

SÆTTE DET RIGTIGE HOLD

av Åge

ARBEJDSMILJØKONFERENCE

22.11.18



Åge Hareide (64)

Utdannet revisor og Pro Fotballtrener

Karriere spiller

Hødd
Molde FK
Manchester City
Norwich City

Karriere trener

Molde FK
Helsingborgs IF
Brøndby IF
Rosenborg BK
Norge A-landslag herre
Örgryte
Viking
Malmö FF
Danmark A-landslag herre

Meritter

Cupmester 1994 (MFK), 1998 (HIF), 2003 (RBK)
Seriemester 1999 (HIF), 2002 (BIF), 2003 (RBK)
Europa League 14/15 (HIF)
Champions League 2014 og 2015 (MFF)
VM 2018 (Danmark)

FILOSOFI FOR LEDELSE

Bygger team gjennom individ og forbedring av individ/presentasjonsplan





ENERGI & MOTIVASJON

Prestasjonsplan

1. Teknikk
2. Taktikk
3. Fysisk kapasitet
4. Mental kapasitet



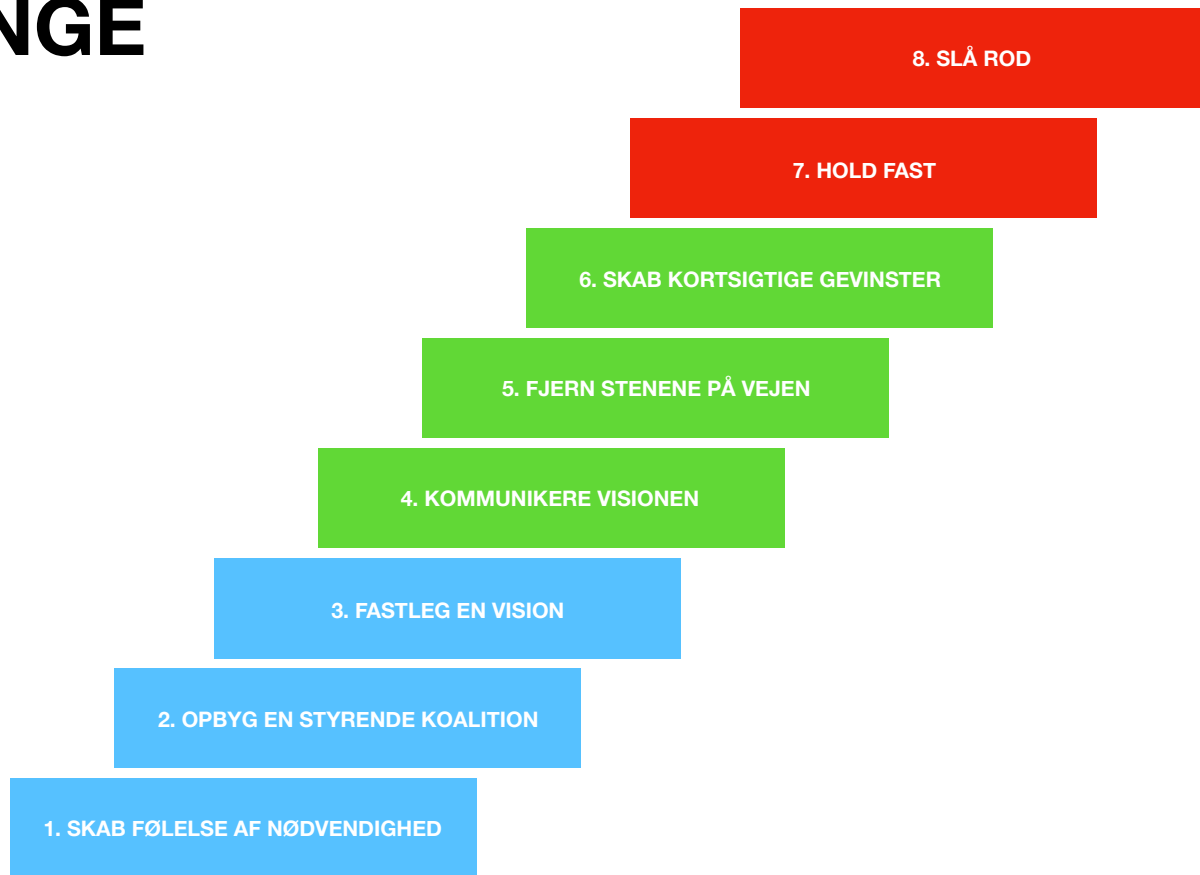
SPILLESTIL FØR - ETTER

FORANDRINGSLEDELSE



LEADING CHANGE

BOK AV JOHN KOTTER





KULTUR



- Relasjoner mellom mennesker
- Systematikk
- Sammensetning
- Ferdigheter / utfordringer
- Tillitsforhold
- Spilleregler
- Mål
- Resultat



Innenfor en gruppe som har felles interesse og mål, kan lagånd skapes.



LAGÅND

- Kunnskap / entusiasme
- Vilje / motivasjon
- Ambisjon
- Organisasjon / regler
- Målbevissthet
- Omtanke
- Realistiske mål
- Konstruktiv kritikk / ros
- Trygghet



1.

Verdier og målsetting

2. Maslow behovshierarki

Fysiske behov
Sikkerhetsbehov

Sosiale behov
Behov for status

Behov for selvrealisering

A.

Menneske søker mening og personlig tilfredsstillelse

B. Menneske får ansvar og tillit, vil de bidra positivt og vise ansvar

C. Menneskets viktigste kilde til energi og motivasjon er muligheten for vekst og utvikling

PRESTASJONSORIENTERING

- Menneskelig ressursutvikling
- Motivasjon



ENERGI & MOTIVASJON

- Prestasjonsplan
 1. Teknikk
 2. Taktikk
 3. Fysisk kapasitet
 4. Mental kapasitet



PRESTASJONSORIENTERING

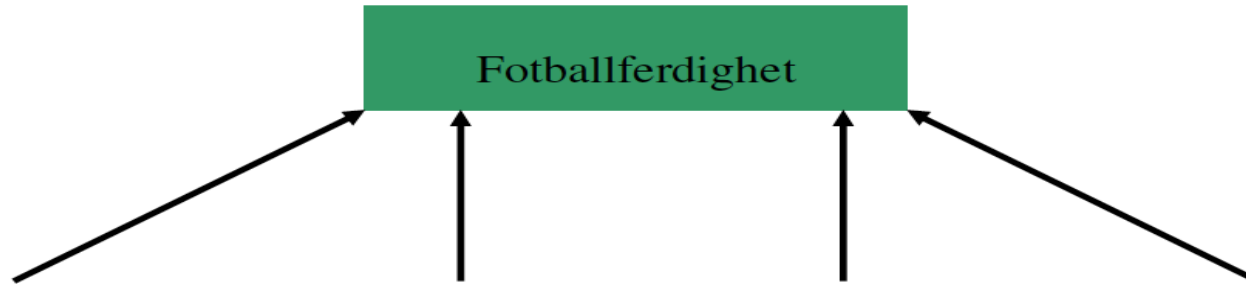
Å VITE = KUNNSKAP

Å KUNNE GJØRE = FERDIGHET

Å VILLE GJØRE = INNSTILLING



Individ



Teknisk repertoar

- Pasning
- Medtak
- Dribling
- Skudd
- Heading
- Takling
- OSV.

Fysiologiske ressurser

- Utholdenhet
- Styrke
- Spenst
- Hurtighet
- Bevegelighet
- osv.

Psykologiske ressurser

- Glede
- Motivasjon
- Konsentrasjon
- Viljestyrke
- Spenningsnivå
- Selvtillit
- OSV.

Sosiale ressurser

- Lojalitet
- Tilhørighet
- Sosial kjemi
- Trivsel
- Trygghet
- Samarbeid
- OSV.

Lagets opgave

Angrep

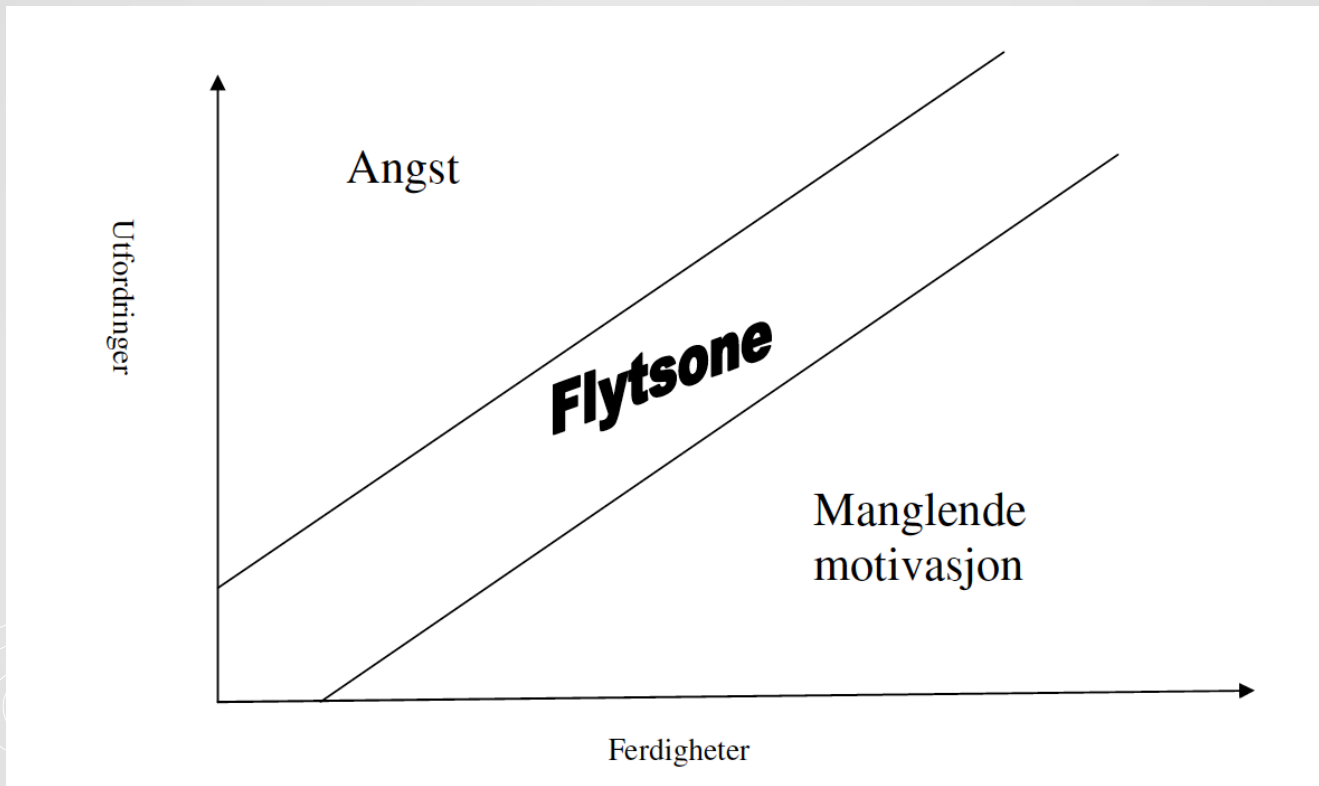
Forsvar

Omgivelser

Individ



Lagets kollektive retningslinjer
og slagplan under kamp



Riktig samsvar mellom utfordringer og ferdigheter = flytsone

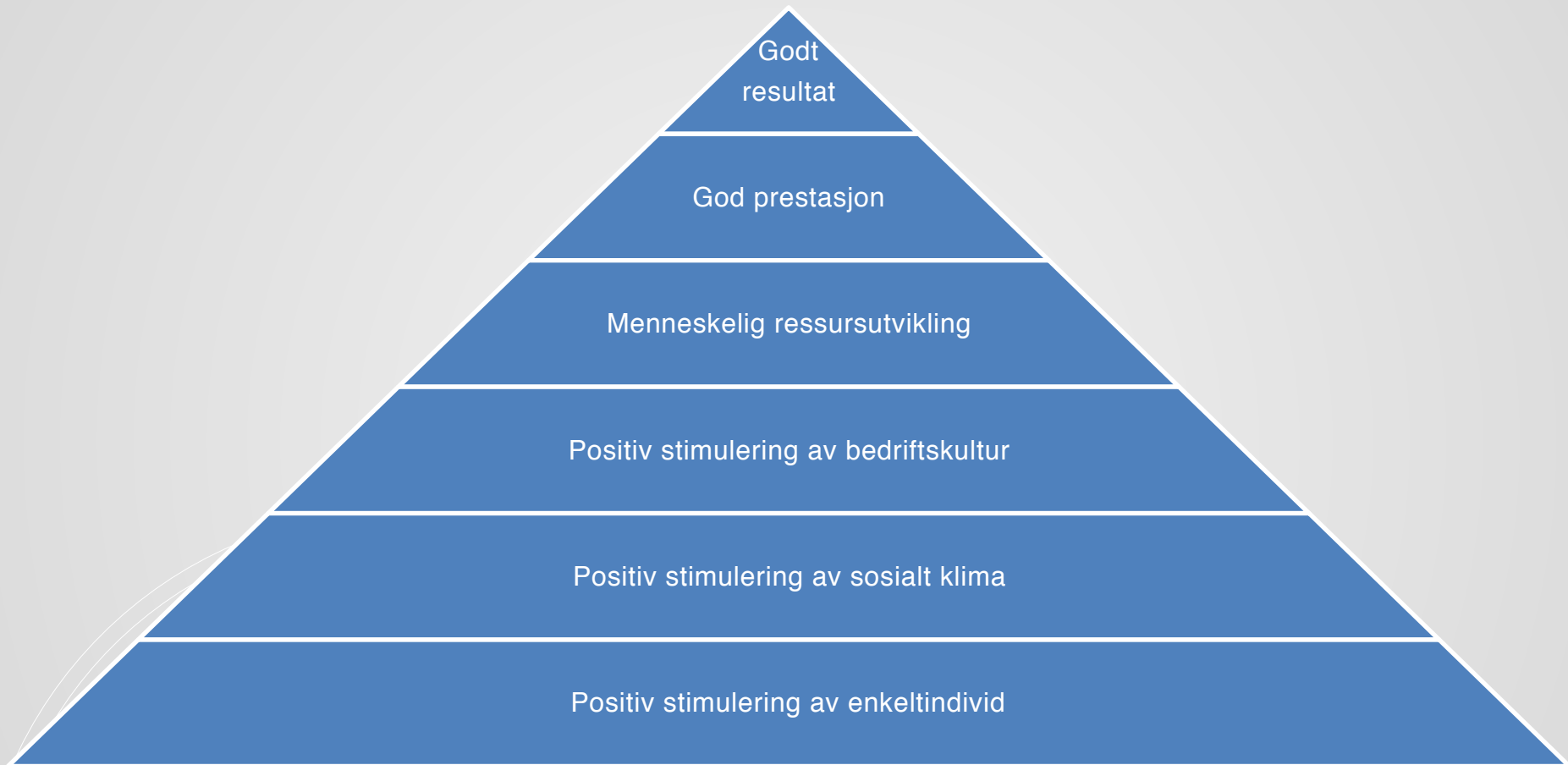
Manglende tillit

Konfliktsky

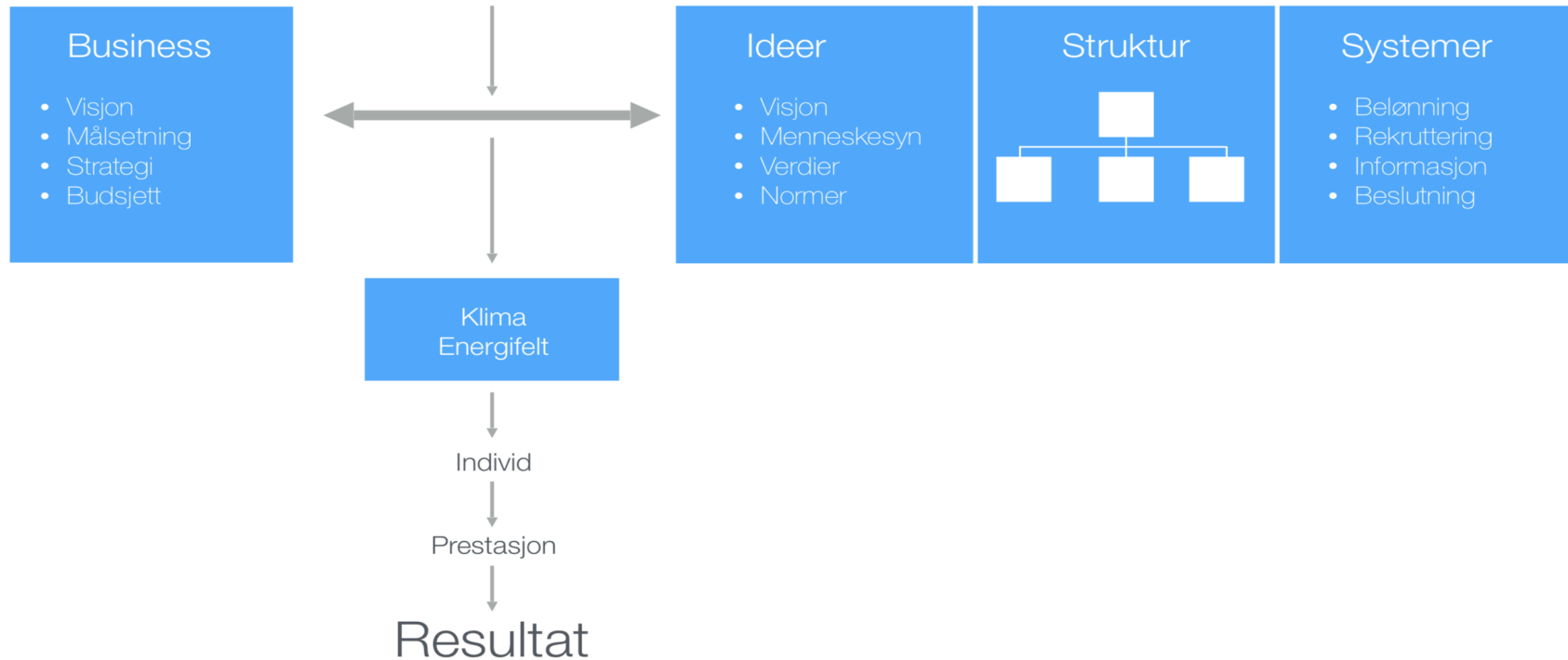
Manglende vilje

Uforutsigbar

Likgyldig



Ledelse





FYSISK FORBEREDELSE OG PERIODISERING

ON FIELD TEAM CONDITIONING: PHILOSOPHY

"TO DEVELOP A TEAM OF PLAYERS WHO ARE CAPABLE OF PRODUCING AND REPEATING HIGH INTENSITY FOOTBALL ACTIONS FOR 95 MINUTES WITH A REDUCED RISK OF INJURY OCCURANCE"

COMBINE TECHNICAL, TACTICAL AND PHYSICAL PRACTICES WITHIN ONE SINGLE DRILL AND TRAINING SESSION

- **CONDITIONING COACH AND TECHNICAL STAFF MUST WORK CLOSELY**
- **CONDITIONING SESSIONS SHOULD NOT EXIST**
- **MAXIMISE THE COACHES CONTACT TIME WITH THE PLAYERS**
- **CONTINUE TO OVERLOAD TRAINING SESSIONS DURING SEASON**
- **(FNS) KEEP FITNESS LEVELS AS HIGH AS TEAM WHO PLAY.**
- **ONLY 1 HARD ON FIELD SESSION PER DAY**
 - 2ND PITCH SESSION SHOULD BE TECHNICAL OR TACTICAL BASED AT A LOWER INTENSITY AND VOLUME

WEEKLY TRAINING TEMPLATE

2 DAYS OF RECOVERY!!!!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MD + 2	MD + 3 MD - 4	MD - 3	MD - 2	MD - 1	MATCH DAY	MD + 1
Recovery on field	Technical tactical	On field conditioning	Very light training	Match Preparation		Recovery
	Gym					

Peak in week – the 2 factor training model and super compensation effect.
“The fitness effect of training is approximately 3 times longer than the fatigue effect”.

Produce football actions and produce them repeatedly

- FOOTBALL ACTIONS
 - CHARACTERIZED BY ACCELERATION, DECELERATION, RUNNING AT HIGH VELOCITY'S, JUMPING, CHANGE OF DIRECTION.
- PRODUCING THEM REPEATEDLY – WHAT DOES THIS MEAN
 - WE NEED TO KNOW THE MATCH DEMANDS BEFORE WE KNOW HOW TO CONDITION THEM. 'TIME-MOTION ANALYSIS' – CAMERA BASED OR GPS BASED
 - OFTEN DEPENDANT ON PLAYING STYLE AND WHAT THE COACH WANTS TACTICALLY.

MATCH PLAY ANALYSIS

Match Play Analysis. Is it important?



Centre Backs	Max Speed	Mpm	Zone 6	Sprints	Avg Sprint Distance	Acc	Dec	High Intensity Per Minute	Work Rate
	8.18	102	70	29	15	42	57	16	9.41
	8.88	104	113	35	14	26	35	15	9.19
	8.93	107	113	38	12	55	69	20	10.13
	8.53	101	103	34	13	37	52	17	9.35
AVERAGE		104	100	34	14	40	53	17	9.52

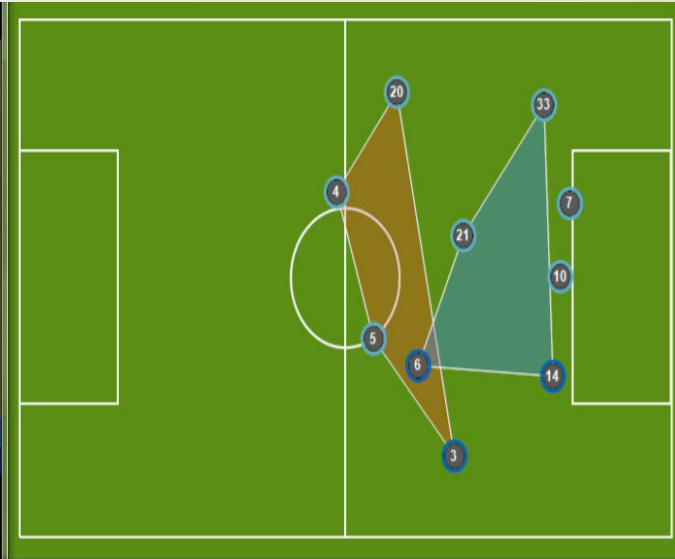
Centre Midfielders	Max Speed	Mpm	Zone 6	Sprints	Avg Sprint Distance	Acc	Dec	High Intensity Per Minute	Work Rate
	8.83	118	113	43	15	29	38	19	10.50
	8.3	125	102	54	14	62	78	29	11.66
	8.93	128	179	60	15	70	100	31	12.10
	9.06	129	113	49	13	48	89	25	11.80
	8.61	120	125	38	12	35	54	22	10.92
AVERAGE		124	107	49	14	49	72	25	11.39

Full Backs	Max Speed	Mpm	Zone 6	Sprints	Avg Sprint Distance	Acc	Dec	High Intensity Per Minute	Work Rate
	9.24	114	289	47	18	49	65	22	10.48
	8.68	112	206	59	16	43	66	24	10.41
	8.74	110	140	53	15	56	72	22	10.28
	8.56	99	170	36	16	40	53	18	9.24
	8.87	108	139	47	15	49	53	20	9.95
AVERAGE		109	189	48	16	47	62	21	10.07

Wingers	Max Speed	Mpm	Zone 6	Sprints	Avg Sprint Distance	Acc	Dec	High Intensity Per Minute	Work Rate
	8.78	117	217	55	16	43	57	22	10.67
	8.77	106	144	46	15	32	51	19	9.71
	9.38	117	166	62	14	49	71	24	10.81
AVERAGE		113	176	55	15	41	60	22	10.40

Strikers	Max Speed	Mpm	Zone 6	Sprints	Avg Sprint Distance	Acc	Dec	High Intensity Per Minute	Work Rate
	9.38	101	233	49	15	46	60	18	9.40
	9.39	111	184	60	14	52	78	22	10.37
	9.26	104	151	55	12	56	84	21	9.87
	8.59	105	42	32	11	35	57	17	9.50
AVERAGE		105	152	49	13	47	70	19	9.78

MATCH PLAY ANALYSIS



	HSR per Min	AMP	HML Per Min	Acc	Explosive Distance	Decelerations	HML Efforts	MPM
3min	23	14.08	46	1	25	2	4	144
8min	15	12.29	33	1	18	1	3	129
15min	12	11.77	29	1	16	1	3	124

HOW TO TRAIN FOR THESE DEMANDS

How to train this

	INCREASE NUMBER OF FOOTBALL ACTIONS AND QUICKER RECOVERY	MAINTAIN THE NUMBER OF FOOTBALL ACTIONS	MORE EXPLOSIVE FOOTBALL ACTIONS
Type of Training	INTENSIVE ENDURANCE 4v4/3v3 SSG & POSSESSION GAMES	EXTENSIVE ENDURANCE 5v5-7v7 & 8v8-10v10 SSG & POSSESSION GAMES	MAX SPEED RUNNING
Why?	Improve the ability to produce high intensity, football actions repeatedly & recover quickly	Improve the ability to sustain a high work output & maintain quick recovery	Improve the ability to accelerate and decelerate rapidly and change direction. Injury prevention
Training Intensity	HIGH High Number of Football Actions In short space of time with short recovery	MODERATE - HIGH Moderate, longer football actions with more recovery	Explosive with full recovery Max running speeds and high speed accelerations & decelerations
Training Duration	1-3 mins	4-8 mins (5v5-7v7) 10-15 mins (8v8-11v11)	5-60 metre
Repetitions	6-14	3-6 (5v5-7v7) 2-5 (8v8-11v11)	6-10
Rest between Reps	3-1 mins (Decreasing rest time to overload recovery)	2 mins (5v5-7v7) 2 mins (8v8-11v11)	Rep Every 60-30 seconds
Rest between Sets	-	-	4-2 mins
Training Effects	Lactate production Muscle damage Long recovery Min 48 Hours	Little muscle damage Short recovery Min 24 Hours	Explosive Medium recovery Some Muscle damage (Deceleration) Min 48 Hours

How to train this

Malmö FF 1st Team Drill Book - Small Sided Games



Date	Drill Name	Duration	HSR	HSR Per Min	Avg Met Power	HML Distance	HML Distance per min	Accelerations Acc per min	Decelerations Dec Per min	Distance	M Per Min	EMD	Ratio
02/11/2014	1v1	8	62.8	7.8	7.48	169	21.1	8	0.9	6	0.8	586	73 774 1.32
	2v3	7	83.1	11.3	8.65	176	23.9	7	1.0	7	0.9	638	86 827 1.30
	2v2	7	48.1	6.6	9.04	168	23.1	7	1.1	8	1.1	693	90 850 1.31
08/04/2013	2v2 23x18	0.75	2	2.7	15.7	32	42.9	1	1.3	2	2.7	98	74 149 1.52
04/03/2013	3v3 24x14	1.07	1.7	1.6	13.8	48	44.9	6	9.6	4	3.7	137	128 196 1.43
09/04/2013	4v4 xxx 23x28 xxx most intermittent with big HR	2.6	1.8	0.7	10.9	55	21.1	3	1.2	3	1.2	278	107 375 1.35
11/02/2013	xxx 4v4 31x38 xxx best for mpm	3	3.5	1.2	11.6	79	26.2	3	1.0	6	2.0	416	139 547 1.31
19/08/2013	5v5 44x39	4	7.1	1.8	11.5	89	22.3	1	0.3	3	0.8	468	117 589 1.26
07/08/2013	5v5 33x40	5	14.4	2.9	11.3	121	24.2	2	0.4	5	1.0	601	120 768 1.28
07/08/2013	5v5 49x35	5	29.8	6.0	13.1	159	31.7	3	0.6	7	1.4	645	129 845 1.31
02/01/2014	5v5 50x44 Malmö	6											
22/09/2013	5v5 50x39	7	44	6.3	13	223	31.9	4	0.6	7	1.0	947	135 1188 1.25
08/04/2013	5v5 56x39 All Players Over HWL	7.75	46.4	6.0	12.3	215	27.8	5	0.6	9	1.2	998	124 1234 1.29
20/08/2013	6v6 44x34	3	10.7	3.6	12.2	73	24.5	2	0.7	2	0.7	356	119 449 1.26
12/02/2013	6v6 36x44	2.1	4.6	2.2	9.9	41	19.6	1	0.5	1	0.5	217	103 276 1.27
27/02/2013	6v6 39x44	5.42	5.1	0.9	10.2	98	18.1	2	0.4	4	0.7	616	114 752 1.22
04/02/2013	6v6 51x44 - All must get over half way line.	5	19.8	3.2	12.5	152	30.3	4	0.8	9	1.8	647	129 890 1.31
18/03/2013	7v7 57x60	23	123	5.3	9.9	477	20.7	10	0.4	20	0.9	2413	105 2995 1.24
29/03/2013	6v6 6 on outside 39x39	3	16.7	5.6	13.2	86	28.7	2	0.7	3	1.0	375	125 483 1.29
02/04/2013	6v6 roll on roll off 36x44	1.75	7.7	4.4	11.4	43	24.7	1	0.6	2	1.1	195	111 259 1.33
12/02/2013	6v6 6 on outside 56x46	3.5	22.4	6.4	11.8	108	30.9	2	0.6	3	0.9	464	133 590 1.27
28/07/2013	6v7 36x44	7	2.1	0.9	8.2	67	9.6	2	0.3	2	0.3	638	91 774 1.21
26/02/2013	7v7 58x39	3.15	11.1	3.5	12.6	93	29.6	3	1.0	5	1.6	404	128 528 1.31
25/08/2013	7v7 54x51	9	36	4.0	11.5	205	22.8	5	0.6	8	0.9	1054	117 1328 1.26
02/08/2013	7v7 7 on outside 52x39	4	10.5	2.6	10.7	75	18.8	1	0.3	1	0.3	467	117 568 1.22
26/08/2013	7v8 78x48	10	50	5.0	11.7	241	24.1	3	0.3	8	0.8	1294	129 1588 1.23
05/03/2013	xxx 8v8 78x64 xxx best for acc and dec	10	60.1	6.0	12.6	282	28.2	11	1.1	19	1.9	1321	132 1633 1.24
01/02/2013	8v8 38x39	9	14.1	1.6	9.05	134	14.9	3	0.3	4	0.4	829	100 1089 1.21
01/04/2013	8v8 78x72	45	274.5	6.1	11.8	1122	24.9	26	0.6	41	0.9	5649	126 6891 1.22
10/04/2013	8v8 86x54	11.35	91.1	8.0	12	311	27.4	4	0.4	9	0.8	1437	127 1765 1.23
09/04/2013	9v8 66x37	7.3	80.8	11.1	11.6	171	23.5	3	0.4	6	0.8	993	122 1109 1.24
03/04/2013	9v9 114x72 must get over half way	15	111.3	7.4	10.9	332	22.1	9	0.6	14	0.9	1691	113 2107 1.25
13/02/2013	9v9 78x72	21	77.1	3.7	12.1	557	26.5	4	0.2	8	0.4	1414	67 1730 1.22
05/11/2013	9v9 Half pitch, side line to side line	12.5	83	6.6	12.3	344	27.5	5	0.4	11	0.9	1612	129 1994 1.24
09/08/2013	9v10 58x72	9	42.4	4.7	11.6	207	23.0	4	0.4	6	0.7	1095	122 1348 1.23
24/01/2013	9v10 78 x 36 inc set 2	7	41.3	5.9	11.2	177	25.3	4	0.6	7	1.0	819	117 1005 1.23
24/01/2013	9v10 78 x 36 inc wide	7	24.2	3.5	11.2	149	21.3	3	0.4	6	0.9	817	117 1091 1.26
24/01/2013	9v10 78 x 66	6	43.9	7.3	12	156	26.0	3	0.5	6	0.8	702	117 872 1.24
23/01/2013	10v10 72x37	9	183	20.3	9.9	181	20.1	6	0.7	8	0.9	962	107 1204 1.25
22/07/2013	10v10 71x72	17	106	6.2	12.2	417	24.5	5	0.3	10	0.6	2240	132 2670 1.19
15/08/2013	10v10 Box to Box Full Width	8	30.2	3.9	11.9	173	21.6	2	0.3	4	0.5	920	123 1177 1.20
22/10/2013	10v10 71x60	10	71.4	7.1	12.5	273	27.3	4	0.4	7	0.7	1285	129 1563 1.22
18/08/2013	10v10 Full Pitch	9	90	10.0	11.8	264	29.3	4	0.4	6	0.7	1115	124 1359 1.22



How to train this

Drill Name	HSR Per Min	Av Met Power	HML Distance per min	Acc per min	Dec Per min	M Per Min	Ratio
6v6 6 on outside 39x50	6	13.2	29	0.7	1.0	125	1.29
6v6 51x44 - All must get over half way line	3	12.5	30	0.8	1.8	129	1.31
6v6 44x36	4	12.2	24	0.7	0.7	119	1.26
6v6 6 on outside 56x46	6	11.8	31	0.6	0.9	133	1.27
6v6 55x40	3	11.5	24	0.7	1.1	118	1.26
6v6 roll on roll off 36x44	4	11.4	25	0.6	1.1	111	1.33
6v6 45x40	2	10.8	20	1.0	1.3	109	1.28
6v6 39x44	1	10.2	18	0.4	0.7	114	1.22
6v6 36x44	2	9.9	20	0.5	0.5	103	1.27

Player Body Language and Actions

- Get away from the science sometimes
- Something all staff are aware of
- Know your players



Body
Language

Training Load Management

- Using video or GPS based monitoring system
- We can monitor
 - Speed
 - Distance
 - Accelerations
 - Decelerations
 - Heart Rate Variability
 - Sprints
 - Dynamic Stress Load
 - High Speed Running
 - High Metabolic Load Distance
 - Average Metabolic Power
 - Step Balance



Training Load

UEFA Champions League

GROUP A

Atlético Madrid
Juventus
Malmö FF
Olympiacos FC

GROUP B

FC Basel 1893
Liverpool FC
PFC Ludogorets
Real Madrid CF

GROUP C

AS Monaco FC
Bayer Leverkusen
FC Zenit FC
SL Benfica

GROUP D

Arsenal FC
Borussia Dortmund
Galatasaray
Anderlecht

With STATSports teams competing in every group bar one, we have a pretty good idea of how teams can keep players at their physical best as a result of precise training load management through player and squad analysis within the Viper system.

The Best Use Viper

GROUP E

AS Roma
Bayern München
Manchester City
CSKA Moskva

GROUP F

AFC Ajax
APOEL FC
FC Barcelona
Paris Saint-Germain

GROUP G

Chelsea FC
FC Schalke 04
NK Maribor
Sporting Lisbon

GROUP H

Athletic Bilbao
BATE Borisov
FC Porto
Shakhtar Donetsk

Our UCL CLIENTS



STATSports™

PERIODIZATION

Periodization

Phase	Pre-Season			Transition Period			In-Season												Off-Season		
	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun			
Month	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun			
Monday	27/01/2014	3/2	10/2	17/2	24/2	3/3	10/3	17/3													
Tuesday	28/1	4/2	11/2	18/2	25/2	4/3	11/3	18/3													
Wednesday	29/1	5/2	12/2	19/2	26/2	5/3	12/3	19/3													
Thursday	30/1	6/2	13/2	20/2	27/2	6/3	13/3	20/3													
Friday	31/1	7/2	14/2	21/2	28/2	7/3	14/3	21/3													
Saturday	1/2	8/2	15/2	22/2	29/2	8/3	15/3	22/3													
Sunday	2/2	9/2	16/2	23/2	30/2	9/3	16/3	23/3													
Week	#NUM!	#NUM!	#NUM!	#NUM!	#NUM!	#NUM!	#NUM!	#NUM!	#NUM!	#NUM!	#NUM!	#NUM!	#NUM!	#NUM!	#NUM!	#NUM!	#NUM!	#NUM!			
	1	2	3	4	5	6	7	8													

- Plan the season in levels
- Understand the goal you are trying to achieve before you plan the training session



Periodization

In-Season										Transition Period			
Early Season										Active Recovery	Active Recovery	Pre-Comp	Pre-Comp
Mar	Mar	Apr	Apr	Apr	Apr	Maj	Maj	Maj	Maj	Jun	Jun	Jun	Jun
24/3	31/3	7/4	14/4	21/4	28/4	5/5	12/5	19/5	26/5	2/6	9/6	16/6	23/6
25/3	1/4	8/4	15/4	22/4	29/4	6/5	13/5	20/5	27/5	3/6	10/6	17/6	24/6
26/3	2/4	9/4	16/4	23/4	30/4	7/5	14/5	21/5	28/5	4/6	11/6	18/6	25/6
27/3	3/4	10/4	17/4	24/4	1/5	8/5	15/5	22/5	29/5	5/6	12/6	19/6	26/6
28/3	4/4	11/4	18/4	25/4	2/5	9/5	16/5	23/5	30/5	6/6	13/6	20/6	27/6
29/3	5/4	12/4	19/4	26/4	3/5	10/5	17/5	24/5	31/5	7/6	14/6	21/6	28/6
30/3	6/4	13/4	20/4	27/4	4/5	11/5	18/5	25/5	1/6	8/6	15/6	22/6	29/6
#NUM!	#NUM!	#NUM!	#NUM!	#NUM!	#NUM!	#NUM!	#NUM!	#NUM!	#NUM!	#NUM!	#NUM!	#NUM!	#NUM!
9	10	11	12	13	14	15	16	17	18	19	20	21	22

In-Season																								
Pre-Comp	Pre-Comp	Qualifications								Mid Season						Late Season								
Jun	Jul	Jul	Jul	Jul	Avg	Avg	Avg	Avg	Sep	Sep	Sep	Sep	Sep	Okt	Okt	Okt	Okt	Nov	Nov	Nov	Nov	Dec	Dec	
30/6	7/7	14/7	21/7	28/7	4/8	11/8	18/8	25/8	1/9	8/9	15/9	22/9	29/9	6/10	13/10	20/10	27/10	3/11	10/11	17/11	24/11	1/12	8/12	
1/7	8/7	15/7	22/7	29/7	5/8	12/8	19/8	26/8	2/9	9/9	16/9	23/9	30/9	7/10	14/10	21/10	28/10	4/11	11/11	18/11	25/11	2/12	9/12	
2/7	9/7	16/7	23/7	30/7	6/8	13/8	20/8	27/8	3/9	10/9	17/9	24/9	1/10	8/10	15/10	22/10	29/10	5/11	12/11	19/11	26/11	3/12	10/12	
3/7	10/7	17/7	24/7	31/7	7/8	14/8	21/8	28/8	4/9	11/9	18/9	25/9	2/10	9/10	16/10	23/10	30/10	6/11	13/11	20/11	27/11	4/12	11/12	
4/7	11/7	18/7	25/7	1/8	8/8	15/8	22/8	29/8	5/9	12/9	19/9	26/9	3/10	10/10	17/10	24/10	31/10	7/11	14/11	21/11	28/11	5/12	12/12	
5/7	12/7	19/7	26/7	2/8	9/8	16/8	23/8	30/8	6/9	13/9	20/9	27/9	4/10	11/10	18/10	25/10	1/11	8/11	15/11	22/11	29/11	6/12	13/12	
6/7	13/7	20/7	27/7	3/8	10/8	17/8	24/8	31/8	7/9	14/9	21/9	28/9	5/10	12/10	19/10	26/10	2/11	9/11	16/11	23/11	30/11	7/12	14/12	
#NUM!	#NUM!	#NUM!	#NUM!	#NUM!	#NUM!	#NUM!	#NUM!	#NUM!	#NUM!	#NUM!	#NUM!	#NUM!	#NUM!	#NUM!	#NUM!	#NUM!	#NUM!	#NUM!	#NUM!	#NUM!	#NUM!	#NUM!	#NUM!	#NUM!
23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	



Periodization

	Week 1	Week 2	Week 3	Week 4
Explosiveness & Speed Training		Velocity Prep	Max Speed Training <i>2 x 15m & 2x30m</i> <i>EMOM</i>	
Many actions with short recovery INTENSIVE ENDURANCE				Intensive Endurance (3v3-4v4) SSG & Possession Drills <i>6x90s</i> <i>90s recovery</i>
Maintaining longer actions with longer recovery EXTENSIVE ENDURANCE	Aerobic Football Circuits & Footwork Patterns. (8v8-10v10) Possession Drills <i>3x10m</i> <i>2m recovery</i>	Extensive Endurance (8v8-10v10) SSG & Possession Drills <i>3x10m</i> <i>2m recovery</i>	Moderate Endurance (5v5-7v7) SSG & Possession Drills <i>4x4m</i> <i>2m recovery</i>	

Planning the training intensity

Period	Pre-Season				Transition Period								In-Season							
Phase	SPP				Early Season															
Month	Jan	Feb	Feb	Feb	Feb	Mar	Mar	Mar	Mar	Mar	Apr	Apr	Apr	Apr	Maj	Maj	Maj	Maj		
Monday	27/01/2014	3/2	10/2	17/2	24/2	3/3	10/3	17/3	24/3	31/3	7/4	14/4	21/4	28/4	5/5	12/5	19/5	26/5		
Tuesday	28/1	4/2	11/2	18/2	25/2	4/3	11/3	18/3	25/3	1/4	8/4	15/4	22/4	29/4	6/5	13/5	20/5	27/5		
Wednesday	29/1	5/2	12/2	19/2	26/2	5/3	12/3	19/3	26/3	2/4	9/4	16/4	23/4	30/4	7/5	14/5	21/5	28/5		
Thursday	30/1	6/2	13/2	20/2	27/2	6/3	13/3	20/3	27/3	3/4	10/4	17/4	24/4	1/5	8/5	15/5	22/5	29/5		
Friday	31/1	7/2	14/2	21/2	28/2	7/3	14/3	21/3	28/3	4/4	11/4	18/4	25/4	2/5	9/5	16/5	23/5	30/5		
Saturday	1/2	8/2	15/2	22/2	1/3	8/3	15/3	22/3	29/3	5/4	12/4	19/4	26/4	3/5	10/5	17/5	24/5	31/5		
Sunday	2/2	9/2	16/2	23/2	2/3	9/3	16/3	23/3	30/3	6/4	13/4	20/4	27/4	4/5	11/5	18/5	25/5	1/6		
Week	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18		
Peaking Index								10												
Opponents	Game 1					(H) Degerfors	(H) Angelholm	(H) Hammarby	(H) BP	(H) Falkenberg			(A) Goteborg	(A) Orebro	(H) Djurgarden	(A) Helsingborg	(A) Helsingborg	(H) Halmstad	(A) Mjallby	(H) AIK
	Game 2											(A) Gefle				(H) Helsingborg				(A) Elfsborg
	Game 3															(H) Hacken				

PEAKING AND TAPERING FOR OPTIMAL PERFORMANCE

HOW DO YOU PLAN FOR PLAYING 15 GAMES IN 51 DAYS? REST.... THEN PLAY 7 GAMES IN 23 DAYS..... AND IT MAY NOT HAPPEN!

February	March	April	May	June	July	August	September	October	November	December	January
1	1	1	1	1	1	1	1	1	1	1	1
2	2	2	2	2	2	2	2	2	2	2	2
3	3	3	3	3	3	3	3	3	3	3	3
4	4	4	4	4	4	4	4	4	4	4	4
5	5	5	5	5	5	5	5	5	5	5	5
6	6	6	6	6	6	6	6	6	6	6	6
7	7	7	7	7	7	7	7	7	7	7	7
8	8	8	8	8	8	8	8	8	8	8	8
9	9	9	9	9	9	9	9	9	9	9	9
10	10	10	10	10	10	10	10	10	10	10	10
11	11	11	11	11	11	11	11	11	11	11	11
12	12	12	12	12	12	12	12	12	12	12	12
13	13	13	13	13	13	13	13	13	13	13	13
14	14	14	14	14	14	14	14	14	14	14	14
15	15	15	15	15	15	15	15	15	15	15	15 Training
16	16	16	16	16	16	16	16	16	16	16	16 Training
17	17	17	17	17	17	17	17	17	17	17	17
18	18	18	18	18	18	18	18	18	18	18	18
19	19	19	19	19	19	19	19	19	19	19	19
20	20	20	20	20	20	20	20	20	20	20	20
21	21	21	21	21	21	21	21	21	21	21	21
22	22	22	22	22	22	22	22	22	22	22	22
23	23	23	23	23	23	23	23	23	23	23	23
24	24	24	24	24	24	24	24	24	24	24	24
25	25	25	25	25	25	25	25	25	25	25	25
26	26	26	26	26	26	26	26	26	26	26	26
27	27	27	27	27	27	27	27	27	27	27	27
28	28	28	28	28	28	28	28	28	28	28	28
29	29	29	29	29	29	29	29	29	29	29	29
30	30	30	30	30	30	30	30	30	30	30	30
31	31	31	31	31	31	31	31	31	31	31	31

KAMPFORBEREDELSE

VM KVALIFIKATION UEFA PLAYOFF: IRLAND – DANMARK

