



20 JANUARY

FOOTBALL FITNESS

21-22 JANUARY

FOOTBALL TACTICS

GALATASARAY FOOTBALL ACADEMY • İSTANBUL • TURKEY

PLAYERS DESERVE BETTER COACHES



“**LEARN TO TRANSLATE FOOTBALL FITNESS PRINCIPLES TO THE PITCH IN ONE DAY**”

1-DAY FOOTBALL FITNESS COURSE

Football fitness is not about running more, stronger muscles or improving energy systems. In the classic training science one often refers to body parts like the muscles, lungs and blood cells when talking about training effects. In the previous football fitness course it was demonstrated how stronger muscles are only a by-product of a stronger brain. When overloading football the body part brain is the weakest link. Delegates received coaching tools to increase the demands within football training exercises and to overload (the brain of) their players. At the start of this course, the delegates will receive a summary of the most important messages from last time.

In this course, Raymond Verheijen will demonstrate how to translate the theoretical and scientific principles to the pitch. This course day is built around the practical session in which Raymond will train with the Galatasaray youth team and focus on stretching the football fitness boundaries during football training.

“ HOW TO TEACH PLAYERS ANY PLAYING STYLE YOU WANT BASED ON CLEAR COACHING

2-DAY FOOTBALL TACTICS COURSE

In football, communication is of the highest order. The role of tactics in football is to optimize the verbal and non-verbal communication between players and to avoid miscommunication. In this Football Tactics course, Raymond Verheijen will educate coaches about the WHAT and HOW of football tactics.

In particular, he will demonstrate how to develop both defending and attacking during practical sessions. In a very methodological way, Raymond will show how a coach can learn eleven players to play in almost any way as long as the coach is clear in his exercises and coaching.



PROGRAM 1-DAY FOOTBALL FITNESS COURSE

09:30 – 10:45AM PRINCIPLES OF FOOTBALL FITNESS TRAINING

10:45 – 11:15AM COFFEE BREAK

11:15 – 12:30PM PRACTICAL SESSION PREPARATION

12:30 – 01:30PM LUNCH

01:30 – 03:00PM PRACTICAL SESSION: FOOTBALL FITNESS TRAINING

03:00 – 03:30PM COFFEE BREAK

03:30 – 05:00PM PRACTICAL SESSION EVALUATION



20

JANUARY 2020

PROGRAM 2-DAY FOOTBALL TACTICS COURSE

09:30 – 10:45AM PRINCIPLES OF FOOTBALL TACTICS - DEFENDING

10:45 – 11:15AM *COFFEE BREAK*

11:15 – 12:30PM PRACTICAL SESSION PREPARATION

12:30 – 01:30PM *LUNCH*

01:30 – 03:00PM PRACTICAL SESSION: FOOTBALL TACTICS - DEFENDING

03:00 – 03:30PM *COFFEE BREAK*

03:30 – 05:00PM PRACTICAL SESSION EVALUATION



21

JANUARY 2020

PROGRAM 2-DAY FOOTBALL TACTICS COURSE

09:30 – 10:45AM PRINCIPLES OF FOOTBALL TACTICS - ATTACKING

10:45 – 11:15AM COFFEE BREAK

11:15 – 12:30PM PRACTICAL SESSION PREPARATION

12:30 – 01:30PM LUNCH

01:30 – 03:00PM PRACTICAL SESSION: FOOTBALL TACTICS - ATTACKING

03:00 – 03:30PM COFFEE BREAK

03:30 – 05:00PM PRACTICAL SESSION EVALUATION



22

JANUARY 2020

REGISTRATION DETAILS

DELEGATE FEE

1-Day Football Fitness Course & 2-Day Football Tactics Course
(20-22 January 2020):

Till 15th October: **360 Euro**

After 15th October: **440 Euro**

1-Day Football Fitness Course (20 January 2020): **160 Euro**

2-Day Football Tactics Fourse (21-22 January 2020): **280 Euro**

All delegate fees include the course, certificate, and coffee breaks.

REGISTRATION

To register or for more information please send an e-mail to:

quadroathletics@yandex.com

or call: 0212 441 01 72

VENUE

Galatasaray Soccer Academy

Florya Metin Oktay Tesisleri

Bakırköy

Istanbul



INTERNATIONAL PATHWAY



TERMS & CONDITIONS 1-DAY COURSES

PRACTICE WHAT YOU 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 behavior 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. 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. Raymond will create his famous challenging and uncomfortable 'dressing room' environment to help you accelerate your development as a coach. Please only register if you are ready to challenge yourself.

CANCELLATION AND REFUND

The course fee is non-refundable after registration and payment.

LIMITATIONS OF LIABILITY

On behalf of yourself, you hereby acknowledge and accept that neither Football Coach Evolution nor its Affiliates shall be liable or responsible to you (or anyone claiming through you) for any indirect, incidental, consequential, special, exemplary, punitive or other damages under any legal or equitable theory (including without limitation, contract, tort negligence, strict liability, statute, regulation, rule or other theory) arising out of or relating in any way to the Course or any Service and/or any recommendation, news, information or other content, product or service received or obtained through the Course or any Service, including without limitation any service, product or content from any third party service provided. Your sole remedy for dissatisfaction with the Course or any Service is to stop using it.

