

TACTICAL PERIODISATION[®]

by Vitor Frade

TOP TRAINING FOR TOP COACHES



JOINT BLENDED LEARNING PROGRAMME

I GLOBAL EXECUTIVE DIPLOMA IN

TACTICAL PERIODISATION[®]

ENROLL NOW IN THE FIRST EDITION

4 MONTHS OF E-LEARNING CLASSES & 2 DAYS OF FACE-TO-FACE TRAINING IN THREE DIFFERENT WORLDWIDE LOCATIONS

The Course at a Glimpse

1

COURSE

ONE SINGLE WORLDWIDE COURSE WITH TWO PARTS: ONLINE PART AND PRESENTIAL PART.

2

PARTS

THIS FIRST CLASS COURSE WILL BE HELD IN BLENDED LEARNING: ⁽¹⁾ **ONLINE CLASSES** (SYNCHRONOUS & ASYNCHRONOUS) & ⁽²⁾ **PRESENTIAL CLASSES** IN THREE DIFFERENT CONTINENTS

3

PLACES

BY ENROLLING IN THIS COURSE YOU CAN CHOOSE TO ATTEND THE PRESENTIAL PART IN **ONE, TWO, OR THREE** DIFFERENT COUNTRIES: UNITED STATES - CALIFORNIA; GERMANY - HAMBURG & AUSTRALIA - MELBOURNE WITHOUT ADDITIONAL COSTS



The Global Executive Diploma in Tactical Periodisation®

The Global Executive Diploma in Tactical Periodisation® is a programme developed under an agreement between Vítor Frade's Tactical Periodisation and prestigious training institutions worldwide, namely **Victoria University** in Australia, the **Hamburg Football Association** and the **Medical School of Hamburg** in Germany and with an university and professional soccer team in **California US** (to be presented soon).

This is a 4-month course, in **blended learning format: online classes and face-to-face part**. At the end of this path you will have one month to deliver your individual final project essay.

This Course is a "mini Professional Master" in Tactical Periodisation®, as its format is similar to the Professional Master with less duration and depth on the methodology.

The Global Executive Diploma is, therefore, a fundamental training to understand Tactical Periodisation® in its theoretical and practical aspects.

A Professional Certification will be issued by the Official School.

A Worldwide Training Programme

Organization

The Official School of Tactical Periodisation®



Partners

To organize this unique global course, six institutions have partnered in order to create the right conditions to give our trainees an in-depth and immersive perspective on this astonishing methodology.

GED official website

Find out more about the course at the Global Executive Diploma in Tactical Periodisation - [GED Landing Page](#)

Signing Up

By attending the four months GED Course you will have access to:

▶ ONLINE CONTENTS

During 4 months plus one for individual essay deliver

▶ ONLINE LIVE CLASSES

At least 18 online live classes with our top team

▶ IN-PERSON ON THE PITCH CLASSES

16 hours of presential classes held in 3 different continents.

You will choose which one to attend if not all of them!

▶ SPECIAL OFFER

Free access to Tactical Periodisation Workshop to be held in the previous day of each presential part.

Key Facts

- ▶ Course Kick off: April 1st, 2024 (online)
- ▶ Final classes: 4th August, 2024
- ▶ Course ends: 31st August, 2024
- ▶ California on-site classes: 25th & 26th May, 2024*
- ▶ Hamburg on-site classes: 20th & 21st July, 2024*
- ▶ Melbourne on-site classes: 3rd & 4th August, 2024*
- ▶ Leading trainers: Miguel Lopes & Jorge Reis
- ▶ Regular trainers: Vítor Frade, Carlos Carvalhal, Luís Castro, Vítor Severino, Vítor Matos, Bruno Pivetti, Julian Tobar, Jorge Maciel, Mara Vieira, Rui Sá Lemos, Rui Quinta, Xavier Tamarit, Vítor Pereira, among many others.
- ▶ Price: 3.909 EUR**

* Dates to be confirmed

**Travel, Accommodation and Subsistence costs not included

About

The Brand

“Tactical Periodisation by Vítor Frade” is an internationally registered trademark.

Our company is the only entity legally authorized to operate the brand through a license agreement for the use of the brand that we signed with Professor Vítor Frade.

The Team

Mentor: **Vítor Frade**

CEO: **Mara Vieira** . COO: **Filipe Morais** . Training Manager: **Alda Pena** . Business Development: **Francisco Vieira**

Resident Trainers: **Miguel Lopes & Jorge Reis**

Speakers and Invited Trainers:

Carlos Carvalho, Luís Castro, Vítor Severino, Vítor Matos, Bruno Pivetti, Julian Tobar, Jorge Maciel, Rui Sá Lemos, Rui Quinta, Xavier Tamarit, Vítor Pereira, among many others.

The Official School

Tactical Periodisation® is a football native methodology that was created in Portugal by Professor Vítor Frade about 40 years ago.

Since then, it has been developed, updated, proven and nurtured in several areas of knowledge, all based on the practice and training of the game of football. There are several followers of this methodology, among the most outstanding, José Mourinho, Fernando Santos, André Vilas-Boas, Vítor Pereira, Luís Castro, Carlos Carvalho, Abel Ferreira, etc.

Currently, The Official School is the only one in the world to use the name Periodização Tática® (also in different languages) with the authorization, trust and direct collaboration of Professor Vítor Frade. Together with Professor Vítor Frade, we assembled a team of certified trainers and organize courses with original content reviewed by the Professor himself.

Our premium course is the Professional Master in Tactical Periodisation, lasting 12 months of intensive learning

in b-learning format (2 editions in Portuguese and 4 editions in English). In 2023 we launched, for the first time, the 1st edition in Spanish.

We also promote in Latin America the course “Diplomado em Periodização Tática”. This introduction course to Tactical Periodisation takes place in Chile, with the support and partnership of INAF – Instituto Nacional del Fútbol, Deporte y Actividad Física.

At the same time, we organize events and thematic seminars dedicated to this methodology, of which the International Seminar on Tactical Periodisation® held in Hamburg (Germany) is an example of it.





Course Details

Objectives

The objectives of this course are:

- To distinguish the methodology of "Tactical Periodisation" from the conventional perspective.
- To discuss football as a game governed by the Tactical Superdimension, as an acculturation.
- To understand the phenomenology of the team and the game of football.
- To characterize the symbolic plane of the Pattern Morphocycle.
- To analyze the dimensions of the game (tactical, technical, physical, psychological, strategic) understood in the light of complexity.
- To integrate the main concepts and scientific foundations to plan training in a holistic and systemic perspective.

Course description

- **TARGET AUDIENCE:** The course is aimed at coaches, assistants, physical trainers, scouts, analysts, directors and technical coordinators of soccer or any other sport.
- **FORMAT:** B-Learning (e-learning and presential)
- **NUMBER OF PARTICIPANTS:** Minimum of 10 and a maximum of 30 participants per location.
- **DURATION:** Total of 4 months with e-learning part and a 2 days in-person training on each location and 1 month to deliver the individual final project.

Organization

The overall format is b-learning, with e-learning and presential part.

→ PART 1:

Format: Online

Dates: April 1st, 2024 until 31st August, 2024

Duration: 5 months

e-Classes: Asynchronous virtual classes; 3 p/week of synchronous virtual classes; 3 evaluation periods; 1 final project.

→ PART 2:

Format: In person

Dates:

- ▶ United States - California: May 25-26th 2024*
- ▶ Germany - Hamburg: July 20-21st 2024*
- ▶ Australia - Melbourne: August 3-4th 2024*

The E-learning part will happen at the same time for every partner in 3 Continents, this way we gather all the students from around the world in the same place providing unique networking opportunities. Additionally, there will be held 1 presential part in each country (location) of our partners with 3 presential parts in total.

The students may attend one, two or three presential parts for the same price, as they wish.

This format is innovative, worldwide and provides connections between people that will for sure change many lives!

* Dates to be confirmed

Syllabus

MODULE 1. VÍTOR FRADE'S TACTICAL PERIODISATION®

1.1. What's the understanding of Tactical Periodisation® in contrast with the rooted conventional?

▶ Evolutive and chronological synthesis of the training paradigm.

1.2 . Pattern Morphocycle: Symbolic plan

1.3. The problematization of the «being in shape in sports» in top performance considering 3 dilemmas / fundamental (tri)binomials:

▶ Performance – Fatigue – Recovery.

▶ Collective – Individual.

▶ Methodology versus Method(s).

1.4. Systemic Analysis of the Game:

▶ The understanding of the game dimensions (tactical, technical, physical, psychological, strategical) under the scope of complexity.

1.5. Study cases and practical applications.

MODULE 2. TRAINING AS AN ACQUISITION PROCESS, A SYSTEMIC MODELING

2.1. Intentionality in modeling the process as praxiology.

2.2.The Game Idea as Previous Intension:

▶ Macro, meso e micro game principles. The interactive principles promoted by criterion.

2.3. From Previous Intension to Acting Intentions.

2.4. From Acting Intentions to a collective culture (the individual in the collective).

2.5. Study cases and practical applications.

MODULE 3. PATTERN MORPHOCYCLE & METHODOLOGICAL PRINCIPLES

3.1. The fundamentation of the Pattern Morphocycle through integrative physiology:

▶ The game and metabolic implications. What is really relevant to promote during training?

3.2. Parabiosis and exaltation of collective and individual performance.

3.3. Algorithmic pattern: specificities of "Tuesday, Wednesday, Thursday and Friday".

3.4. Methodological Principles understood as an “only” principle:

▶ Methodological Principle of the Propensities;

▶ Methodological Principle of Horizontal Alternation in (S) specificity;

▶ Methodological Principle of Complex Progression.

3.5. Practical applications.

MODULE 4. FINAL PROJECT

4.1 Development of a diary including reflections of all the lectures, doubts, insights, readings and conclusions.



Vitor Pereira & Rui Quinta in an Official School Training Session

Classes & Resources

Evaluation

The Global Executive Diploma in Tactical Periodisation® will be evaluated through a final paper called “Coach’s Diary” and/or researcher of Tactical Periodisation®” and continuous evaluation.

The “Coach’s Diary” is a document written in the form of reflection that, as an instrument for monitoring the study, training and/or research process, becomes a testimony of the learning experience in the course.

→ The final paper “Coach’s Diary” (represents 60% of the grade);

→ Continuous assessment (represents 40% of the grade).

The assessment is carried out according to the scale of values: 0-9 » Insufficient; 10-13 » Sufficient; 14-15 » Good; 16-17 » Very Good; 18-20 » Excellent.

The student must have a minimum classification of 10 points out of 20 to continue studies in the Professional Master in Tactical Periodisation®.

Didactic resources

The Official School of Tactical Periodisation® (Virtual Campus) offers a wide variety of contents with which you can prepare each module.

These materials are organized in such a way as to facilitate quick and effective learning. In this way, it will be possible to access the topics that develop the contents of the program, key ideas of each topic (prepared by the module’s trainers), complementary audiovisual material, activities, readings and evaluation tests.

In addition, each student will have access to several contents on specific topics and will be able to participate in forums and chats in which they interact with professors and colleagues, expanding their knowledge and solving possible doubts.

Virtual classes

We offer trainees the possibility to attend live online classes.

During these sessions, students will be able to interact with the trainer and clear their doubts in real time, sharing knowledge and experiences.

The pace of training is adapted, as much as possible, to the needs of each group of students. Not attending a live class does not mean, therefore, missing them.

All sessions will be recorded and can therefore be watched later, as many times as the student wants for the duration of the course.

Tutoring

At the GED Course, each class has a tutor from the first day, always available by phone or email.

The role of the tutor is fundamental in the trajectory of each trainee, as he is the greatest link with the School of Tactical Periodisation® and his reference during the training process.

Tutors offer personalized attention, constantly monitoring each student:

→ Solving doubts about academic contents, procedures or other specific questions.

→ Helping to plan the study for better use of time.

→ Recommending which pedagogical resources of the platform to use in each case.

→ Engaging with students’ studies to help them through each module.

Our Trainers

RESPONSIBLE FOR MAKING THE MAGIC HAPPEN



PROF. VÍTOR
FRADE



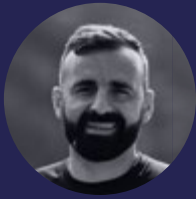
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CASTRO



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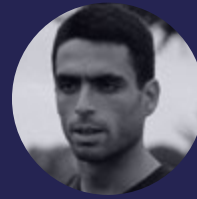
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MÁRIO



RUI
QUINTA



SÉRGIO
FERREIRA



MARA
VIEIRA

AMONG OTHERS...



TACTICAL



PERIODISATION®

by Vitor Frade

Top Training for Top Coaches

Luis Carrero & Vitor Frade in an Official School Meeting



UEFA KNOWS US. COME AND MEET US TOO!



BOOK A MEETING



Filipe Morais

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