

IRISH FOOTBALL ASSOCIATION



Club Licensing Manual for Participation in the UEFA Club Competitions

Based on the UEFA Club Licensing
and Financial Fair Play Regulations

For Award of the UEFA Club Licence for Season 2019/2020

Version 1.1.1

Uefa C Licence Manual

Peterjon Cresswell, Simon Evans

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the authors' names.

Uefa C Licence Manual:

Peak Performance for Soccer Alex Calder, Adam Centofanti, 2022-12-01 In this book over 40 of the world's leading practitioners working in elite soccer over 6 continents share advanced knowledge of the environment as well as a scientific understanding of the game and players. This book explores those traits at an intricate level through shared experiences of some of the best performance coaches working in elite soccer. The content in this book is derived from practical and evidence-based concepts that have been applied at the elite level. Uncovering the coaching strategies as well as contemporary issues in elite soccer, this comprehensive textbook illustrates what it takes to thrive as a performance coach at the top level. Collaborating with the industry leaders in soccer, the chapters address a myriad of topics such as the multiple roles and responsibilities, youth development, strength and conditioning, application, nutrition, and recovery strategies, tracking and monitoring fitness and fatigue, powerful communication methods, and staff cohesion and return to play and injury prevention strategies. *Peak Performance for Soccer* is essential reading for all coaches and practitioners at any level who work in soccer. Alex Calder is the head of sports science with the Houston Dynamo, competing in Major League Soccer (MLS). He is an accredited level 3 elite coach with the Australian Strength and Conditioning Association (ASCA) as well as holding accreditations through the National Strength and Conditioning Association (NSCA) and Collegiate Strength and Conditioning Coaches Association (CSCC). Adam Centofanti is currently the head of fitness for the Seattle Sounders FC, having previously served as the head of academy strength and conditioning for Houston Dynamo FC. Formally with Melbourne City FC, Adam held various roles with the club, including conditioning coach, sports scientist in the academy sector, as well as overseeing the women's performance program, achieving multiple championships. *Competition Policy Newsletter*, 1996 **Il Mito San Siro N.1**, European Football Peterjon Cresswell, Simon Evans, 1997 Charts the best teams across the continent and gives you all the matchday details. Includes coverage of fifty key European football cities, practical tips on getting a ticket, getting to the game, and pre and post game activities, features on athletes, and more. **F License Manual** Massachusetts Youth Soccer Association, 1998 **(Handbook)**. Union of European Football Associations, 1975 **The Rough Guide to European Football** Peterjon Cresswell, Simon Evans, 1999 The ultimate authority on soccer in Europe kicks off a completely revised second edition with everything fans want to know about the teams, stars, and coaches. Photos.

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