

Course March 11 and 12 2017



1-day course Youth Football

09.30-10.45hr: **Growth Spurt Periodisation**

10.45-11.15hr: Coffee break

11.15-12.30hr: **Developing a Youth Academy: Feyenoord Academy case study**

12.30-13.30hr: Lunch

13.30-14.45hr: **Individual Periodisation in Youth Football**

14.45-15.15hr: Coffee break

15.15-16.30hr: **Youth Football in Norway**

16.30-17.00hr: Questions and Answers

1-day course Pre-season Periodisation

09.30-10.45hr: **Principles of Pre-season Periodisation**

10.45-11.15hr: Coffee break

11.15-12.30hr: **Pre-season Periodisation: international case studies**

12.30-13.30hr: Lunch

13.30-14.45hr: **Pre-season Periodisation in Norway (part 1)**

14.45-15.15hr: Coffee break

15.15-16.30hr: **Pre-season Periodisation in Norway (part 2)**

16.30-17.00hr: Questions and Answers