



3-DAY COURSE FOOTBALL PERIODISATION

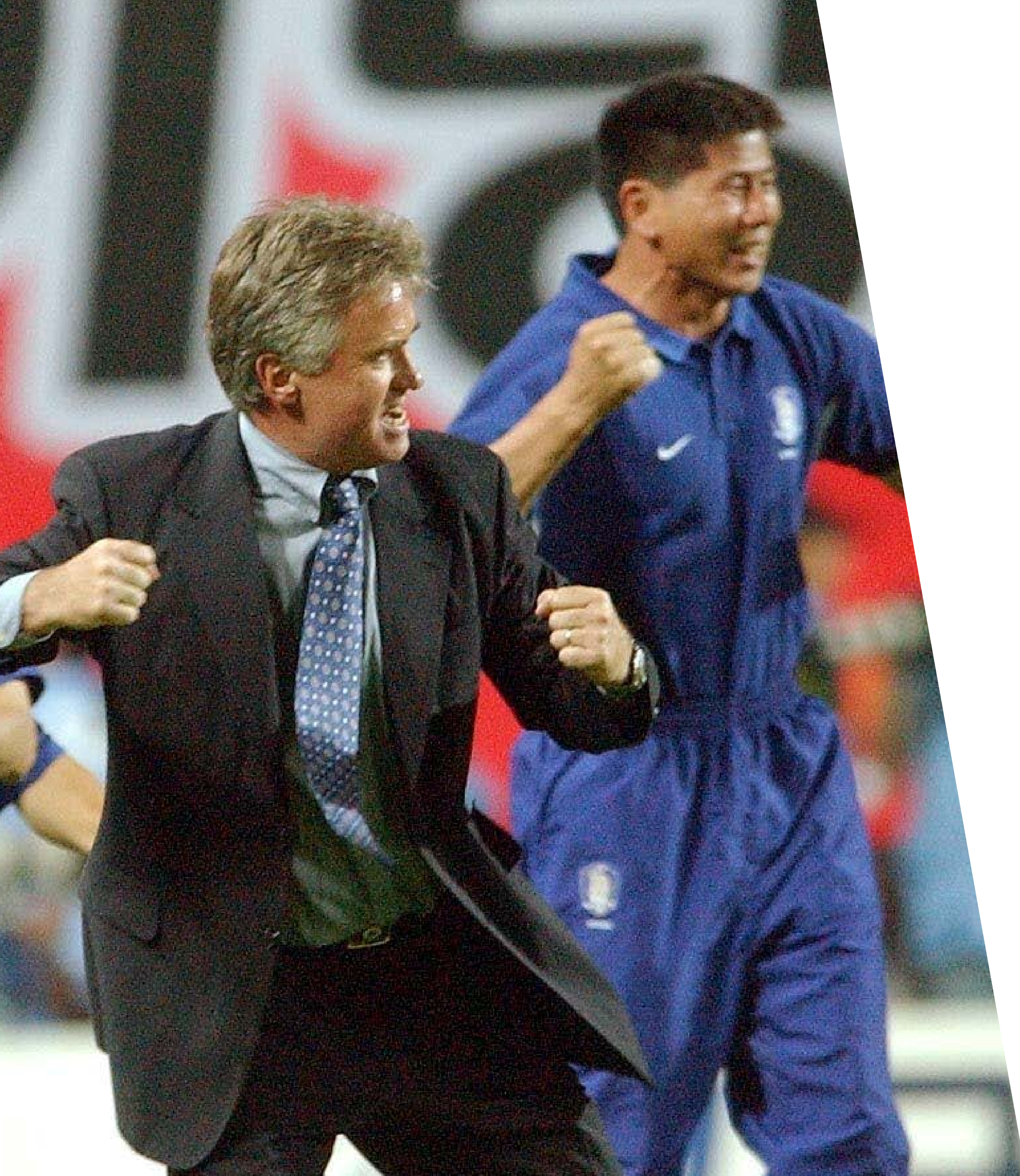
10-12 DECEMBER 2019 • EL JUEGO • SEOUL

PLAYERS DESERVE BETTER COACHES

RAYMOND VERHEIJEN

In 2002, Raymond Verheijen was involved with the Korean National Team reaching the World Cup semi final. His 'power program' developed one of the fittest teams in the history of the game. He was also involved with Korea during the World Cup 2010 in South Africa. As a youth player Raymond Verheijen (1971) was part of the famous Dutch Youth Academy structure. Unfortunately, the dream of a professional career ended as a chronic injury forced him to retire at the young age of 18. This disadvantage became an advantage as Verheijen started his coaching career at the age of 19. He studied Exercise Physiology and Sport Psychology at the Free University Amsterdam and completed his Masters Degrees in 1995. In 1995, Verheijen developed his Masters thesis into the book 'Conditioning for Soccer' which became the coach education book of the Dutch FA (KNVB) in 1997. Verheijen became a pro-licence instructor at the Dutch FA in 1998. In 2014, Verheijen published the best-selling book 'Football Periodisation'. More than 30.000 copies have been sold worldwide. Verheijen has been involved as an assistant or consultant in 4 World Cups and 4 EURO's and with several European top clubs like FC Barcelona, Chelsea and Manchester City.





GUUS HIDDINK (WORLDWIDE AMBASSADOR)

Turning practice into theory!

When Raymond Verheijen asked me to be the ambassador for the World Football Academy I immediately said: “Yes!” After all, we have worked together a lot over the years. In 2002 with South Korea and in 2008 with Russia I have been able to experience in practice what Raymond's method means for the football ability of the players. Raymond Verheijen has succeeded in translating the practice of football into theory. He has used a vision (the action theory) that is based on actions such as attacking and defending, passing and pressing, etc. Compared to all of the previous approaches to periodisation, he has followed a new and reversed path. By first examining the game of football itself, the essence of the game, he has translated football practice into a theoretical basis. This approach focuses on group training adapted for the individual fitness of the player. A new approach that is important for all coaches around the world.

Guus Hiddink



SEOL KI-HYEON (WFA KOREA AMBASSADOR)

Raymond Verheijen is special among the people I have encountered during my long career. And now, looking at him from the point of view of the coach, not the player, he comes up with more meaning. It's time for coaches to develop their own expertise and work together to demonstrate their competitiveness as a team. I think the WFA curriculum that Raymond Verheijen and other great Dutch football coaches are making by interacting with coaches from all over the world will be of great help to the development of Korean football. Special results come from a steady process. I hope this curriculum will help you in many ways on the journey that may be difficult.

Also, I would like to thank Raymond, this time as an educator, for visiting Korea again!

Seol Ki-Hyeon





LEE YOUNG PYO (WORLD CUP 2002 PLAYER)

In 2002, the South Korean team was extremely strong, both tactically and with respect to fitness. Led by coach Guus Hiddink, we enjoyed major successes when getting to the semi-finals of the World Cup. Assistant-coach Raymond Verheijen was responsible for building up our fitness. In the beginning, his training sessions were very hard. But as a group of players, we were 100% committed and had blind trust in Raymond's knowledge and skill. I can still remember Mister Hiddink telling the team just before the World Cup that the fitness of all of the 23 players was world class. That gave us a lot of confidence for the tournament. Raymond played a key role in this success. Thanks to his training program, during the World Cup, we players were able to repeatedly, with little time in between, perform to the full for 90 to 120 minutes, without encountering any physical or fitness problems. Due to working with Raymond, I have become much more aware of how important the fitness aspect is in football. I also experienced myself that it is possible to improve fitness by using various types of football training exercise. His approach has had an enormous influence on my performance and of that of the entire team. Raymond, thanks for working with me!

Lee Young Pyo



PROGRAM

FOOTBALL THEORY (1-DAY BASIC COURSE)

09:00-10:30 FOOTBALL THEORY: UNIVERSAL FOOTBALL REFERENCES AND LANGUAGE (1)

10:30-11:00 COFFEE BREAK

11:00-12:30 FOOTBALL THEORY: UNIVERSAL FOOTBALL REFERENCES AND LANGUAGE (2)

12:30-13:30 LUNCH

13:30-15:00 COMMUNICATION: THE PRINCIPLES OF TACTICS

15:00-15:30 COFFEE BREAK

15:30-16:45 DECISION MAKING: THE PRINCIPLES OF GAME INSIGHT

16:45-17:00 BREAK

17:00-18:00 EXECUTING DECISIONS: THE PRINCIPLES OF FOOTBALL TECHNIQUE

18:00-19:00 HIGHER TEMPO FOR 90 MINUTES: THE PRINCIPLES OF FOOTBALL FITNESS



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DECEMBER

PROGRAM

PRINCIPLES OF FOOTBALL PERIODISATION (2-DAY ADVANCED COURSE – DAY 1)

09:00-10:30 TEAM PERIODISATION: FOOTBALL FITNESS EXERCISES & FOOTBALL FITNESS MODEL

10:30-11:00 COFFEE BREAK

11:00-12:30 PRINCIPLES OF FOOTBALL PERIODISATION: QUALITY/QUANTITY & FITNESS/FRESHNESS

12:30-13:30 LUNCH

13:30-15:00 THE PRINCIPLES OF TEAM PERIODISATION: AJAX EUROPA LEAGUE 2017 CASE STUDY

15:00-15:30 COFFEE BREAK

15:30-16:45 TEAM PERIODISATION: FOOTBALL FITNESS METHODS

16:45-17:00 BREAK

17:00-19:00 TEAM PERIODISATION: W-UP, PASSING EXERCISES, POSITION GAMES & TACTICAL GAMES



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DECEMBER

PROGRAM

THE PRINCIPLES OF TEAM PERIODISATION (2-DAY ADVANCED COURSE – DAY 2)

08:00-09:30 INDIVIDUAL PERIODISATION WITHIN TEAM PERIODISATION

09:30-10:00 COFFEE BREAK

10:00-11:30 FOOTBALL STRENGTH TRAINING MODEL

11:30-12:30 LUNCH

12:30-14:00 GROWTH SPURT PERIODISATION: A 12-YEAR LONGITUDINAL STUDY
IN DUTCH YOUTH ACADEMIES

14:00-15:00 YOUTH ACADEMY PERIODISATION: 3-YEAR CASE STUDY AT FEYENOORD
ROTTERDAM ACADEMY



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DECEMBER

REGISTRATION DETAILS

DELEGATE FEE

3-day package : 524 EURO* / 700,000 won
These fees are without lunch.

**This amount may vary depending on the exchange rate.*

REGISTRATION

To register fort his course you can send an email to: sypd.juego11@gmail.com

PRESENTED BY

WFA Korea
Translator: Ju-Pyo Kim
Partner & Organiser: JUEGO

VENUE

EL JUEGO, 40, Dongmak-ro 7-gil,
Mapo-gu, Seoul, B01.



FOOTBALL COACH EVOLUTION

In 2009, Raymond Verheijen founded the Dutch Football Academy for coaches who want to raise their bar and to challenge the status quo in football. Verheijen's mission is to educate football coaches in a more objective and football specific way rather than based on the flavour of the month or by just copying the champion. The Dutch Football Academy was not meant as an alternative to the regular coach education system of the Dutch FA – the KNVB – but as an additional curriculum with specialized courses. Verheijen's mission was supported by Guus Hiddink – one of the most successful Dutch coaches ever – who became the world-wide ambassador.

The Dutch Football Academy developed into the World Football Academy (WFA) in 2011 when an international coach education curriculum was launched. After the initial pilot in the UK (2010) the WFA was introduced on all continents: Japan (2011), South Africa (2012), Middle East (2013), USA (2014), Australia (2015), Brazil (2016) and China (2017).

Besides offering domestic courses in the respective countries, FCE has developed an international pathway with unique 5-day events like the Mentorship, Expert Meeting and ProCourse. The inaugural Expert Meeting took place in 2012 in Amsterdam followed by editions at Chelsea F.C. in London (2013), Bloemfontein, South Africa (2014), FC Barcelona (2015), Feyenoord Rotterdam (2016), Benfica Lisbon (2017), Club Bruges (2018) and Hajduk Split (2019). The ProCourse has so far been hosted by Valencia CF (2018) and RB Leipzig (2019). The host for the 2020 edition will be announced soon.

With the introduction of this new website, in 2019, the World Football Academy evolved into Football Coach Evolution. The mission of FCE is to bring the latest developments in football not only to the doorsteps of the football elite but also to Next Generation coaches and coaches of smaller football countries. FCE offers both free content and online courses.



TERMS & CONDITIONS

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 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. 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.



INTERNATIONAL PATHWAY

