

Pardaan

Season Periodization Planner

Break the season into phases with a focus and load for each block.

Periodization simply means planning your season in phases so training peaks at the right time and players get variety and recovery. Break the year into blocks, give each a focus, and set the intended training load. The example row shows the idea; complete the rest for your season.

Team / Age group: _____

Season: _____

Season phases

Phase	Weeks	Main focus	Load
Pre-season	1-4	Fitness base, team shape, basic patterns	Building

Load guide

Build gradually through pre-season, hold a steady load in-season with a lighter week roughly every fourth week, lift the intensity before key fixtures, and taper around breaks and tournaments. Recovery is part of the plan, not a gap in it.