

# THE GOALKEEPERS PERIODIZATION & MICRO-CYCLE



www.alamy.com - G1GWtX

# WHAT IS PERIODIZATION?

**It's the systematic planning and preparation of training**

**-There are two types**

## Physical Periodization

-Based on physiological principles

-Physical Periodization takes the body's physical ability to recover as it's starting point

-Coaches take activities they want to use & plug them into the proper day following or preceding the match

## Tactical Periodization

-Based on a coaches game model

-Tactical Periodization takes the game as it's starting point

-Coaches take the phases of the game & activities that they want to use to imprint & train and plug them into the proper day following or preceding the match

**Is there a difference? What is the difference?**

# WHAT IS A MICRO-CYCLE?

**IT'S THE SMALLEST UNIT OF A PLANNED TRAINING CYCLE**

**-USUALLY A 7 DAY WINDOW**

**-COULD BE SHORTER**

**EX. SAT. – WED. – SAT. GAMES**

**ISN'T THE DAILY TRAINING SESSION THE SMALLEST UNIT?**

# THE "TYPICAL" MICRO-CYCLE

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>GAME</b>	OFF	REGEN TRAINING	POWER	AEROBIC	SPEED	SPEED/ ACTIVATION	<b>GAME</b>
<b>GAME</b>	OFF	REGEN TRAINING	POWER	OFF	AEROBIC	SPEED/ ACTIVATION	<b>GAME</b>
<b>GAME</b>	OFF	REGEN TRAINING	SPEED/ ACTIVATION	<b>GAME</b>	REGEN TRAINING	SPEED/ ACTIVATION	<b>GAME</b>

TO UNDERSTAND A MICRO-CYCLE YOU MUST FIRST HAVE AN IDEA OF ENERGY SYSTEMS

# **THE BODY'S ENERGY SYSTEMS**

## **The Three Basic Systems: A Summary**

### **1. Anaerobic A-Lactic (ATP-CP) Energy System** ( "POWER" )

**Athletes who compete in sports that require high amounts of short duration acceleration use the anaerobic a-lactic system. Ex. Linemen in Football or Shot Putter.....also GK's!**

**This system does not create energy for sufficient duration to create a great deal of waste products.**

**It will only produce energy for 10 seconds**

# **THE BODY'S ENERGY SYSTEMS**

## **2. Anaerobic Lactic (Glycolytic) Energy System ( "POWER ENDURANCE" )**

**The anaerobic lactic (AL) system provides energy for medium to high intensity bursts of activity that lasts from ten seconds to two minutes.**

**This system is capable of high intensity levels, and does not rely on oxygen for fuel.**

**It works at capacity for as long as two minutes and as a result, waste products such as lactic acid accumulate in the blood and in muscle cells.**

**\*Gk's Rarely work hard for 2' but...10-30 seconds is realistic!**

**-Important when creating session and drills**

---

**The primary difference between these 2 Anaerobic systems is the capacity of the system –**

**The amount of time that the system can work at peak output before dropping off.**

# **THE BODY'S ENERGY SYSTEMS**

## **3. Aerobic Energy System**

**The aerobic system provides energy for low intensity activities that last anywhere from two minutes to a few hours.**

**Unlike the other two systems, the aerobic system requires oxygen and takes much longer to overload.**

**\*In reality, most sports use a variety of energy systems.**

**The primary difference between ALL the systems is the capacity of the system –  
The amount of time that the system can work at peak output before dropping off.**

**AND**

**How long it takes the body to recover from the work**

# CAPACITY

## THE POWER-ENDURANCE CONTINUUM

### &

## HOW TIME AFFECTS IT!

### Anaerobic A-Lactic

- Power
- Bouts last 2-6 seconds w/ plenty of rest (W : R = 1 : 5-10)
- Requires 48 - 72 hrs. for recovery

### Anaerobic Lactic/Glycolytic

- Power Endurance
- Bouts last 10-30 seconds (W : R = 1 : 3-5)
- Requires 72 hrs. for recovery

### Aerobic

- Endurance
- Bouts last 1' or longer (W : R = 5 : 1)
- Requires 24 hours for recovery



# SUMMARY OF ENERGY SYSTEMS

**The energy system most prevalent in a given sport or activity dictates :**

- 1) The training exercises**
- 2) The length of the bouts**
- 3) The amount of rest between bouts**
- 4) Where it should fall in the training week**

**The loading parameters chosen for each exercise should improve the strength of the involved energy system of the athlete, thus producing an athlete who is in shape for their sport**

## **IMPORTANT QUESTIONS TO ASK YOURSELF:**

**Which energy system do we want to train today?**

**How much time does it need to be recovered?**

**-Between reps, exercises (work : rest) & between days**

# AN EASIER WAY TO LOOK AT MICRO-CYCLES.....

SAT	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
Match Day	Match Day + 1	Match Day + 2	Match Day - 4	Match Day - 3	Match Day - 2	Match Day - 1	Match Day
GAME	24 HOURS AFTER THE GAME	48 HOURS AFTER THE GAME	<b>72 HOURS AFTER THE GAME</b>	<b>72 HOURS BEFORE THE GAME</b>	48 HOURS BEFORE THE GAME	24 HOURS AFTER THE GAME	GAME
	RECOVERY				RECOVERY		

# REST : WORK RATIOS

