

***21<sup>st</sup> Century Conditioning: Periodization & The European Approach to Fitness - Making it Work for American Soccer***

1. What Periodization is
  - a. Why use Periodization?
  - b. Periodization vs. “Fitness for Psychology”
  - c. Different phases of year – Off-season, Adaptation, Competitive, Recovery
2. How to break up your season into cycles – the types of cycles
  - a. Micro-cycles – weekly training cycles
  - b. Meso-cycles – monthly training cycles
  - c. Macro-cycles – annual training cycles
  - d. Loading vs. Unloading days, weeks, and months
3. Why it’s important to plan – peaking at right time, and avoiding injury or drop in performance
  - a. Avoiding over/under-training
  - b. Creating training sessions by quantifying volume & intensity
  - c. Accumulated and chronic fatigue, and how to avoid them
4. Examples of other countries and how they plan (Scandinavia, Italy & Eastern Europe)
  - a. *Fiorentina* – Tried to keep players at 90-95% of maximal fitness levels over a longer period of time
  - b. *Czech Republic* – Efficient use of blocks of time to train aerobic power and strength/power
  - c. *Norway* – Data from Hoff & Helgerud suggesting link between VO<sub>2</sub>max and on-field performance
  - d. *Italy* – Increased use of individualization in fitness loading during training week
5. Application of Periodization at the youth level in other sports
  - a. Cross-country skiing & Cycling – How talented youth are handled in other sports
  - b. Managing training with the increased number of games and competitions
  - c. Modern functional strength training to maintain power over a season
6. Examples of how Periodization is used on the MLS and Collegiate level
  - a. Daily measurement of exertion count to quantify daily and weekly loading
  - b. How to peak for playoff time
  - c. Individualization – how to create individualize by position and playing time
7. Importance of “Off-season” training in the Long-term planning
  - a. Aerobic improvements in Off-season phase
  - b. Strength/Power improvements in Off-season phase
8. What to stress during the “Pre-season” phase of the season
  - a. Aerobic vs. Anaerobic vs. Specific training in Pre-season
  - b. Loading and Unloading weeks in the Pre-season phase
  - c. What youth coaches can apply when planning their pre-season