



INDIVIDUAL TRAINING & INDIVIDUAL PERIODISATION

IN COLLABORATION WITH BK HÄCKEN

9-10 NOVEMBER • BRAVIDA ARENA • GOTHENBURG • SWEDEN

PLAYERS DESERVE BETTER COACHES

“ **INDIVIDUAL DEVELOPMENT TO BECOME THE BEST POSSIBLE TEAM PLAYER** ”

INDIVIDUAL TRAINING (WITHIN TEAM TRAINING)

In football, the communication between players is of the highest order. This verbal and non-verbal communication is trained in tactical training sessions. In such tactical training the coach teaches his players a tactical reference in terms of WHAT they are supposed to do together when attacking, defending and transitioning. For example, if the team tactical reference is 'disturbing the build-up of the opponent horizontally' it means that players have to shift from left to right or from right to left. This is WHAT players are supposed to do. But HOW each player shifts horizontally can not be determined in advance by the coach because football is not a game of robots.

The HOW of football actions in terms of position, moment, direction and speed is the responsibility of the player. It is the decision making (game insight) and the execution of decisions (technique) by individual players within the team tactical reference. This is something else than developing the communication between players (tactics) but it still does take place within the team tactical training. In other words, it is the individual training within team training.



“ NOT EVERY PLAYER HAS THE SAME LEVEL OF FOOTBALL FITNESS

INDIVIDUAL PERIODISATION (WITHIN TEAM PERIODISATION)

Football is a team sport so all players should be trained in the team context. To plan this team training the coach will develop the team periodisation for a carefully balanced team training load. However, not all players have the same football fitness. Therefore, for some players the team training load will be too high or too low.

To manage the diversity in football fitness within the squad every football coach must develop the ability to tailor the training load for each player. This so-called individual periodisation within the team periodisation will avoid the over- or undertraining of players as well as unnecessary injuries.

Obviously, the reduction or increase of training load for specific players should not have a negative effect on the organisation and quality of the overall team training. Individual periodisation within the team periodisation means taking one or more players out of a specific training exercise but without compromising the quality of that exercise.



PROGRAM INDIVIDUAL TRAINING (WITHIN TEAM TRAINING)

09:00 – 10:30am Football Action Analysis Model (analysing clips)

10:30 – 11:00am Coffee break

11:00 – 12:30pm Individual Training within Team Training: methodology

12:30 – 01:30pm Lunch

01:30 – 03:00pm Individual Training within Team Training: practical session

03:00 – 03:30pm Coffee break

03:30 – 05:00pm Individual Training within Team Training: coaching football actions



09

NOVEMBER 2019

PROGRAM INDIVIDUAL PERIODISATION (WITHIN TEAM PERIODISATION)

08:00 – 09:30am Individual Periodisation within Team Periodisation: Principles

09:30 – 10:00am Coffee break

10:00 – 11:30am Individual Periodisation within Team Periodisation: First Team

11:30 – 12:30pm Lunch

12:30 – 01:45pm Individual Periodisation within Team Periodisation: Youth Academy

01:45 – 02:15pm Coffee break

02:15 – 03:30pm Individual Periodisation within Team Periodisation: Rehab to Team Training



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NOVEMBER 2019

REGISTRATION DETAILS

DELEGATE FEE

Early Bird registration before September 10:

Only Saturday or Sunday **€150 + VAT (25%)**

Both days **€300 + VAT (25%)**

Registration after Sept 10:

Only Saturday or Sunday **€185 + VAT (25%)**

Both days **€370 + VAT (25%)**

All fees include: course, certificate, lunch and coffee breaks.

REGISTRATION

Register online at www.fcenordic.com

For questions regarding the registration process, please e-mail info@fcenordic.com.

Please inform us of any allergies or other considerations that have to be taken into account.

VENUE

Bravida Arena, Gothenburg

Inlandsvägen 48 417 15 Göteborg

Parking: *The amount of parking spaces are limited, entry by McDonalds.*

Public transport: *Wieselgrensplatsen or Rambergsvallen.*



EDUCATIONAL PATHWAY



TERMS & CONDITIONS

PRACTICE WHAT YOU PREACH

By registering for this course you confirm that you 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 you will have the same professional behaviour as you expect from your 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.

Do not register if you are easily offended

CANCELLATION AND REFUND

Course fee is non-refundable after registration and payment.

LIMITATIONS OF LIABILITY

On behalf of yourself and your heirs, successor and assigns, you hereby acknowledge and accept that neither Football Coach Evolution, Check-TrayOne AS 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.

