

## EXAMPLE OF MICRO-CYCLE IN COMPETITION PERIOD

### **Summary**

*A progress in football, put a new demands in front of competitors. Beside a functional and motor abilities, a football player must have a certain level of technical and tactical abilities which he adopt through quality training program in the micro-cycle. This article showed a training program in the competition micro-cycle. Its most important goal is keeping a high level of sports form. Two models of micro-cycle program depending of number of games in it, by which one succeed to sustain a high level of sports form in competition period have presented here.*

**Key words:** *periodicity, football, competition*

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