## 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
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