



# FOOTBALL PERIODISATION MENTORSHIP 2020

25-29 MAY • CHELSEA FC • LONDON • UK

**PLAYERS DESERVE BETTER COACHES**



## **FOOTBALL PERIODISATION MENTORSHIP 2020: PRACTICAL SESSIONS WITH CHELSEA FC PLAYERS!**

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.

For years, the practical sessions are an integral part of the Expert Meeting (Level 2 course) and the ProCourse (Level 3 course). Last year, we have decided to include training sessions in the Mentorship format as well. The practical sessions will be delivered by Raymond Verheijen. With the help of the Chelsea FC Academy players, he will demonstrate how to apply the Football Tactics Methodology and the Football Fitness Methodology in practice.

- Raymond Verheijen will deliver 15 presentations on Football Tactics, Game Insight, Technique, Fitness, Psychology, Periodisation & more;
- The Chelsea FC staff will deliver 3 presentations;
- Raymond Verheijen will deliver 3 training sessions with Chelsea teams;
- Coaches will visit Chelsea training ground & Stamford Bridge Stadium.







### **Only for coaches who want to improve every day**

The Football Coaching Mentorship will be held from Monday 25th to Friday 29th May in London, UK. For this exclusive event, 40 spots are available but only for football coaches 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.



## PROGRAM

<b>04:00 – 05:00 pm</b>	<b>Football Theory: Universal Football Language</b>
<b>05:00 – 06:00 pm</b>	<b>Football Theory: Objective Football References</b>
06:00 – 06:30 pm	Travel to Chelsea Training Ground
<b>06:30 – 08:00 pm</b>	<b>Training session with Chelsea FC Academy team</b>
08:00 – 08:30 pm	Travel to hotel
08:30 – 09:30 pm	Dinner
<b>09:30 – 10:30 pm</b>	<b>Communication: Principles of Football Tactics</b>



# 25

**MAY 2020**



## PROGRAM

07:00 – 08:00 am	Breakfast
08:00 – 09:00 am	<b>Decision Making: Principles of Game Insight</b>
09:00 – 10:00 am	<b>Executing Decisions: Principles of Football Technique</b>
10:00 – 10:30 am	Coffee break
10:30 – 11:30 am	<b>Higher Tempo for 90 Minutes: Principles of Football Fitness</b>
11:30 – 12:30 pm	<b>Football Fitness Characteristics &amp; Exercises</b>
12:30 – 01:30 pm	Lunch
01:30 – 03:30 pm	<b>Principles of Team Periodisation: Ajax Case Study</b>
03:30 – 04:00 pm	Coffee break
04:00 – 06:00 pm	<b>Tactical Games: Methodology &amp; Periodisation</b>
06:00 – 06:30 pm	Travel to Chelsea Training Ground
06:30 – 08:00 pm	<b>Training session with Chelsea FC Academy team</b>
08:30 – 09:30 pm	Dinner
09:30 – 10:30 pm	<b>Training session evaluation</b>



# 26

MAY 2020

## PROGRAM

07:00 – 08:00 am	Breakfast
<b>08:00 – 10:00 am</b>	<b>Position &amp; Passing Games: Methodology &amp; Periodisation</b>
10:00 – 10:30 am	Coffee break
<b>10:30 – 11:30 am</b>	<b>Football Fitness Games: Methodology &amp; Periodisation</b>
<b>11:30 – 12:30 pm</b>	<b>Football Fitness Training Methods</b>
12:30 – 01:30 pm	Lunch
<b>01:30 – 03:30 pm</b>	<b>Football Fitness Periodisation Model</b>
03:30 – 04:00 pm	Coffee break
04:00 – 04:30 pm	Travel to Chelsea Training Ground
<b>04:30 – 06:00 pm</b>	<b>Chelsea FC Training Ground Tour</b>
<b>06:30 – 08:00 pm</b>	<b>Training session with Chelsea FC Academy team</b>
08:00 – 08:30 pm	Travel to hotel
08:30 – 09:30 pm	Dinner
<b>09:30 – 10:30 pm</b>	<b>Training session evaluation</b>



# 27

MAY 2020



## PROGRAM

07:00 – 08:00 am	Breakfast
<b>08:00 – 09:00 am</b>	<b>Travel to Stamford Bridge Stadium</b>
<b>09:00 – 10:00 am</b>	<b>How To Develop a Team Periodisation</b>
10:00 – 10:30 am	Coffee break
<b>10:30 – 12:30 pm</b>	<b>How To Develop a Team Periodisation for your Club</b>
12:30 – 01:30 pm	Lunch
<b>01:30 – 03:30 pm</b>	<b>Stamford Bridge Stadium Tour</b>
03:30 – 04:00 pm	Coffee break
<b>04:00 – 06:00 pm</b>	<b>Individual Periodisation within Team Periodisation</b>
06:00 pm	Free Dinner in London City Center



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**MAY 2020**

## PROGRAM

07:00 – 08:00am	Breakfast
<b>08:00 – 09:00am</b>	<b>Football Brain Periodisation</b>
<b>09:00 – 10:00am</b>	<b>Rehab Periodisation within Team Periodisation</b>
10:00 – 10:30am	Coffee break
<b>10:30 – 12:30pm</b>	<b>Youth Academy Periodisation</b>
12:30 – 01:30pm	Lunch



# 29

**MAY 2020**



## APPLICATION DETAILS

### DELEGATE FEE

Single room: **1950 Euro\***

Shared room: **1750 Euro\***

*The delegate fee includes the course program, your hotel room (4 nights), breakfast, lunch, dinner, coffee breaks, course certificate and tourist taxes.*

The delegate fee can be transferred in two installments.

First installment of 950 Euro to register for the Mentorship.

Second installment (Total amount minus 950 Euro) before March 1, 2020.

*\* European delegates who will pay personally have to add 21% VAT.*

### APPLICATION

Coaches can register for the Football Periodisation Mentorship 2020 by sending an email to **info@fcevolution.com**

## LOCATION

### Woodlands Park Hotel

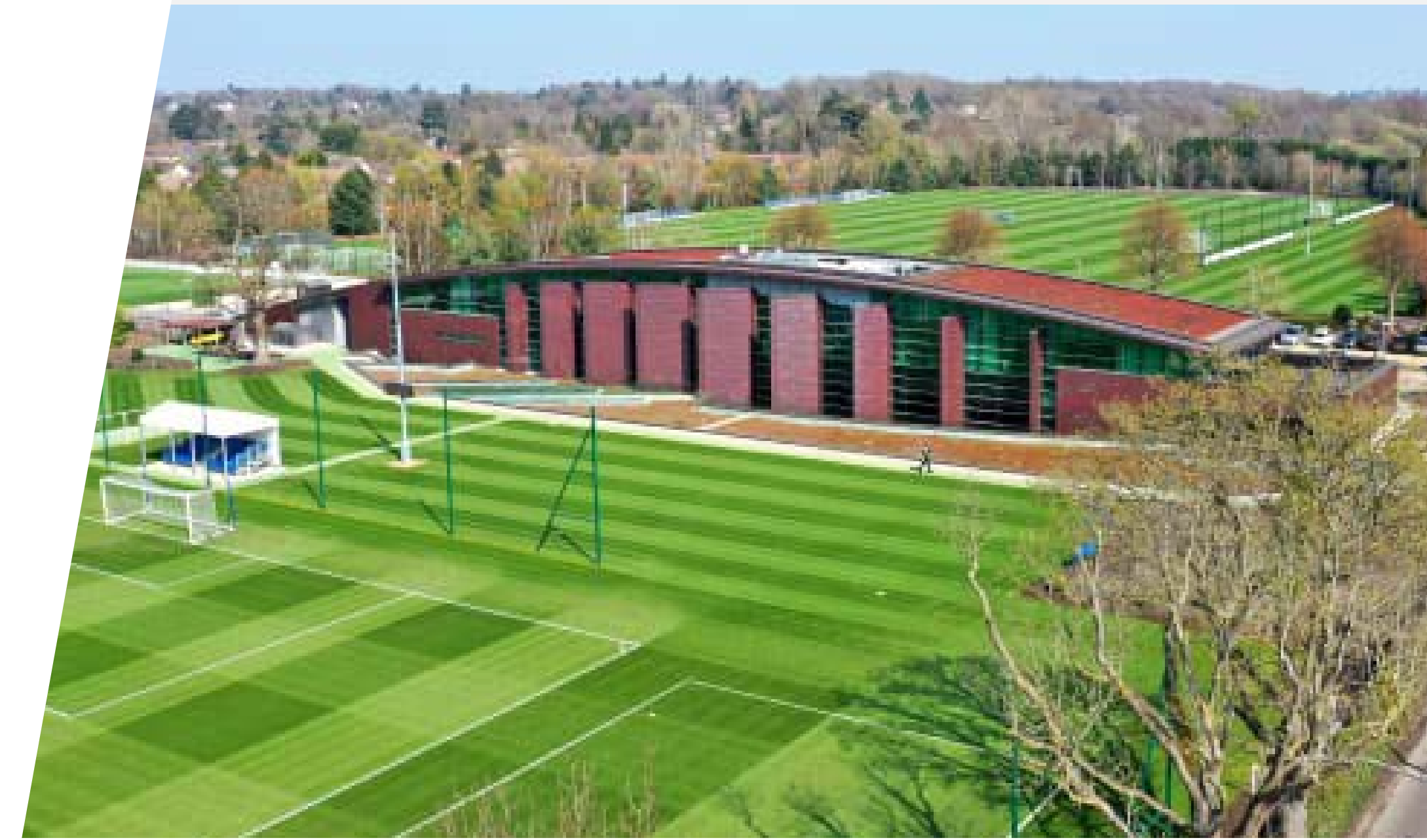
Woodlands Lane, Cobham, UK

### Millennium & Copthorne Hotels, Chelsea FC

Stamford Bridge Fulham Road London, UK

### Chelsea FC Training Ground

64 Stoke Road, Cobham, UK



# 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.

## CANCELLATION AND REFUND

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

After registration and before January 1, 2020 = 75% refund

Before March 1, 2020 = 50% refund

Before May 1, 2020 = 25% refund

After May 1, 2020 = No refund

The above conditions are based on the cancellation conditions of both the hotel and Chelsea FC.

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.





## INTERNATIONAL PATHWAY







# APPLY NOW!

[INFO@FCEVOLUTION.COM](mailto:INFO@FCEVOLUTION.COM)



**2020**  
CHELSEA FC, LONDON

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