



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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