



Soccer Tactical Periodization "Made Simple"

Marcus DiBernardo

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I wrote this book with the purpose of making the practice concept of “Tactical Periodization” simple and adaptable for coaches of all levels. Tactical periodization is a fantastic soccer-coaching concept, but it does not have to be exclusively for use in the professional soccer setting. I see great value in adapting the ideas of tactical periodization to fit all different types of coaching situations. Grasping the basics of tactical periodization will allow you to customize a practice program that works for you and your team. There is a reason why some of the world’s top coaches believe in the process of “Tactical Periodization” - because it works. I guarantee “Tactical Periodization” will make you a better coach.

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