

Overview on Football Periodization

Periodization is derived from 'Period' which is a division of time into smaller, easy-to-manage segments. In our case "Training Periods". Specifically, periodization is the division of a yearly training plan into training phases which apply to the principles of training. Work load and intensity of training programs is split into successive small units ranging from one week to a full year. Each segment of training targets a specific type of training (i.e. skill, speed, strength, stamina and suppleness (the five S's)). In football these fitness attributes need to be blended with both technical and tactical training. A well designed training program takes into account both the physiological and psychological needs of players.

To achieve maximum performance and effective training it is the Medical Team (Physical Trainer) + Coach's responsibility to properly periodize and plan the training for the year or camp in case of the National team. The development of skills and psychological attributes should follow a logical sequence.

Our primary goal is to have our players' fresh & peak at the optimal times (i.e. game). Poor preparation will result in less than optimal performance. Planning a successful training plan is a two way process between the coaching + medical staff and players to develop a realistic and attainable schedule with a balance between training and recovery. In case of the national team, it is very important to monitor the players' load when they are with their clubs in order to be able to achieve optimal individual periodization at national team camp. Inexperienced players and youth players are dependent on their coaches to develop these plans.

Plans should be designed using sequential approach. A well-organized plan will yield desired psychological & physiological adaptation to the player. The duration of the phases depends heavily on the time the players need to increase training level and also the timing of the competition/game where peak performance is derived.

A yearly training plan is divided into three phases :-

- 1) Preparatory
- 2) Competitive
- 3) Transition (Recovery)

The majority of training for football should be soccer-specific training (Approximately 80:20). The only purpose of non-related (general) fitness (i.e. running, cross training, etc.) is to increase a players basic fitness levels or to aid in maintaining them. This type of training is appropriate during off-season periods when players are away from regular training.