

CONTENTS

Coach Profile: Juan Luis Delgado Bordonau Phd.	9
Coach Profile: José Alberto Mendez Villanueva Phd.	10
Coach Profile: Vitor Frade "The Father of Tactical Periodization"	11
Foreword by Eddie Jones (England Rugby Head Coach) & Dean Benton (Head of Sport Science)	12
What is Tactical Periodization?	13
Introduction	14
CHAPTER 1: FOOTBALL AND COMPLEXITY	15
Football and Complexity: Introduction.	16
Paradigm of Complexity: A Philosophical Understanding of the Reality	17
The Game and its Complex Nature.	18
Reasoning for Applying a Systemic View to Understand the Game's Dynamics	20
Graphical Representation of the Parts that Form the Complex Football System	21
Football's Tactical Dimension	22
Football's Strategic Dimension.	24
CHAPTER 2: FOOTBALL TRAINING AND PERIODIZATION APPROACHES	25
Football Training and Periodization Approaches (3 Football Methodologies)	26
1. Analytical Trend: Physical Preparation to Achieve "Peak Performance" for Competition	27
2. Integrated Trend: Training Specific to the Sport	28
3. Tactical Periodization Approach: The "Game Model" Guides the Process.	29
Training Periodization Models	30
Periodization Training Models: Precursors, Traditional & Contemporary	31
TRADITIONAL PERIODIZATION MODELS	32
Matveiev's Model: "The Father of Modern Sports Training Periodization"	33
Pendulum Model (Aroseiev): Rhythmic Varied Training to Maintain Performance Levels.	34
High Training Loads Model (Tschiene): Continuous High Intensity Training	35
CONTEMPORARY PERIODIZATION MODELS	36
Contemporary Periodization Models	37
Training Blocks Model (Verkhoschansky): Lower Volume, More Intense Specific Training	38
Integrator Model (Bondarchuk): Development, Maintaining & Recovery Periods Combined.	39
A.t.r. Model (Kaverin And Issurin): Accumulation, Transformation and Realisation	40
Extended Performance Model (Bompa): Progressive Training to Reach Peak Performance.	41
Seirul-Lo's Cognitive Model And The Importance of Interactions	42
Seirul-Lo's Cognitive Model: The Main Features.	43
Training Loads With Different Types of Practices.	44
Micro-Cycle (Training Week) Types	45
Six-Week Periodization Model (Verheijen): Maintaining & Increasing the Speed of Play	46

Tactical Periodization Model (Vitor Frade): Optimise Training to Produce Maximum Performance Gain while Avoiding Overload 49

CHAPTER 3: TACTICAL PERIODIZATION METHODS AND PRINCIPLES 51

INTRODUCTION TO FRACTALITY 52

What Is The Principle of Fractality? 53

Fractality: Breaking Down Training while Always Representing the Larger Game Model..... 54

METHODOLOGICAL PRINCIPLES OF TACTICAL PERIODIZATION 56

Methodological Principles of Tactical Periodization..... 57

1. PRINCIPLE OF SPECIFICITY 58

What is the Principle of Specificity?: The Interactive Intervention Between the Practice, the Players and the Coach.... 59

Principle of Specificity and the Game Model 60

Principle of Specificity: All Training is Representative of Our Principles of Play 61

2. PRINCIPLE OF PROPENSITIES 63

What is the Principle of Propensities? 64

Principle of Propensities: Making the Principles of Play Operational 65

Structural and Functional Configurations for a Training Practice 66

Principles of Play: Practice Example 67

Tactical Periodization: "Uniqueness of the Process" 68

Specific (Tactical) Practice Example: Playing Out from the Back in a 6 (+Gk) v 5 Practice 69

The 3 Coach Intervention Moments..... 70

Quality Questioning Framework..... 72

3. PRINCIPLE OF SYSTEMATIC REPETITION 73

What is the Principle of Systematic Repetition?..... 74

The Conscious and Subconscious Mind 75

Embed Model for Creating New Habits: Facilitating Change with New Hard-Wiring of Mind..... 76

Principle of Systematic Repetition: Training the Brain to Make Quick Decisions 77

Brain Function Control 79

The Need for Systematic Repetition of Specific Practices..... 80

4. PRINCIPLE OF COMPLEX PROGRESSION 82

What is the Principle of Complex Progression? 83

Principle of Complex Progression: Ordering the Principles of Play by Importance..... 84

Example of How to Break Down a Principle of Play 85

Principle of Complex Progression: The Season, the Week and the Training Session..... 86

5. PRINCIPLE OF TACTICAL FATIGUE & CONCENTRATION 88

What is the Principle of Tactical Fatigue & Concentration? 89

Principle of Tactical Fatigue and Tactical Concentration (Relative Maximal Intensities) 90

Training Week: Balancing Concentration, Complexity, Intensity and Recovery 91

Tactical Fatigue & Concentration Levels Across a Training Week..... 92

Relative Maximal Intensity of Concentration 93

Factors to Manage the Complexity of Training Practices / Sessions..... 94

Physical Capacity, Intermittency, Complexity & Emotional Load/Recovery..... 95

6. PRINCIPLE OF PERFORMANCE STABILISATION	96
What is the Principle of Performance Stabilisation?	97
Horizontal Alternation in Specificity: The Importance of the Physical Dimension.....	98
Principle of Performance Stabilisation (Horizontal Alternation in Specificity)	99
Performance Stabilisation: Consistent Weekly Training	101
Full Season Performance, Not Just Peak Performances.....	102
CREATING A GAME CULTURE	103
Creating a Game Culture Through a Specific Training Model	104
CHAPTER 4: THE GAME MODEL	105
The Game Model: Introduction	106
The Four Phases of the Game	107
Combining the Four Phases and Dominating Games with "Total Football".....	108
Structural Organisation (System of Play)	109
Attacking Passing Lines with Different Systems of Play	110
Levels of Structural Organisation	111
Functional Organisation.....	115
Principles of Play and the Game Model	116
General and Specific Principles of Play	117
Compatibility Between the Principles of Play and the Phases of the Game.....	118
The Role of the Players in the Game Model.....	119
Club Structure and Objectives	120
Country / Club Football Culture.....	120
The Game Model Should Always be Evolving	121
Final Considerations	121
CHAPTER 5: TACTICAL ORGANISATION IN THE 4 PHASES OF THE GAME.....	122
ATTACKING PHASE	123
Attacking Phase.....	124
Principles for the Attacking Phase	126
José Mourinho Attacking Phase Example: Switching Play to the Weak Side.....	127
TRANSITION FROM ATTACK TO DEFENCE	129
Transition from Attack to Defence	130
Reorganising into Defensive Block Positions	131
1. Reorganising into a High Defensive Block.....	132
2. Reorganising into a Middle Defensive Block	133
3. Reorganising into a Deep Defensive Block	134
Principles for the Transition from Attack to Defence	135
José Mourinho Negative Transition Example: Pressing Immediately After Losing Possession	136
DEFENSIVE PHASE.....	137
Defensive Phase: Zone Defence	138
Main Tactical Defensive Principles	139
Directing the Opposition Where We Want Them to Go (Inside or Outside).....	140

Collective Pressing	142
Sub-Principles for Collective Pressing	143
1. Compactness	143
2. Collective Shifting to the Ball Position	144
3. Active and Non-Active Defensive Areas	146
4. Defensive Cover	147
Principles for the Defensive Phase	148
José Mourinho Defensive Phase Example: Collective Pressing & Directing Opponent	149
TRANSITION FROM DEFENCE TO ATTACK	151
Transition from Defence to Attack	152
Transition from Defence to Attack From the Low Zone (Deep Defensive Block)	153
Transition from Defence to Attack From the Middle Zone (Middle Defensive Block)	154
Transition from Defence to Attack From the High Zone (High Defensive Block)	155
Principles for the Transition From Defence to Attack	156
José Mourinho Positive Transition Phase Example: Fast Break Attack	157
CHAPTER 6: ANALYSING THE PREVIOUS MATCH PERFORMANCE AND NEXT OPPONENT	158
Analysing the Previous Match Performance and the Next Opponent	159
ANALYSING THE PREVIOUS MATCH PERFORMANCE	160
Analysing the Previous Match Performance: Attacking Phase Example	161
Analysing the Previous Match Performance: Transition from Attack to Defence Example	162
Analysing the Previous Match Performance: Defensive Phase Example	163
Analysing the Previous Match Performance: Transition from Defence to Attack Example	164
ANALYSING THE NEXT OPPONENT	165
Analysing the Next Opponent: Attacking Phase Example	166
Analysing the Next Opponent: Transition from Attack to Defence Example	167
Analysing the Next Opponent: Defensive Phase Example	168
Analysing the Next Opponent: Transition from Defence to Attack Example	169
CHAPTER 7: WEEKLY TRAINING OBJECTIVES	170
Weekly Training Objectives: Attacking Phase Example	171
Weekly Training Objectives: Transition from Attack to Defence Example	172
Weekly Training Objectives: Defensive Phase Example	173
Weekly Training Objectives: Transition from Defence to Attack Example	174
Relationship Between the Game Model and the Weekly Training Objectives	175
CHAPTER 8: STANDARD WEEKLY TRAINING PATTERN	176
Standard Weekly Training Pattern (1 Match)	177
Sunday: Match Day	178
Monday: Passive Recovery / Day Off	179
Tuesday: Active Recovery (Strategic Training)	180
Wednesday: Medium Learning of Game Model ("Technical Strength")	182
Thursday: Higher / Main Learning of Game Model (Endurance)	183

Friday: Lower Learning of Game Model (Speed Of Play)..... 184
 Saturday: Pre-Game Activation (Strategic Training) 185
 José Mourinho's Standard Training Week..... 186

CHAPTER 9: TRAINING SESSIONS (1 MATCH WEEK)..... 188

Tactical Objectives Example (1 Match Week) 189
 Diagram Key 190
 Practice Format 190

TUESDAY: ACTIVE RECOVERY (STRATEGIC TRAINING)191

Practice 1 (Sectorial): 11 v 4 Build Up Play from the Back with Passing and Movement Patterns..... 192
 Practice 2 (Intersectorial): 11 v 8 Build Up Play from the Back with Passing and Movement Patterns 193
 Practice 3 (Intersectorial): Build Up Play, Positional Play and Defensive Compactness in a 3 Zone Game 194

WEDNESDAY: MEDIUM LEARNING OF GAME MODEL ("TECHNICAL STRENGTH")195

Practice 1 (Sectorial): 11 v 4 Build Up Play from the Back with Passing and Movement Patterns..... 196
 Practice 2 (Sectorial): Pressing as a Collective Unit + Fast Break Attack in a 3 Team Transition Game 198
 Practice 3 (Intersectorial): Winning the Ball and Playing Wide to the Wingers for a 4 v 2 Fast Break Attack..... 199

THURSDAY: HIGHER / MAIN LEARNING OF GAME MODEL (ENDURANCE)200

Practice 1: Ball Circulation and Switching Play in a 3 v 3 (+ 3) Possession Game 201
 Practice 2 (Collective): Ball Circulation and Switching Play in a Possession Game with 2 Parallel Groups..... 202
 Practice 3 (Collective): Building Up Play from the Back and Creating Overloads Against a Compact 4-4 Formation ... 203
 Practice 4 (Collective): Building Up Play from the Back and Creating Overloads Against a 3-4-1 Formation..... 204

FRIDAY: LOWER LEARNING OF GAME MODEL (SPEED OF PLAY).....205

Practice 1 (Sectorial): Dropping Back and Stopping the Opposition Playing in Behind in a 3 (+GK) v 5 Practice..... 206
 Practice 2 (Sectorial): Dropping Back and Stopping the Opposition Playing in Behind in a 5 (+GK) v 5 Practice..... 207
 Practice 3 (Intersectorial): Dropping Off, Compactness & Counter Attack with Switch of Play in a Positional Game ... 208

SATURDAY: PRE-GAME ACTIVATION (STRATEGIC TRAINING)209

Practice 1 (Collective): 8 v 6 Possession Game + Fast 3 v 2 Break Away in a Dynamic Transition Practice..... 210
 Practice 2 (Collective): Creating 2 v 1 Overloads Out Wide in a Positional 8 v 8 (+ 3) Zonal Game 211
 Practice 3 (Collective): Defending Set Plays and Counter Attacking in a Dynamic 2 Zone Practice..... 212

CHAPTER 10: TRAINING SESSIONS (2 MATCH WEEK) 213

Example Analysis of the Next 2 Opponents and How to Improve from Our Last Match..... 214
 Standard Weekly Training Pattern (2 Matches)..... 216
 Tactical Objectives Example (2 Match Week) 217

MONDAY: ACTIVE RECOVERY (STRATEGIC TRAINING)218

Practice 1 (Sectorial): Defensive Organisation Against the 3-5-2 in a Dynamic 4 Zone Game..... 219
 Practice 2 (Sectorial): Centre Backs Shifting Across to Provide Cover in a Dynamic 4 Zone Game 220
 Practice 3 (Intersectorial): Directing the Opponent's Play to Force Mistakes in a Positional Game..... 221

TUESDAY: PRE-GAME ACTIVATION (STRATEGIC TRAINING).....222

Practice 1 (Collective): Build Up Play and Fast Transition to Defend in a Dynamic Positional Practice 223

Practice 2 (Collective): Build Up Play / "Creating Overloads" vs 3-5-2 and Fast Transition to Defend 224

Practice 3 (Collective): Defending Crosses and Winning Second Balls in a 7 v 7 (+4) Transition Game 225

THURSDAY: ACTIVE RECOVERY (STRATEGIC TRAINING)226

Practice 1 (Sectorial): Switching Play to the Weak Side in a Dynamic Zonal Game 227

Practice 2 (Intersectorial): Build Up Play vs 4-2 (from 4-4-2) and Fast Transition to Defend in a Dynamic Practice 228

Practice 3 (Intersectorial): Build Up Play and Creating Overloads in a Dynamic 9 v 9 Zonal Game 229

FRIDAY: LOWER LEARNING OF GAME MODEL (SPEED OF PLAY)230

Practice 1 (Sectorial): Defending Direct Play into 2 Forwards and Winning the Second Ball in a Dynamic Practice 231

Practice 2 (Sectorial): Defending Direct Play into 2 Forwards and Winning the Second Ball in a 7 v 7 Practice 232

Practice 3 (Intersectorial): Attacking & Defensive Transitions in a 5 (+4) v 5 (+4) Small Sided Game 233

SATURDAY: PRE-GAME ACTIVATION (STRATEGIC TRAINING)234

Practice 1 (Collective): Attacking with "Third Man Runs" in a Zonal 11 v 7 Positional Practice 235

Practice 2 (Collective): Team Pressing Against the 4-4-2 in a Dynamic 10 v 9 Game..... 236

Practice 3 (Collective): Team Pressing Against the 4-4-2 in a Dynamic 10 v 11 Game 237

Bibliography 241