



# FOOTBALL PERIODISATION

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MODULE TWO



# ABOUT

## FOOTBALL PERIODISATION

**After 15 years of experience working within the English Premier League, Hyundai A-League and the Danish Superliga, that exposure at the elite level has provided head coach Scott Miller with fantastic insight into the football periodisation models of some of the worlds elite footballer managers.**

The football periodisation program is aimed at aspiring and professional coaches that want to obtain a clear understanding of how to prepare your team for competition effectively and with specificity.

My methodology has been designed from practical experience at the elite level and structured in a way that is tranferable to all coaches at all levels. With the concept providing sound education and essential tools to plan and deliver to your squad throughout the season, ensuring confidence and certainty that you are improving physical capacity whilst finding the balance in player availability via load mangement and injury prevention.

# WHAT IS FOOTBALL PERIODISATION?

**The term football periodisation is certainly not new to the modern approach to coaching, however the systematic approach to planning can be a complicated process.**

The process involving long, medium, short term planning provide a progressive and measured structure to the development of player capacity and player availability, of which are two fundamental areas of high performance.

In order to implement a successful football periodisation model we must identify and categorise our season into four key areas;

- ▶ Preparation
- ▶ Competition 1
- ▶ Competition 2
- ▶ Pre-Preparation

By establishing our key areas this will provide the ability to clearly determine the team and player development aims and objectives with specificity and measurement.



# WHY IS FOOTBALL PERIODISATION IMPORTANT?

- ▶ A clear vision and structure underpinning player capacity and player availability.
- ▶ Provides a framework and acts as a reference for our physical loading, injury prevention and physical load management of players.
- ▶ By planning, this allows for a clear review process to take place, obtaining a clearer understanding of the football periodisation model put in place and its effectiveness.
- ▶ Provides a definitive working structure and philosophy that promotes leadership to your staff and players.
- ▶ It deters from negative coach reactions to poor results, as consistency in our decisions stabilise the team dynamic and player confidence.

# WHAT WILL YOU LEARN?

The module will offer you as coaches a learning opportunity to gain clarity on how to plan and deliver a periodisation model whilst obtaining a clear understanding of;

- ▶ Develop a clear understanding of the modern match demands positionally
- ▶ Football periodisation principles and sub-principles
- ▶ Periodisation objectives
- ▶ Learn to implement the football periodisation conditioning model
- ▶ How to prepare the team with specificity
- ▶ The importance of player availability v player capacity
- ▶ The role of load management
- ▶ Prescribe and prepare with confidence



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With over 10 years experience coaching in Europe, so many takeaways and real insights from a very experienced coach.

**GARY COLE**

**FORMER SOCCERROS | EX CO FOOTBALL COACHES AUSTRALIA**

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# CONTACT

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## EMAIL ADDRESS

[scott@identitypro.com.au](mailto:scott@identitypro.com.au)

## PHONE NUMBER

0407 368 154

***IDENTITYPRO***®