



**STELLENBOSCH, 16 JUNE**

# **1-DAY COURSE FOOTBALL TACTICS**

**STELLENBOSCH ACADEMY OF SPORT**

**PRETORIA, 18-20 JUNE**

# **3-DAY COURSE FOOTBALL PERIODISATION**

**HIGH PERFORMANCE CENTER**

**PLAYERS DESERVE BETTER COACHES**





## WHAT WILL YOU LEARN?

For the first time since 2014, Raymond Verheijen will visit South Africa to deliver his Football Periodisation courses in both Stellenbosch and Pretoria. As the Football Periodisation concept has evolved extensively in the last five years, we welcome all South African coaches to join the new Periodisation courses.

The 1-day course in Stellenbosch will be about the principles of Football Periodisation in general and the principles of Football Tactics in particular while the 3-day course in Pretoria will specifically focus on Football Fitness in the context of Football Periodisation.

Periodisation is the planning of all football activities to develop a top fit team without injuries. Coaches will get tools so each session will have maximum training effect and accumulation of fatigue between sessions will be avoided.

Within the context of a specific Football Tactics Periodisation Raymond Verheijen will go into detail about Football Tactics and Football Fitness respectively.





## “ **FOOTBALL FITNESS IS FITNESS IN THE FOOTBALL CONTEXT** ”

Football fitness means the ability to perform football actions more frequently (to play with a higher tempo) and for longer (as the game is 90 minutes). During the course coaches will learn how to develop these football fitness characteristics within the context of the playing style introduced earlier in the week.

In the 3-day course in Pretoria, the coaches will also develop methodological steps within football fitness exercises. How can the demands within these exercises be increased to gradually overload the communication between players from week to week and from month to month? These exercises and methodological steps will be used as building blocks to develop the Team Periodisation. Within a 48-week team periodisation, the delegates will methodologically plan the development of attacking, defending and transitioning from day to day, week to week and month to month.

After finishing the course coaches will be able to develop top fit players who are able to perform any playing style with a higher tempo and for the full 90 minutes. During this course it will also become clear the brain plays a crucial role when overloading players.





## **PROGRAM 1-DAY COURSE FOOTBALL TACTICS**

**09:00 – 10:45am**    **Football Theory: Universal Football References & Language**

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*10:45 – 11:15am*    *Coffee break*

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**11:15 – 12:30pm**    **Football Tactics: Principles of Communication**

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*12:30 – 01:30pm*    *Lunch*

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**01:30 – 02:45pm**    **Football Tactics: Position Specific Communication**

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*02:45 – 03:15pm*    *Coffee break*

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**03:15 – 05:00pm**    **Football Tactics: Methodology & Periodisation**



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## **PROGRAM 3-DAY COURSE FOOTBALL PERIODISATION - DAY 1**

**09:00 – 10:45am**    **Football Theory: Universal Football References & Language**

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*10:45 – 11:15am*    *Coffee break*

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**11:15 – 12:30pm**    **Football Tactics: Principles of Communication**

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*12:30 – 01:30pm*    *Lunch*

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**01:30 – 02:45pm**    **Game Insight: Principles of Decision Making**

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*02:45 – 03:15pm*    *Coffee break*

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**03:15 – 05:00pm**    **Football Technique: Principles of Executing Decisions**



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## PROGRAM 3-DAY COURSE FOOTBALL PERIODISATION - DAY 2

**09:00 – 10:45am**    **Football Fitness: Principles of Higher Tempo for 90 Minutes**

*10:45 – 11:15am*    *Coffee break*

**11:15 – 12:30pm**    **Principles of Football Periodisation: Ajax case study**

*12:30 – 01:30pm*    *Lunch*

**01:30 – 02:45pm**    **Principles of Team Periodisation**

*02:45 – 03:15pm*    *Coffee break*

**03:15 – 05:00pm**    **Football Fitness Periodisation Model**



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## PROGRAM 3-DAY COURSE FOOTBALL PERIODISATION - DAY 3

**09:00 – 10:45am**    **Football Fitness Training Methods**

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*10:45 – 11:15am*    *Coffee break*

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**11:15 – 12:30pm**    **Periodisation and Methodology of Passing & Position Games**

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*12:30 – 01:30pm*    *Lunch*

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**01:30 – 02:45pm**    **Periodisation and Methodology of Tactical Games**

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*02:45 – 03:15pm*    *Coffee break*

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**03:15 – 05:00pm**    **Periodisation and Methodology of Football Fitness Games**



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## REGISTRATION DETAILS

### DELEGATE FEE

#### Stellenbosch: 1-day Football Periodisation Course

Early Bird registration before April 1, 2020: 1900 Rand

Registration after April 1, 2020: 2200 Rand

#### Pretoria: 3-day Football Periodisation Course

Early Bird registration before April 1, 2020: 4950 Rand

Registration after April 1, 2020: 5500 Rand

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

### REGISTRATION

To register you can send an email to [info@fcevolution.com](mailto:info@fcevolution.com)

## VENUE

### Stellenbosch:

Stellenbosch Academy of Sport  
1 Krige Road, Stellenbosch Central,  
Stellenbosch, 7600, South Africa

### Pretoria:

High Performance Center  
Nashua Auditorium, Burnett St, Koedoespoort  
456-Jr, Pretoria, 0026, South Africa





# INTERNATIONAL 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.

## **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 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.

