football Tactics Periodisation: Football Fitness Games Methodology**

03:00 – 03:30pm *Coffee break*

03:30 – 04:00pm **Travel to Stadium**

04:30 – 06:00pm **Training Session with Cardiff City Academy Team**

06:00 – 06:30pm **Travel to Hotel**

06:30 – 07:30pm *Dinner*

07:30 – 09:00pm **Football Action Analysis Model**

09:00 – 10:00pm **Training Session Analysis**



# 22

**MAY 2019**

## THURSDAY

07:00 – 08:00am *Breakfast*

08:00 – 10:00am **Individual Periodisation within Team Periodisation**

10:00 – 10:30am *Coffee break*

10:30 – 12:30pm **Anticipation within Team Periodisation**

12:30 – 01:30pm *Lunch*

01:30 – 03:00pm **Football Rehab Periodisation within Team Periodisation**

03:00 – 03:30pm *Coffee break*

03:30 – 04:00pm **Travel to Stadium**

04:30 – 06:00pm **Training Session with Cardiff City Academy Team**

06:00 – 06:30pm **Travel to Hotel**

06:30 – 07:30pm *Dinner*

07:30 – 08:30pm **Growth Spurt Periodisation**

08:30 – 09:30pm **Youth Academy Periodisation**

09:30 – 10:30pm **Training Session Analysis**



# 23

**MAY 2019**



## FRIDAY

07:00 – 08:00am *Breakfast*

08:00 – 09:00am **Football Coach Evolution Model: Evolutionary Principles**

09:00 – 10:00am **Football Coach Evolution Model: Reference Thinking**

10:00 – 10:30am *Coffee break*

10:30 – 11:30pm **Football Coach Evolution Model: Situational Coaching**

11:30 – 12:30pm **Football Coach Evolution Model: Reference Coaching**

12:30 – 01:00pm **Evaluation MS19**

01:00 – 02:00pm *Lunch*



# 24

**MAY 2019**



## REGISTRATION DETAILS

### DELEGATE FEE

Single room: **1950 Euro\*** (excl. 21% VAT).

Shared room: **1750 Euro\*** (excl. 21% VAT).

Delegates from outside Europe can skip the VAT. For European coaches the VAT can be skipped by registering via an official company (House of Commerce registration number required).

The delegate fee can be transferred in two installments. First installment of 950 Euro before December 1 (formal registration). Second installment (Total - 950 Euro) before 1st March 2019.

*\* The delegate fee includes hotel room (5 nights), breakfast, lunch, dinner, coffee breaks, course certificate, tourist taxes, etc.*

### REGISTRATION

Coaches can register for the Football Periodisation Mentorship 2019 in Cardiff, Wales by sending an email to Mirjam Kuipers via [info@worldfootballacademy.com](mailto:info@worldfootballacademy.com)

The registration deadline is 1st March 2019 or any moment earlier after we have reached the maximum number of 40 delegates.

## LOCATION



Cardiff City Stadium  
Leckwith Rd  
Cardiff CF11 8AZ, UK





# TERMS & CONDITIONS

## PRACTICE WHAT YOUR PREACH

By registering for this course the delegate confirms he or she will arrive in time before the start of the course and will not depart any earlier than the closure of the course on the final course day. During the course delegates will have the same professional behaviour just like they expect from their players on a daily basis.

## 'DRESSING ROOM' LEARNING ENVIRONMENT

As a coach you take your players outside their comfort zone to allow them to improve. You create uncomfortable and challenging situations for your players and you expect them to deal with it. This is what we call overload. World renowned coach educator Raymond Verheijen is well-known for applying this exact same principle when educating coaches. So, this course will not be your normal comfortable coaching course. Instructor Verheijen will create his famous challenging and uncomfortable 'dressing room' environment to help accelerate your development as a coach. Please only register if you are ready to challenge yourself and your beliefs.

## CANCELLATION AND REFUND

If the delegate decides to cancel the registration the refund of the delegate fee will be as follows:

Before March 1, 2019 =	100% refund
Before April 1, 2019 =	50% refund
Before May 1, 2019 =	25% refund
Before May 20, 2019 =	0% refund

The cancellation must be received in writing and the date of cancellation is that upon which the written cancellation is received by us.

## NO FAMILY POLICY

The Mentorship is an intensive week of coach education without any distraction. So, delegates will not be joined by friends and/or family during the course.





# EDUCATIONAL PATHWAY







**REGISTER NOW!**



**2019**  
CARDIFF CITY, WALES

**JOIN THE INTERNATIONAL PATHWAY AND  
MEET COACHES FROM AROUND THE WORLD**