

Periodisierung stechniken: Tactical Periodization

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Periodisierungsarten come in all varieties and forms, have shown the last article. In this article we want to take the basic principle of "tactical periodization" under the microscope. In the tactical periodization is a soccer-specific periodization of training content.

The origins

The concept of tactical periodization can be originally traced far back. Already Ernst Happel had different concepts in the training game, in which different training situations *and* the transition between them should be trained. Bill Shankly also focused his practice on game forms which playful and tactical situations replicated.

[Louis van Gaal](#) also developed its own training theory in which the training and player development are divided into four sets of issues. These consist of pass and ball shapes, positional play forms, system exercises and team games. Volker Finke also had a meticulously elaborated training concept, which was based on the discovery and implicit learning, the

tactics shifted strongly to the fore and primarily based on game forms. [In this interview during his time with the Urawa Reds](#), he can begin to intimate something.

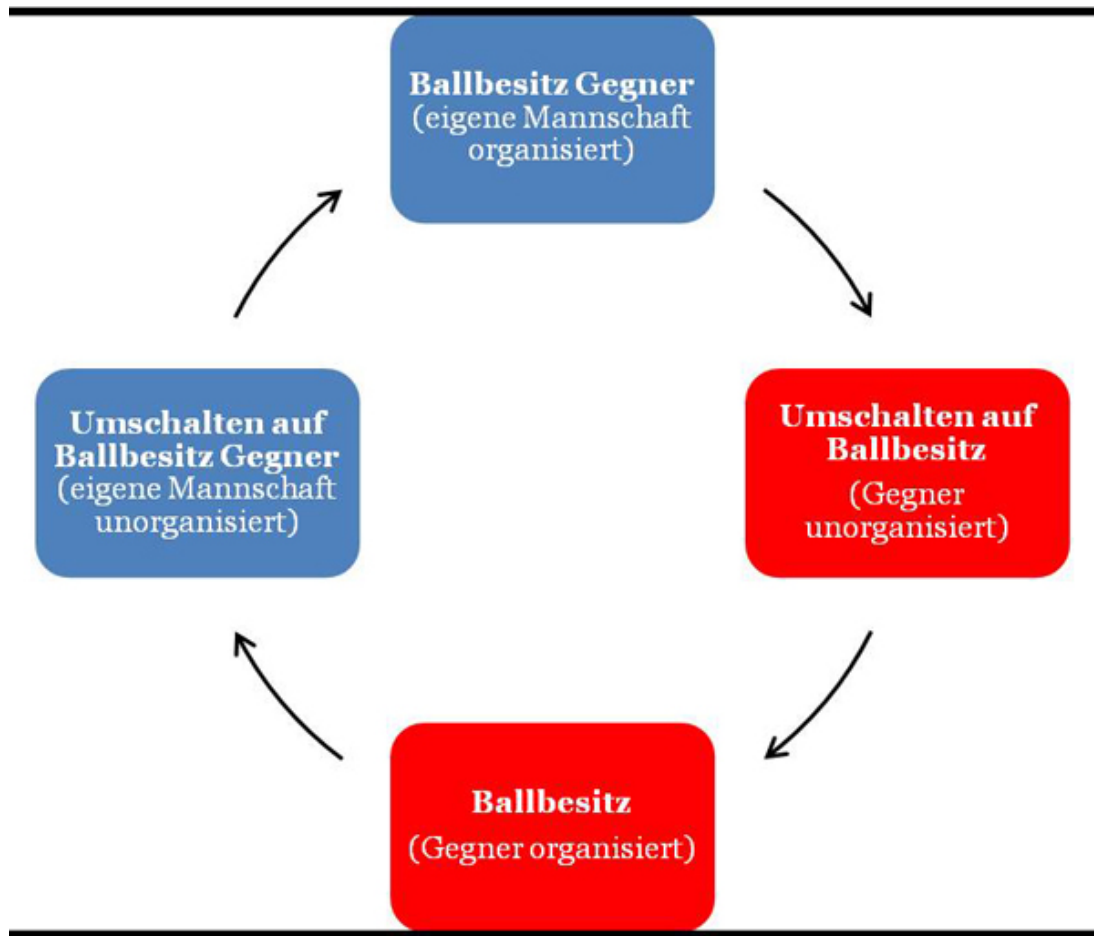
As a well-known representative of such an approach applies, however, José Mourinho. The concept of "tactical Periodisierung" is most often associated with it. This concept serves as the most by planned by all. Originally, however, is based the "periodização Tática" on someone else. Sports scientist Vitor Frade had developed this concept in the late 90s, before José Mourinho Guus Hiddink had already applied this methodology.

Today, many work accordingly. André Villas-Boas, Brendon Rodgers and some Dutch, many Portuguese or Scandinavian trainers use it. But what exactly is the periodização Tática?

The concept behind

In the tactical periodization is - as the name suggests - the tactics in the foreground. The tactic is seen as the most important element of football and after this basic idea, the concept was developed.

The tactical periodization of play is divided into its four phases and then builds the training exercises. We already know these four phases as the four phases according to Van Gaal.



Graphic to the four phases of the game after Louis van Gaal

According to the basic principle of the tactical periodization it goes in football to the behavior of the ball, when the opposition possession, the offensive and defensive switching over. Each training exercise is intended to be structured so that it includes at least one of these aspects in order to ensure a game as close as possible illustration of the training.

However, training exercises are developed not only in the four phases, but also by four other key elements. These are obvious: they are the physique, technique, psychology and even tactics. The importance of the aspects lies in the reverse order, the tactic is ranked 1, the physique to 4th place Ideally, however, all four aspects are interconnected and trained in all

training exercises, the tactical game situation is a common framework.

The objective of this methodology is that a purely based on ball work training is possible. Training exercises should always take place with the ball and in a tactical context. In this case all the way to a holistic approach, the training exercises should be designed so that there is no "idle phases," but (physique, technique, psychology, tactics) all aspects are trained by the mixing of the four key elements and the necessary condition about the training with the ball is worked out.

Forms of play are as already mentioned for the most part used in which rules, intensity, spatial dimension and the like can be varied. It is also important to specify which tactical principles are followed, after all, there are potentially infinitely many.

The exact organization of the training construct

To allow an effective training, it is important to create a "play" model. Here, the respectively desired tactical movements and goals are hierarchically subdivided in terms of a larger game philosophy precisely in the same structure in the four phases. Such a hierarchy may look like this:

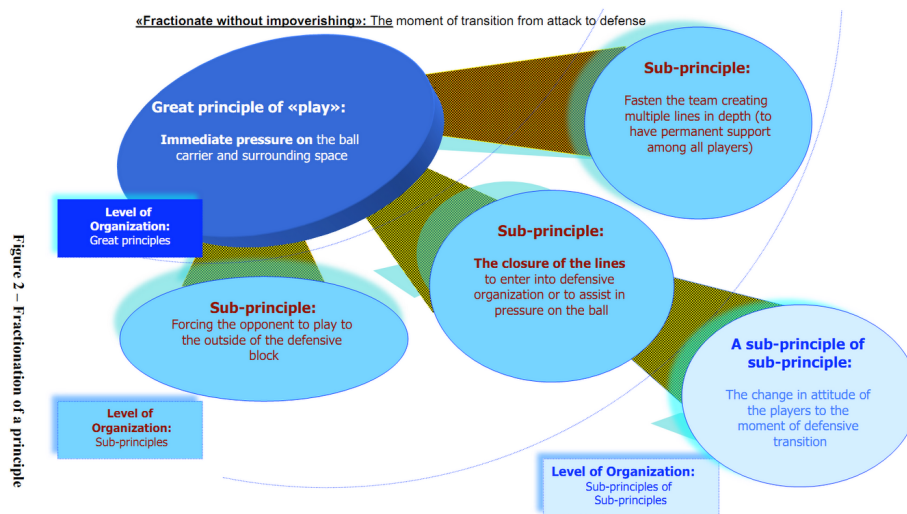
- Maxime: High Pressing aggressive with zone defense
- Subprinzip: opponents draw and isolate in this ability to press on the side
- Subsubprinzip: Move When insulating the six in the half-space, the winger man does not cover, but it sprints from a lower position to the front and ensures dynamic

or so

- Maxime: Playing with space covering four chain
- Subprinzip: anticipative of a player in the defensive midfield out back is desired (one of potentially many Subprinzipien)
- Subsubprinzip: This should back out the purposes of the control center position orients the

surrounding players back into the resulting hole and if necessary for even the leaves open spaces

Based on a training exercise is crafted, which will teach implicitly that goal the players and the four components receives. This organization of tactical movements in hierarchical order according to phases of the game is then further segmented.



Example of a takt periodization of training content. (Image from the [blog "Valeriy Formenkov"](#))

There are exercises that focus on the individual tactics, group tactics, the interactions with the opponent or the team's tactics, but all of them involve one of the four phases of the game and the four key elements. The training methodology is pursuing further principles to guarantee in addition to the discovery and implicit learning, explicit corrections by "freezing", so stopping the game situation, and other sports science methods improved performance.

In the training methodology of tactical periodization it outputs several principles which are designed to provide this guarantee.

The methodological principles

One of these is the principle of specificity. With this principle, it is important that the particular training exercise designed to reflect the sport, the situations in this sport and the training goals. That is why, for example, very abstract or very simple exercises are frowned upon, as this is not achieved by them. The training will be at best a simulation of tactical game situations. This is also the objectives, a high concentration, an adequate loading and coaching skills are then required.

The main objective is the operationalization of the game model. The principle of operationalization of the tactical principles is thus connected interactively with the principle of specificity. The next principle, that the hierarchical structure of the tactical systems and subsystems, is a further step towards the operationalization of the tactics and serves the understanding of the implementation options. Thus, the already explained subdivision is in "maxims", "principles" and "Subprinzipien" meant. This kind of hierarchical organization to stabilize the organization of tactical principles.

The principle of horizontal variation of specificity is basically a periodization of training intensity and exercises within the tactical periodization. In most cases there is a certain mesocycle from the construction days surrounded by recreation days to the games on the weekend, there. These days building within the center with non-English weeks will then also be segmented into sub-goals. In theory, this corresponds to an undulating periodization with rest days before the competition.

The principle of power stabilization is associated with this principle. The services are to be maintained by a workout methodically intelligent and consistent plan and do not vary during the season but remain constant at a fixed level. This idea corresponds in theory to an undulating periodization.

In principle the conditioned exercise is a further consequence of the situation and Maxime close picture of the game. The movement, which is to be performs in the game should show up as often as possible in training. They should also show up more often than movements that are made less frequently. This is to ensure that you act on them in the game. The idea is that the players get used to it and incorporate them in their natural movement.

Which movements are trained, so it has in the game and are then executed too precisely. Tactically, this means that many defensive exercises lead to increased focus on the defensive and to particularly stable processes on the defensive. Physiologically there is a similar consequence. Is always the slow moving train and not the intense pressing frustrated with sprint intervals, then in the game also frequently moved slowly without forechecking.

The principle of the complex progression refers to progression within the periodization of the game model and an outline of the topics. Here, the planned progress is segmented. How do I train on the season where I want to go? How do I do that on a weekly cycle? How do I use the in training exactly?

An important aspect of this principle is the training of the defense as a fixed starting point, after which the Umschaltmomente come. The logic behind this: If the zero, you can always make a goal. At the same time the offensive is deemed somewhat more difficult and abstract to train, while the defensive anyway as the foundation.

The last principle, namely that of the tactical fatigue and concentration, is a variation of the intensity and volume in workouts. Again, the intensity and the volume can be varied according to a predetermined plan by the principle of performance stability. The basic idea is that players will be overwhelmed physically and mentally, if ever trained with high intensity. That's why there are individual workouts with a lower load tactical and others with greater exposure to reach an ideal adaptation to the load of each player. Error, there is also that we see listed in the following graph:

Methodological Errors in Application of Tactical Periodization
(Rodrigo Vicenzi Casarin and Raul Oliveira)

	Methodological Errors in Application of Tactical Periodization
1	Ambiguous Game Model
2	Undetailed Planning
3	Feedback too general
4	Incorrect "Pedagogical Progression" of Game Principles
5	Lack of demands / Too relaxed
6	Excessive preoccupation with time of exercises and volume/intensity of training
7	Loss of credibility as leader of group/Leadership based on technical competency
8	Monotony of training
9	Drilling of exercises and not principles
10	Control of the evolution of the process of training

Methodological errors in the use of takt periodization.

What does the tactical periodization?

The goal and the benefit of a tactical periodization is the conceptualization of the implementation of a game idea. Here, through a combination of strategic and tactical insights trainings-/sportwissenschaftlichen a clear concept is created, which should lead to the highest possible efficiency. With this concept, the basic principles should be taught.

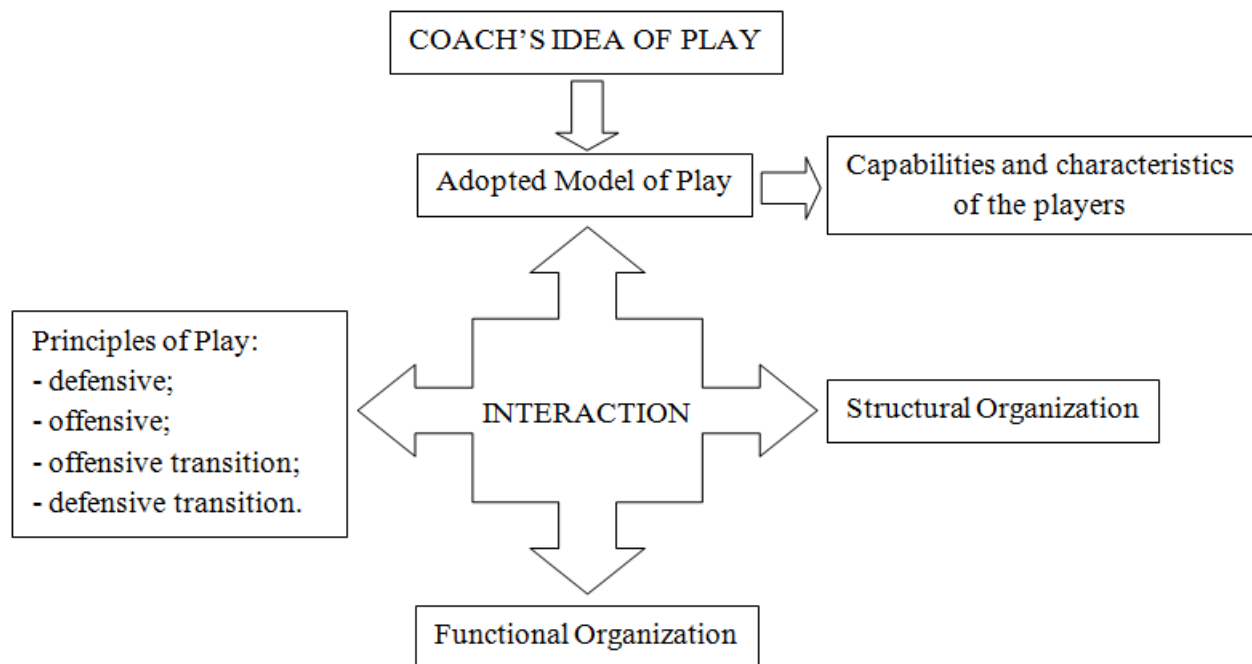
In practical terms this means: the player learns the answers to those questions he has to answer on the field. How do I react in a particular situation? What do I do? What do the others?

A coach who is following this methodology of training philosophy, has to bring different characteristics. First, he must master and understand the methodological principles of the theoretical aspects of the tactical periodization. Also, an appropriate training plan of the Morpho-mesocycles or so of periodization within a week of training must be present.

MORPHOCYCLE (1 GAME PER WEEK)			Game	Recovery	Acquisitive Operationalization of the Play			Recovery	Game	
			Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Tactical Dimension:	Complexity of the Play:		Qualitative Evaluation	Passive Recovery	Active Recovery	Medium Fraction of the Play	Large Fraction of the Play	Small Fraction of the Play	Predisposition for the Game	Qualitative Evaluation
	Level of Organization:				Sub-Principles	Sub-Principles, Sub-principles of Sub-Principles	Great Principles, Sub-Principles	Sub-Principles	Sub-Principles	
	Organization:					Sectoral, Intersectoral	Intersectoral Collective	Sectoral		
Physical Dimension:	Sub-dynamic:				Active Recovery	Tension (Specific Strength)	Duration (Specific Endurance)	Speed (Specific Speed)	Active Recovery	
	Muscle Contractions:	Tension:	-	+++	++	+	-/+			
		Duration:	-	-	+	-	-			
		Speed:	-	+	-	++	-/+			
Psychological Dimension:	Emotional Distress:				-	+	++	-	-/+	
Training Exercises:	Discontinuity:				+	++	+	+	++	
	Duration:				90'	90'	90'	90'	60'	
	Density (Space/Number of Players):				+	-	++	+	+	

An original Morphozyklus after Mourinho

If the coach with this knowledge to a club, then an analysis is performed. Where is the club? What's his players? How it looks with the tactical basics? Mourinho spoke, for instance, that the current Chelsea players did not fit with its planned game model, as they previously had too high and inappropriate defensive focus. These structures must therefore be broken up and re-created according to their own maxims.



In this picture we can also see why Mourinho said this, the possibilities and characteristics are a part of the converted model. (Image from the blog ["Valeriy Formenkov"](#))

After this inventory, a game model is created, which on the one hand, the philosophy of coaches and club, on the other hand, the possibilities of the team and the contextual circumstances should reflect (tactical and strategic culture in the league).

Then the Morphozyklen be practically prepared, including an analysis of the game board and with different focal points of the respective phases of the game. Then you can begin implementing the game idea in terms of the tactical periodization.

An example of a training exercise, for example, look like this: Warm up with work on the ball, Training Athletics in conjunction with positional movements and a form of play, then the game form with a focus on the game phase "possession", a game form for the training of Umschaltmoments, firing tests in the composite with one of the phases of the game and a cool-down phase, usually also with ball

As you can see is the case with such a training methodology more close to the practical situation. The health aspects are not considered in isolation and are trained in conjunction with tactics and technology. The benefits of training in conjunction with the ball, we have

already [in the first issue of our magazine Ballnah](#) under the theme **football training with ball focus** discussed.

Brand new, the basic principles are not. In the Netherlands it is rudimentary. The training according to the four phases is also came under the mediation, but has a different conceptualization.

Ultimately, the tactical periodization in their way probably unique. Connect the holistic approach by Louis van Gaal with a variable game model, which connect the four aspects of psychology, technique, tactics and physicality in an inseparable unity.

However, not all of these methods agree completely. Jürgen Klopp, in his successful coach and a certified sports scientist, commented once as follows:

"A pure training ball is a myth. Nothing better than strength training running running, running, running. "

On the blog of Valeriy Formenkov there are plenty of other articles worth reading, [worth reading include the following quotes from José Mourinho](#) , who in some ways wavy kind periodization speaks out (quote 5). Interesting literature one also finds there with sources, the intellectual father are (unfortunately mainly Portuguese) Works by Rui Faria, such as:

Frade, V. (2003). Entrevista in F. Martins, (2003). A "Periodização Tática" segundo Vítor Frade: Corn do que to conceito, uma forma de estar e de reflectir o futebol. Postage: F. Martins. Dissertação de Licenciatura apresentada à Faculdade de Desporto da Universidade do Porto.

For those who can not speak Portuguese, there is the issue of [Soccer Journal](#) from May / June 2012. [Tactical Periodization is treated there on page 28-34](#) , where it then is also a nice bibliography.