



What Is Tactical Periodization?

By Xavier Tamarit

Bennion Kearny Ltd, United Kingdom, 2015. Paperback. Book Condition: New. 224 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.Originally developed by Vitor Frade, at the University of Porto, Tactical Periodization is a methodology - popularized by coaches such as Jose Mourinho and Andre Villas Boas - that trains soccer players through a logical process that focuses on four moments of the game. These four moments are: Offensive Organisation, the Transition from Defence to Attack, Defensive Organisation, and the Transition from Attack to Defence. Through Tactical Periodization, the aim is to develop players to rapidly alter their on-field behaviours according to the tactical context of the match, and what actually unfolds in front of them. In turn, every training exercise focuses on at least one of the four moments, and always the coach's tactical game model of how he wants his team to play. In doing so, football players prepare and learn how best to conquer the often unpredictable matches that they encounter competitively. This book is the English language translation of the acclaimed book Periodización Táctica by world-renowned coach and sports science specialist Xavier Tamarit. *Important Note: What is Tactical Periodization is the...



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Reviews

This written publication is wonderful. It really is loaded with knowledge and wisdom You will not really feel monotony at at any time of your time (that's what catalogues are for relating to if you ask me).

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Absolutely essential go through publication. I am quite late in start reading this one, but better then never. You will not feel monotony at at any time of the time (that's what catalogues are for regarding if you ask me).

-- **Ambrose Thompson II**

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Dog Farts: Pooter s Revenge

Createspace, United States, 2013. Paperback. Book Condition: New. 224 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.BONUS - Includes FREE Dog Farts Audiobook Inside! That s right.For a limited time you can download a FREE audiobook...



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Sterling Publishing Co Inc, United States, 2012. Paperback. Book Condition: New. 224 x 150 mm. Language: English . Brand New Book. When spring comes, a baby calf gray whale and his mother head north to find food-all the way from Mexico to...



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Three Simple Rules for Christian Living: Study Book

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Fox on the Job: Level 3

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