Limited places
Book early!
The number of places on the seminar is limited so that each attendee is guaranteed the maximum personal attention from our instructor.

BASIC COURSE
FOOTBALL PERIODISATION

2 - 4 March 2015
The Starfire Soccer Complex
Seattle

WORLD FOOTBALL ACADEMY USA
for coaches, staff members and practitioners
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 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. They have developed into one of the best football academies in the world and are the main provider for the Dutch National Youth Teams.

What will you learn?

In brief this class details how you can 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

The course is perfect for managers, coaches, medics, sports scientists and analysts alike where football is the key focus.
COURSE PROGRAM

Day 1 - Monday 2 March

9:30am – 10:45am  Football Philosophy
10:45am – 11am  Questions & Discussion
11am – 11:30am  Coffee break
11:30am – 12:45pm  Football Performance
12:45pm – 1pm  Questions & Discussion
1pm – 2pm  Lunch
2pm – 3:15pm  Football Fitness
3:15pm – 3:30pm  Questions & Discussion
3:30pm – 4pm  Coffee break
4pm – 5:15pm  Football Conditioning Exercises
5:15pm – 5:30pm  Questions & Discussion

Day 2 - Tuesday 3 March

9:30am – 10:45am  Football Physiology
10:45am – 11am  Questions & Discussion
11am – 11:30am  Coffee break
11:30am – 12:45pm  Football Training Methods (1)
12:45pm – 1pm  Questions & Discussion
1pm – 2pm  Lunch
2pm – 3:15pm  Football Training Methods (2)
3:15pm – 3:30pm  Questions & Discussion
3:30pm – 4pm  Coffee break
4pm – 5:15pm  Football Periodisation Model
5:15pm – 5:30pm*  Questions & Discussion

* Group discussions may extend beyond the estimated finish time, attendance is recommended but optional.

“The way it’s organised and the information he has been sharing is absolutely superb. It is a significant investment of someone’s time. I really feel this would benefit anyone in my position in the US. We got significant information that we used with great success!”
Anson Dorrance, Head Coach
UNC Women’s Soccer Team

“I can not say thank you enough for you sharing your methodology, expertise, and experience. It was an absolute pleasure to be a part of the course. You and your team delivered an extremely informative, motivating and professional experience. I am very excited about implementing the methodology with the teams I am working with this coming season.”
John Cone, Consultant
United States Soccer Federation

CLICK HERE TO REGISTER FOR THIS PROGRAM
Day 3 - Wednesday 4 March

9:30am – 10:45am Principles of Football Periodisation
10:45am – 11am Questions & Discussion
11am – 11:30am Coffee break
11:30am – 12:45pm Team Periodisation (1)
12:45pm – 1pm Questions & Discussion
1pm – 2pm Lunch
2pm – 3:15pm Team Periodisation (2)
3:15pm – 3:30pm Questions & Discussion
3:30pm – 4pm Coffee break
4pm – 5:15pm Periodisation means Anticipation
5:15pm – 5:30pm Questions & Discussion

“FOOTBALL PERIODISATION” DELEGATE GUARANTEE

Delegates taking World Football Academy’s classes will have a guaranteed opportunity to get a copy of Raymond Verheijen’s new book “Football Periodisation”.

Originally published in Dutch, the English language version of this hugely influential work is one of the most eagerly anticipated books in the history of football coaching.

The product of 20 years’ experience as a pioneer working at the top of world football, this special publication is currently only available on restricted release to a limited number of Periodisation practitioners worldwide.

“A tailor-made working method”
Louis van Gaal

“A ground breaking approach that can benefit anyone who loves the game”
Guus Hiddink

“A method that leads to fewer injuries”
Dick Advocaat

“I have never felt so fit in my career”
Craig Bellamy
SURVEY RESULTS

US Delegates Award Periodisation Class 5 Star Ratings

"You’d be kicking yourself if you missed it"
James Mundia
Head Coach, Northern Virginia Community College Men’s Soccer

Will Help You Think About The Game in a Different Way

5 Star Delegate Rating*

"It’s given me a perspective that has huge value for the way I’m going to look at the game"
Anson Dorrance
Head Coach, Women’s Soccer, University of North Carolina, Chapel Hill

“Perspective changing, thought provoking and top quality information”
Michael Milazzo
Richmond Strikers, Technical Development Coach

“The class is changing the way people around the world think about the game”
Jamie Hutchison
Head Coach, Women’s Soccer Otero Junior College

Delivers Significant Information

4.8 Star Delegate Rating*

“The course content was fantastic”.
Christian Lavers
Executive Vice-President US Club Soccer, President at Elite Clubs National League

“Superb advice. Tremendous amount of information”
John Daly
Head Coach, Women’s Soccer, William and Mary College

“Has been huge, has been eye opening”
Lumumba Shabazz
Head Men’s Soccer Coach, Kalamazoo College

BASIC COURSE PERIODISATION

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SURVEY RESULTS

Will Help You Develop as an Individual

5 Star Delegate Rating*

“The experience will last a lifetime”
Kevin Larry
Triangle Futbol Club

“We leave your course better coaches and people! Thank you my friend!”
Jason Sisneros
Assistant Coach, Women’s Soccer, University of North Carolina

“The learning environment...has been seriously unique”
Aidan Byrne
Head Men’s Soccer Coach MIT, Physical consultant for US Soccer

Is Worth The Investment

4.9 Star Delegate Rating**

“It’s going to be invaluable to me”
Anson Dorrance
Head Coach, Women’s Soccer, University of North Carolina, Chapel Hill

“It’s been very, very valuable”
Chris LeFevre
Assistant Soccer Coach, Albion College

“An extremely rewarding and worthwhile 3 days.”
Andy Thomson
Athletic Development Consultant

BASIC COURSE
PERIODISATION

CLICK HERE TO REGISTER FOR THIS PROGRAM
SURVEY RESULTS

Is A Must Have For Coaches Who want to Improve

5 Star Delegate Rating*

“One of the best courses I have done in terms of the information and its value and applicability.”
Christian Lavers
Executive Vice-President US Club Soccer, President at Elite Clubs National League

“I would encourage anyone to come on the course”
Ricky Clarke
Girls’ Director of Coaching at Rush Soccer

“Take it, it’s valuable”
Stephen Hamilton
Head Women’s Soccer Coach, Eastern Nazarene College

“I have had many soccer development opportunities, this one was at the top!”
Bill Boyer
Director of Coaching, Delaware Union

*100% of delegates from the World Football Academy USA inaugural class in Chapel Hill answering our survey Strongly Agreed with this statement
** 100% Agree with 92% Strongly Agreeing
LOCATION and REGISTRATION

VENUE
This course is being hosted at:
The Starfire Soccer Complex
14800 Starfire Way, Tukwila, WA 98188

DELEGATE FEE 3-DAY BASIC COURSE
Registration fee $1,500
Including: 3-day course, certificate, welcoming reception, materials, lunch and beverages.

HOTEL ACCOMMODATION
The DoubleTree Suites, Seattle Airport – South Center is selected as our hotel partner close to the venue. WFA blocked rooms available at a group rate of $149 per night. Info on registration.

REGISTRATION
Please confirm your registration before 14th February 2014 at:
www.worldfootballacademyusa.com/calendar

For more information about this course, please contact:

World Football Academy USA
Tim Gentles - Managing Director
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Skype: tim.gentles
E: info@worldfootballacademyusa.com

WWW.WORLDFOOTBALLACADEMYUSA.COM