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1-DAY BASIC COURSE FOOTBALL PERIODISATION

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23 April 2016
Turku - Finland

Hosted by:



TURUN PIIRI

WORLD FOOTBALL ACADEMY

for coaches, staff members and players

ABOUT THE WORLD FOOTBALL ACADEMY

The World Football Academy is the world's leading independent education institute for coaches, staff members and practitioners. As a major knowledge provider to several FA's and clubs around the world, the WFA is the prime contractor for thousands of football specialists. Headquartered in The Netherlands, the WFA services over 2.000 football specialists in more than 20 countries per year. Our instructors are selected from both world-renowned clubs and associations, and high-profile leaders within the football world.



With an immaculate track record and extensive background in football Raymond Verheijen is the leader in football conditioning and has introduced his unique football specific approach successfully throughout the world.

Since 1998 coach Verheijen has been involved in every FIFA World Cup and EURO reaching 5 semi-finals and the FIFA World Cup Final with Argentina in Brazil 2014. In 2009 Verheijen worked with the Dutch National Women's Team in their first ever EURO campaign reaching the semi final. At club level Verheijen has been working as a football conditioning consultant with European giants like Glasgow Rangers, Barcelona (Champions League 2006), Zenit St. Petersburg (UEFA Cup 2008), Chelsea (FA Cup 2009) and Manchester City. In 2011 Verheijen became assistant manager with Wales. Under the tenure of this coaching team Wales became the most improved nation in the FIFA World Rankings of 2011.

All teams have benefited from his approach on a domestic level boasting the best injury record and allowing the coach to train and play with their strongest team almost every day. Also, national teams like Holland, Korea and Russia have exceeded all expectations by using the same methods in major competitions.



In terms of Youth Development the Feyenoord Academy are yet another example of what can be achieved following Raymond's methods. Feyenoord's academy was just voted the best Academy in the Netherlands for the fifth consecutive year by the Dutch football coach's association and have developed into one of the best football

academies in the world. Feyenoord Academy are the main provider for the Dutch National Youth Teams and for the recent WC in Brazil in the Dutch team they had 9 players who came through the Academy, 5 of them still members of Feyenoord first team.

In brief the course details how to develop fitness through football games, avoid accumulation of fatigue, maximise player freshness and remain injury free by concentrating on:

- Football Conditioning Exercises and Games
- Periodisation Model
- Team and Individual Periodisation

PROGRAMME

Saturday 23 April - Basic Course Football Periodisation

08:00 – 09:15	Football Philosophy
09:15 – 09:30	Questions & Discussion
09:30 – 09:45	Coffee break
09:45 – 11:00	Football Performance
11:00 – 11:15	Questions & Discussion
11:15 – 12:00	Lunch
12:00 – 13:15	Football Fitness
13:15 – 13:30	Questions & Discussion
13:30 – 13:45	Coffee break
13:45 – 15:00	Football Conditioning Exercises
15:00 – 15:15	Questions & Discussion



LOCATION and REGISTRATION

LOCATION

Kokouskeskus Mauno
Bio City
Tykistökatu 6
20520 Turku

DELEGATE FEE

All fees include: course, materials, lunch and coffee breaks.
1-day Basic course Football Periodisation with Raymond Verheijen

Early bird fee	149 EUR
Regular fee	169 EUR

**Benefit from the early bird fee until 29th of February 2016.*

REGISTRATION

Please confirm your interest before 19.04.2016 at:
www.worldfootballacademy.com/finland



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For more information about this course, please contact:
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