SOCCER PERFORMANCE & PERIODIZATION

Miguel Motolongo MS, ATC, CSCS
Performance Analyst – Strength Coach
Colorado Rapids
MANAGING PERFORMANCE

- Physical Testing
- Comparing Data
- Training Loads
- Daily, Weekly, Monthly Objectives
- Wellness
  - Rest/Recovery
  - Nutrition
  - Subjective Questioning
PHYSICAL TESTING

Pre-Season

In-Season

Off-Season

• Yo Yo Intermittent Recovery L-2
• Beep Test
• Sprint Testing
  • 30m w/ 10m split
• Colorado Rapids
  • Lactate Testing
  • Sprint Testing
  • Strength Testing
  • Functional Movement Screen (FMS)
• Vertical Jump
Performance

Athletic Development

- Strength
- Endurance
- Speed
- Skill
COMPARATIVE DATA

**Champions League**
- 10m – 1.82 +/- 0.3 sec.
- 30m – 4.0 +/- 0.2 sec.
- Vertical Jump: 22-23"

**Strength Testing**
- Back Squat: 165.6 +/- 24.5kg
- Bench Press: 82.7 +/- 12.8kg

**Match Day Data**
- 1st Half Distance: ~5,709m
- 2nd Half Distance: ~5,684m
- Total Avg. 11.4km

**High Speed Distances**
- 19-23km: 397-738m
- >23km: 215-446m

# Training Loads

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3 OFF</td>
<td>4 M/M T-10am</td>
<td>5 M/H T-10am</td>
<td>6 OFF</td>
<td>7 M/M T-10am</td>
<td></td>
<td>8 L/L</td>
</tr>
<tr>
<td></td>
<td>20 min Zone 2</td>
<td>Dynamic warm up</td>
<td>OFF Day Activation</td>
<td>Dynamic Prep</td>
<td>1 L/L T-10am</td>
<td>Travel to RSL</td>
</tr>
<tr>
<td></td>
<td>20 min bike for regen group</td>
<td>$40 w/ ball</td>
<td>Training</td>
<td>$40 w/ ball</td>
<td>Dynamic Warm Up Training</td>
<td>Training at 4pm</td>
</tr>
<tr>
<td></td>
<td>Dynamic Prep</td>
<td>Short distance Speed</td>
<td>Recovery</td>
<td>Training</td>
<td>Recovery</td>
<td></td>
</tr>
<tr>
<td></td>
<td>S&amp;C for non-starters</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1 L/L</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10 Return to Denver</td>
<td>11 M/M T-11am</td>
<td>12 L/L</td>
<td>13 L/L</td>
<td>14 L/L</td>
<td>15 L/L</td>
<td>16 L/L</td>
</tr>
<tr>
<td>&quot;OFF Day Activation&quot;</td>
<td>Regen Group bike/jog + abdominal work</td>
<td>Travel to KC</td>
<td>Return to Denver &quot;OFF Day Activation&quot;</td>
<td>Regen Group Training</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Protocol at DDS Park</td>
<td></td>
<td>Training</td>
<td></td>
<td>protocol at DDS Park</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>17 OFF</td>
<td>18 OFF</td>
<td>19 M/L-M T-11am</td>
<td>20 H/M T-10am</td>
<td>21 M/H T-10am</td>
<td>22 L/L</td>
<td>23 L/L</td>
</tr>
<tr>
<td></td>
<td></td>
<td>10 min Zone 2</td>
<td>Dynamic Prep</td>
<td>Dynamic Prep</td>
<td>T-10am</td>
<td>T-10am</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Dynamic Prep</td>
<td>Strength Maintenance</td>
<td>$40</td>
<td>Dynamic Prep</td>
<td>Dynamic Prep</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Training</td>
<td></td>
<td>$40</td>
<td>$40</td>
<td>Activation</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Training</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Extra Fitness for Bench</td>
<td></td>
<td>Extra Fitness for Bench</td>
<td></td>
<td>Recovery</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>EXTRA</td>
<td>Extra</td>
<td></td>
</tr>
<tr>
<td>24 OFF</td>
<td>25 L-M/L-M</td>
<td>26 M/M</td>
<td>27 H/M</td>
<td>28</td>
<td>29 L/L</td>
<td>30 T&amp;D @ Montreal</td>
</tr>
<tr>
<td>Yoga (optional)</td>
<td>Regen group Recovery protocol</td>
<td>Elevation Zone 2</td>
<td>Dynamic Prep</td>
<td>Travel to Montreal</td>
<td>Dynamic Warm Up Training</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Training group training and S&amp;C</td>
<td>$40</td>
<td>Training</td>
<td>S&amp;C for Starters</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
DAILY & WEEKLY LOAD
MONTHLY LOAD - ANALYSIS
WELLNESS

REST/RECOVERY

NUTRITION

SUBJECTIVE QUESTIONING
“24/7 ATHLETE”

- **Recovery**
  - Training vs Match Day
  - Bike, Contrast Baths, Massage/Foam Rolling
  - Morning Corrective Exercises
  - Off-Day Activities?

- **Nutrition**
  - Shake within 10 mins of training/Match
  - Lunch/Dinner within 90 mins
  - Sports Drink
    - How much?
    - When?
SUBJECTIVE QUESTIONING

READINESS
BODY
NUTRITION
SLEEP
STRESS
R E A T E OF P E R C E I V E D E X E R T I O N (RPE 1-10)
TAKE HOME

• Not everyday is a “High” day
• Technology Available
• Test and Retest!