

Welkom

- Denk na over jouw antwoorden op onderstaande vragen

Fitheid *

Overall energy level

1 2 3 4 5 6 7 8 9 10

Zwaar vermoeid (very tired)

Superfris (very fresh)

Spierpijn *

Overall muscle feeling

1 2 3 4 5 6 7 8 9 10

Heel veel (very sore)

Geen spierpijn (no soreness)

Slaap *

How did you sleep?

1 2 3 4 5 6 7 8 9 10

Heel slecht (very poor)

Heel goed (very restful)

Stress *

Overall stress level

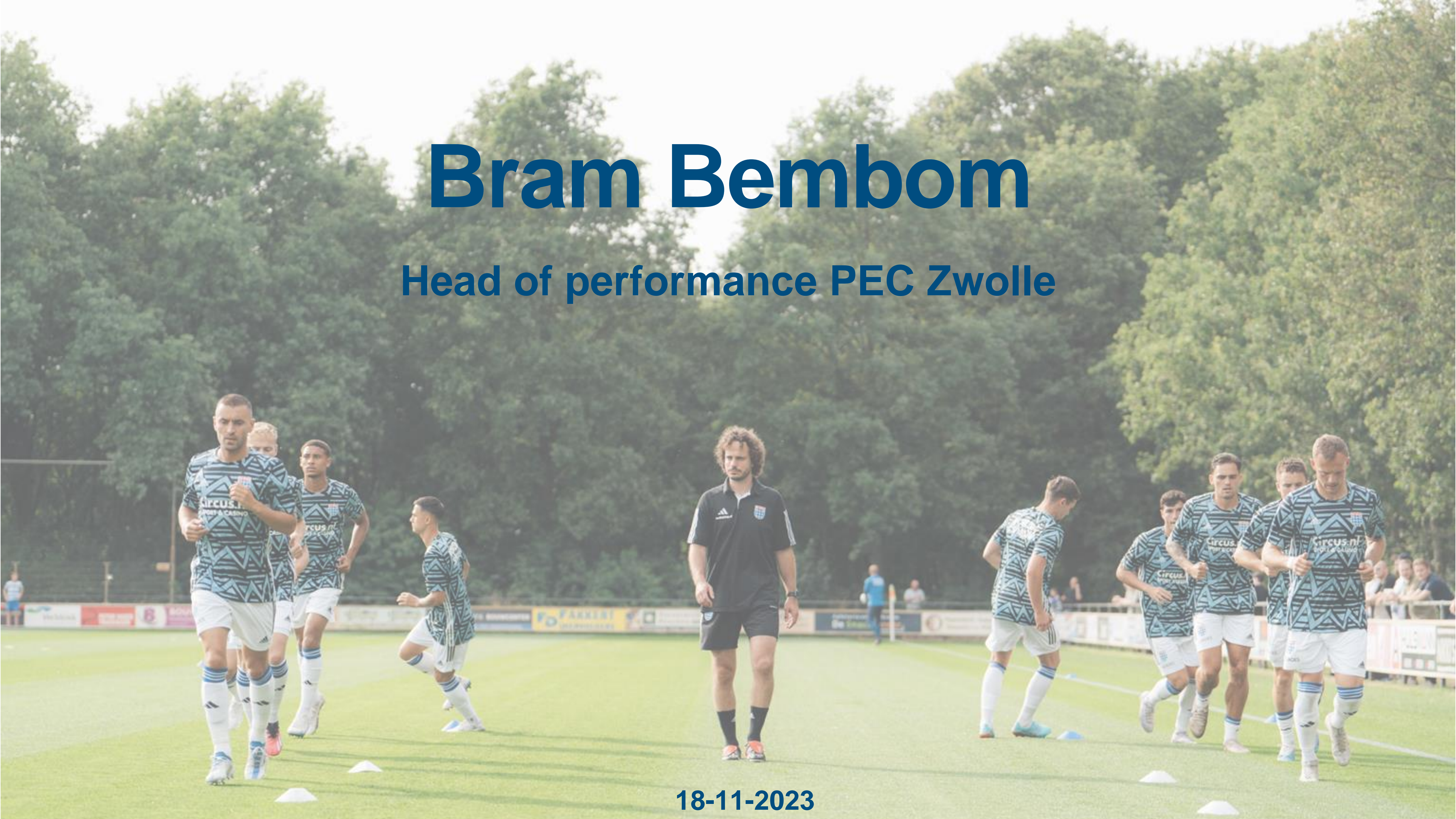
1 2 3 4 5 6 7 8 9 10

Veel stress (Highly stressed)

Relaxt (No stress)

Bram Bembom

Head of performance PEC Zwolle



18-11-2023

Introductie

- **BsC. Sports, health and management**
- **Hanzehogeschool Groningen**
- **PEC Zwolle Academie**



PEC Zwolle

- **BVO spelend in de Eredivisie**
- **Academie (10) (CSE), vrouwen (2) en 1e elftal**
- **Begroting**
- **Doelstelling**



PEC Zwolle

- Na een seizoen terug in de Eredivisie
- <https://www.youtube.com/watch?v=om9uFUTfeD4>



1e elftal

- **23 + 3**
- **Leeftijden**
- **Nationaliteiten**
- **Fulltime profs**
- **9 fulltime stafleden**
- **Faciliteiten**



Functie

- **Schakel tussen de hoofdtrainer en spelersgroep**
- **Verantwoordelijk voor de complete fitheid van spelers**
- **Dagelijkse leiding aan een team van specialisten;**

Sportarts, huisarts, fysiotherapeuten, manueel therapeut, podotherapeut, verzorger, krachttrainer, data analist, chef-kok, sportdiëtist en sportpsycholoog.



Globale dagindeling

- 08:00-09:00 uur: Ontbijt
- 09:00-09:45 uur: Behandelen / individuele gesprekken
- 09:45-10:00 uur: Videobeelden
- 10:00-10:20 uur: Voorbereidende oefeningen (prep)
- 10:30-12:00 uur: Veldtraining
- 12:15-13:00 uur: Lunch
- 13:30-16:00 uur: Middagprogramma;
Krachtraining
Behandelen
Individuele gesprekken
- 08:00 uur: Medisch overleg
- 08:30 uur: Ontbijt
- 09:00-09:45 uur: Stafoverleg
- 09:45-10:00 uur: Videobeelden
- 10:00-10:20 uur: Prep
- 10:30-12:00 uur: Veldtraining
- 12:15-13:00 uur: Lunch
- 13:30-18:00 uur: Middagprogramma;
Stafoverleg
Vergaderingen
Individuele gesprekken
Sponsordeals

Wellness en RPE

- **Dagelijkse monitoring: Wellness en RPE**
- **Medisch overleg**
- **Aanspreekpunt**

Fitheid	Slaap	Spierpijn	Stress
8	8	8	10
7	7	7	7
8	9	8	10
6	3	9	9
7	7	7	10
7	7	6	7
9	9	9	9
6	8	5	10
7	6	7	8
8	7	7	8
8	7	8	8
6	9	6	9
7	7	7	8
7	6	7	8
8	8	8	8
8	8	8	8
8	8	8	8
8	8	9	9
7	7	7	7
7	7	7	7
7	9	7	8
8	7	8	10
6	6	7	7
6	6	4	8
8	8	8	9
7	7	6	10
6	8	7	9
7.2	7.3	7.2	8.5

Voeding

- **Specialisten in dienst**
- **Ontbijt en lunch**
- **Maaltijd na wedstrijden**
- **Workshops**
- **Supplementen**



Preperation (prep)

- **Vorbereidende oefeningen voor veldtraining**
- **Fysiek- en mentaal klaarstomen**
- **Blessurepreventie**
- **Individuele behoeftes**



Veldtraining

- **Load monitoring (periodisering)**
- **Warming up**



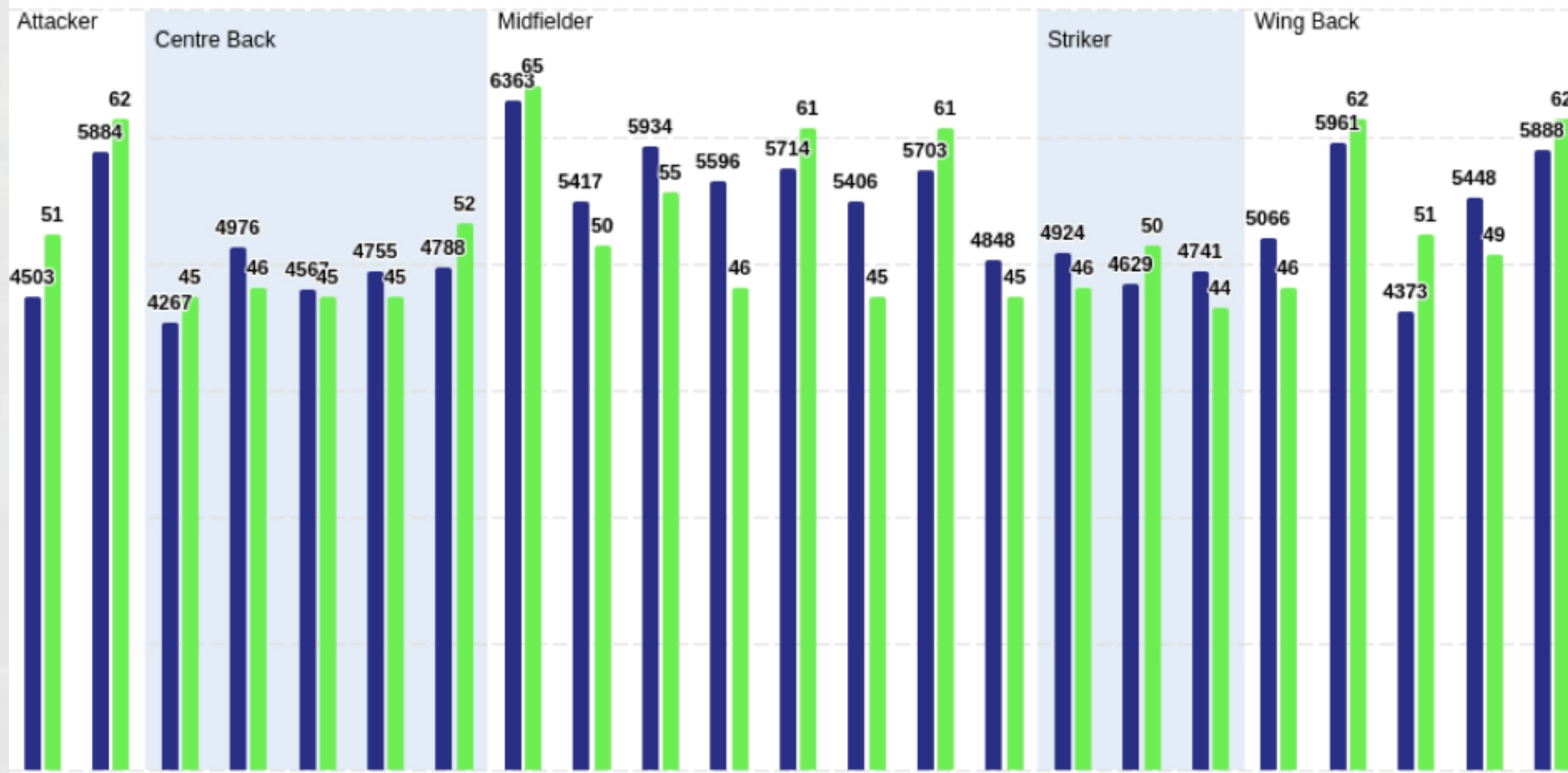
Load monitoring

- **Catapult + Receiver**
- **Polar**

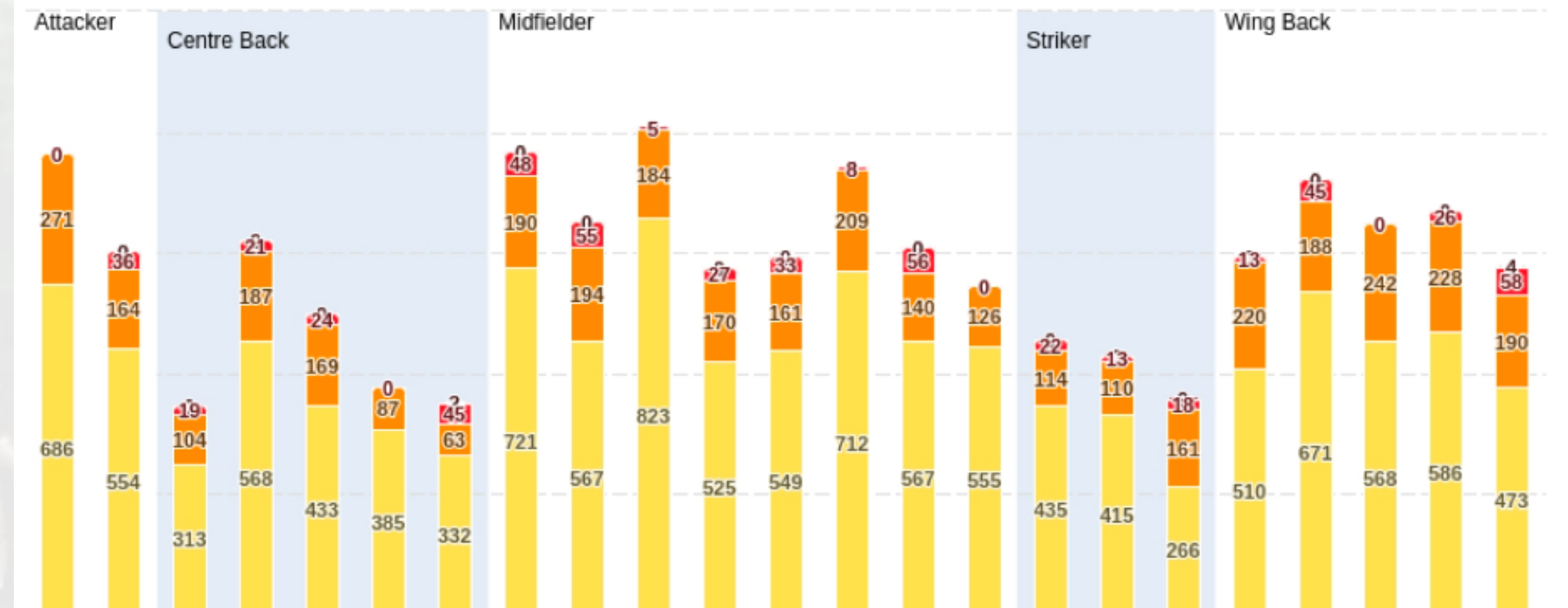


Load monitoring

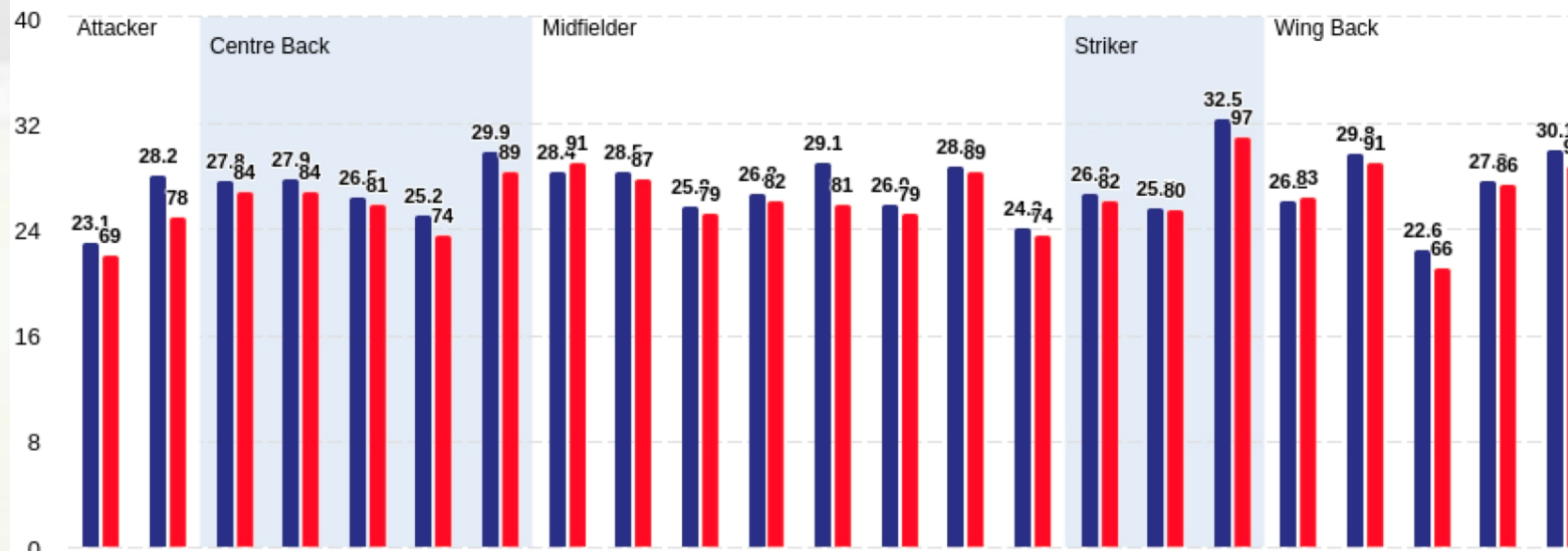
DISTANCE



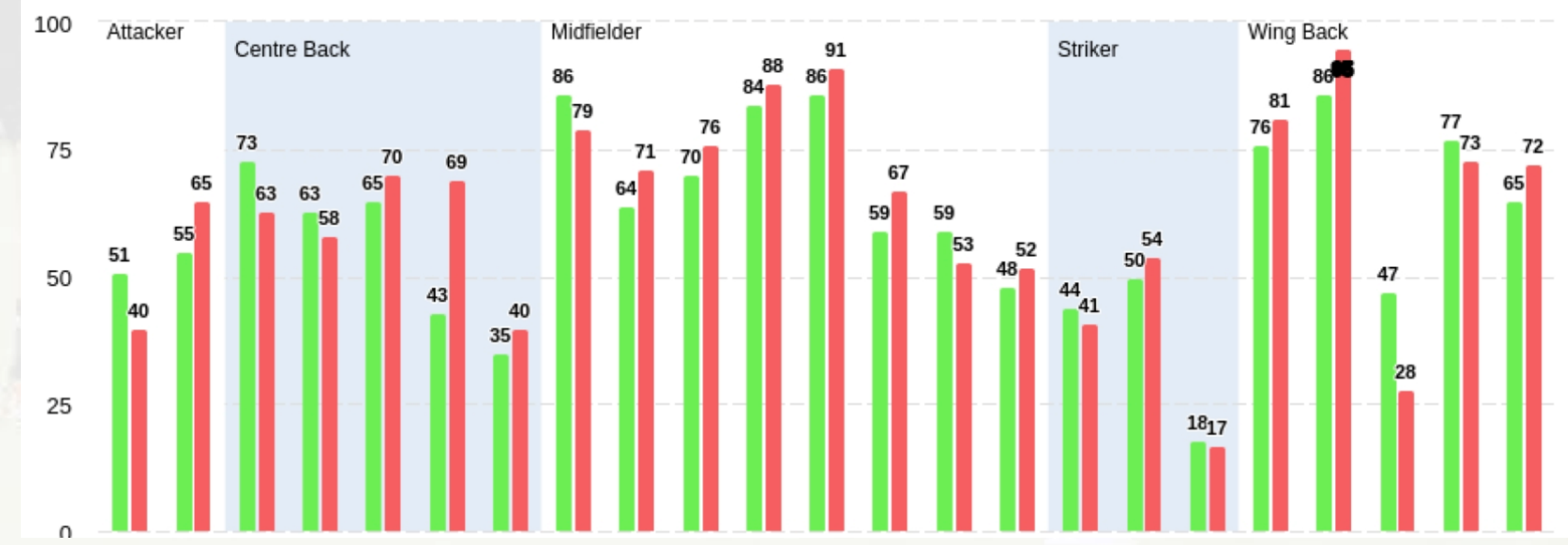
HIGH SPEED DISTANCE



MAXIMUM VELOCITY



ACCELERATIONS & DECELERATIONS



Krachttraining

- 3x per week
- Individuele schema's op basis van;

Positie


Testen

Doelstellingen

Behoeftes



Testen en meten

INDIVIDUAL TESTRESULTS PECZWOLLE 2023/2024																																																											
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Weekplanning

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	MD	MD+1	MD+2	MD+3	MD-3	MD-2	MD-1
Schedule		08:30 Breakfast 09:00 Treatment 09:45 Video 10:00 Preperation 10:30 Training 12:30 Lunch 13:30 Strength Treatment Individual needs	Injured players	08:30 Breakfast 09:00 Treatment 09:45 Video 10:00 Preperation 10:30 Training 12:30 Lunch 13:30 Strength Treatment Individual needs	08:30 Breakfast 09:00 Treatment 09:45 Video 10:00 Preperation 10:30 Training 12:30 Lunch 13:30 Strength Treatment Individual needs	08:30 Breakfast 09:00 Treatment 09:45 Video 10:00 Preperation 10:30 Training 12:30 Lunch 13:30 Strength Treatment Individual needs	08:30 Breakfast 09:00 Treatment 09:45 Video 10:00 Preperation 10:30 Training 12:30 Lunch 13:30 Strength Treatment Individual needs
Goal	Matchday	Recovery	Day off	Endurance	Power	Tactical	Reaction
Preperation	Mini band	Foamroll / stretch		Mobility/core & coordination	Mobiliteit/core & plyometrics	Mobiliteit/core & reaction	Own prep
RPE	10	2 & 3		6 & 7	8 & 9	5 & 6	3 & 4
Interload wellness	1. Sleep, muscle pain, fatigue, stress 2. RPE	1. Sleep, muscle pain, fatigue, stress 2. RPE	1. Sleep, muscle pain, fatigue, stress 2. RPE	1. Sleep, muscle pain, fatigue, stress 2. RPE	1. Sleep, muscle pain, fatigue, stress 2. RPE	1. Sleep, muscle pain, fatigue, stress 2. RPE	1. Sleep, muscle pain, fatigue, stress 2. RPE
External load GPS	Subs: V5 / V6	Active recovery		Distance + V5	HIS + acc. / dec.	Total distance	
Distance		Small		Mid / big	Big	Small / mid	Small
Warming up	Matchday	Movement preps	Day off	Running training	Circuit with hurdling	Reaction + games	Relay
Gym		Upperbody		Lowerbody / Pilates	Full body		
Nutrition	Focus: carbs and hydration	All macronutrients		All macronutrients	All macronutrients	Focus: carbs and hydration	Focus: carbs and hydration

Toekomst

- **Voor- en nadelen**
- **Ambitie**
- **Nieuw complex**

- *“De koffer van een trainer staat altijd ingepakt.”*



Vertaalslag richting Ultimate

- **Continu in beweging**
- **“Vuile” meters maken voor teamgenoten**
- **Wenden en keren (acc. /dec)**
- **Explosiviteit in sprint en sprong**
- **Schouder mobiliteit**



Vertaalslag richting Ultimate

- **Wellness (!) en RPE**
- **Loopscholing**
- **Core en krachtvormen**
- **Performance testen;**

4 x 4 min. loop
Sprint- en sprongtesten

- **Videobeelden analyseren;**
Aantal sprints



Vertaalslag richting Ultimate

3x per week			
	Type training	Doel	Specifiek
Dag 1	Veldtraining	Uithoudingsvermogen	Groot
Dag 2	Krachtraining	Algehele fitheid	Full body (plyo)
Dag 3	Veldtraining	Tactisch + sprintvormen	Klein/middel
Dag 4	Krachtraining	Algehele fitheid	Full body (core/schouder mob.)
Dag 5	Hersteldag	Actieve rust	Wandelen, fietsen o.i.d.
Dag 6	Wedstrijd		
Dag 7	Rust	Herstellen	Mobiliteit
			Wandelen, fietsen o.i.d.
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Dag 3	Veldtraining	Tactisch + sprintvormen	Middel
Dag 4	Krachtraining	Algehele fitheid	Full body (core/schouder mob.)
Dag 5	Veldtraining	Tactisch (laag intensief)	Klein
Dag 6	Wedstrijd		
Dag 7	Rust	Herstellen	Mobiliteit
			Wandelen, fietsen o.i.d.

	1x100m / 2x50m		Afstand (m):	15m	30m	45m	
	100 in 20/20 & 50 in 10/10		Rust (s):	10s	30s	60s	Sprong
Stap:			Stap:				
	Reps			Reps	Reps	Reps	Reps
1	10		1	2x6	1x6	1x4	20
2	10		2	2x6	1x6	1x4	25
3	12		3	2x7	1x7	1x5	30
4	12		4	2x7	1x7	1x5	35
5	14		5	2x8	1x8	2x3	40
6	14		6	2x8	1x8	2x3	45
7	16		7	2x9	1x9	2x4	50
8	16		8	2x9	1x9	2x4	55
9	18		9	2x10	2x5	2x5	60
10	18		10	2x10	2x5	2x5	65
11	20		11	3x7	2x6	3x4	70

Vragen?

