

HIGH-PERFORMANCE COACHING IN FOOTBALL

A HOLISTIC APPROACH

GOAL OF THE CLASS

Enable every coach to think,
plan and act effectively in
their specific club context –
bridging silos, driving
performance, and building
lasting impact.



BLOCK 1:

Coaching Foundations & Approaches

Defining Performance Coaching –
What Matters & Why?

From Principles to Practice –
Bridging Theory & Action

Structural Approach for Training
Organisation

The Performance Coaching Playbook

BLOCK 2:

Planning & Periodisation

The Training Blueprint –
Designing Sessions that Deliver

Pre-Season Mastery –
From Planning to Peak Performance

Best-Practice Planning –
Insights from an Elite Practitioner

Managing the Load –
Turning Data Into Decisions

BLOCK 3:

Prevention & Injury Management

The Injury Dilemma –
Beyond Bad Luck

Implementing Injury Prevention Strategies

Injury Management –
The Rehabilitation Process

Recovery as Key Driver –
Unlocking Unseen Potential

BLOCK 4:

KPIs for Success in Team Sports

KPIs for the Athlete –
Diagnostics & Scouting

KPIs for the Organisation –
Department & Practitioners

Automated Processes &
Planning Structure

Soft Factors with a Hard Impact (Event)

WHAT SETS THIS CLASS APART

A mental framework for high-performance decision-making

Based on Principles – Strategies – Techniques (P-S-T)

Meta-approach for elite coaching challenges: beyond methods