



Periodization in football

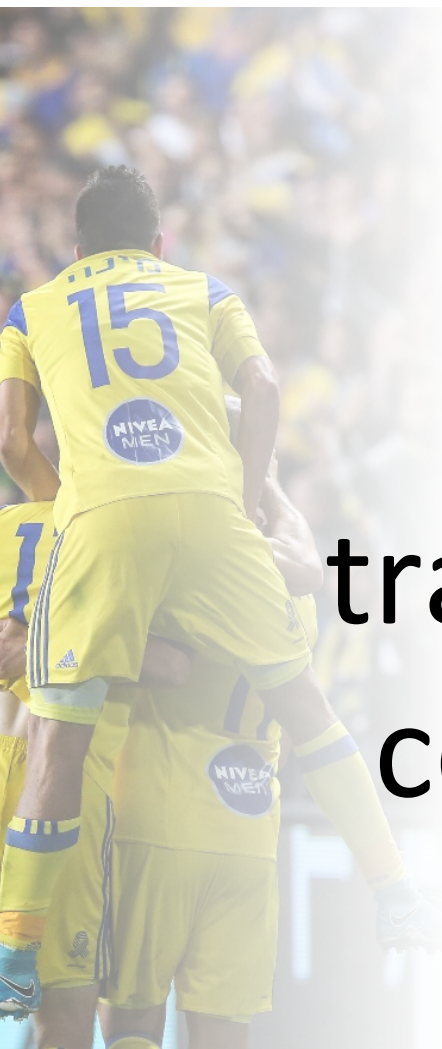
Tel Aviv, January 10th 2018

Juan Torrijo





What is periodization?



Periodization is structured phases of different variables of training (technico-tactical, conditional, psychological, etc...)



Periodization is a systematic planning of training.



WINNERS ALWAYS
HAVE PLANS
LOSERS ALWAYS
HAVE EXCUSES



UEFA Cup Winners Göteborg 2004





Why plan?



Why plan?





Why plan?

Anticipation vs reaction

- Planning is a way of anticipating, which is the opposite of reacting.
- **Anticipation prevents** us from problems and **Reaction** tries to **solve** problems



Why periodization?



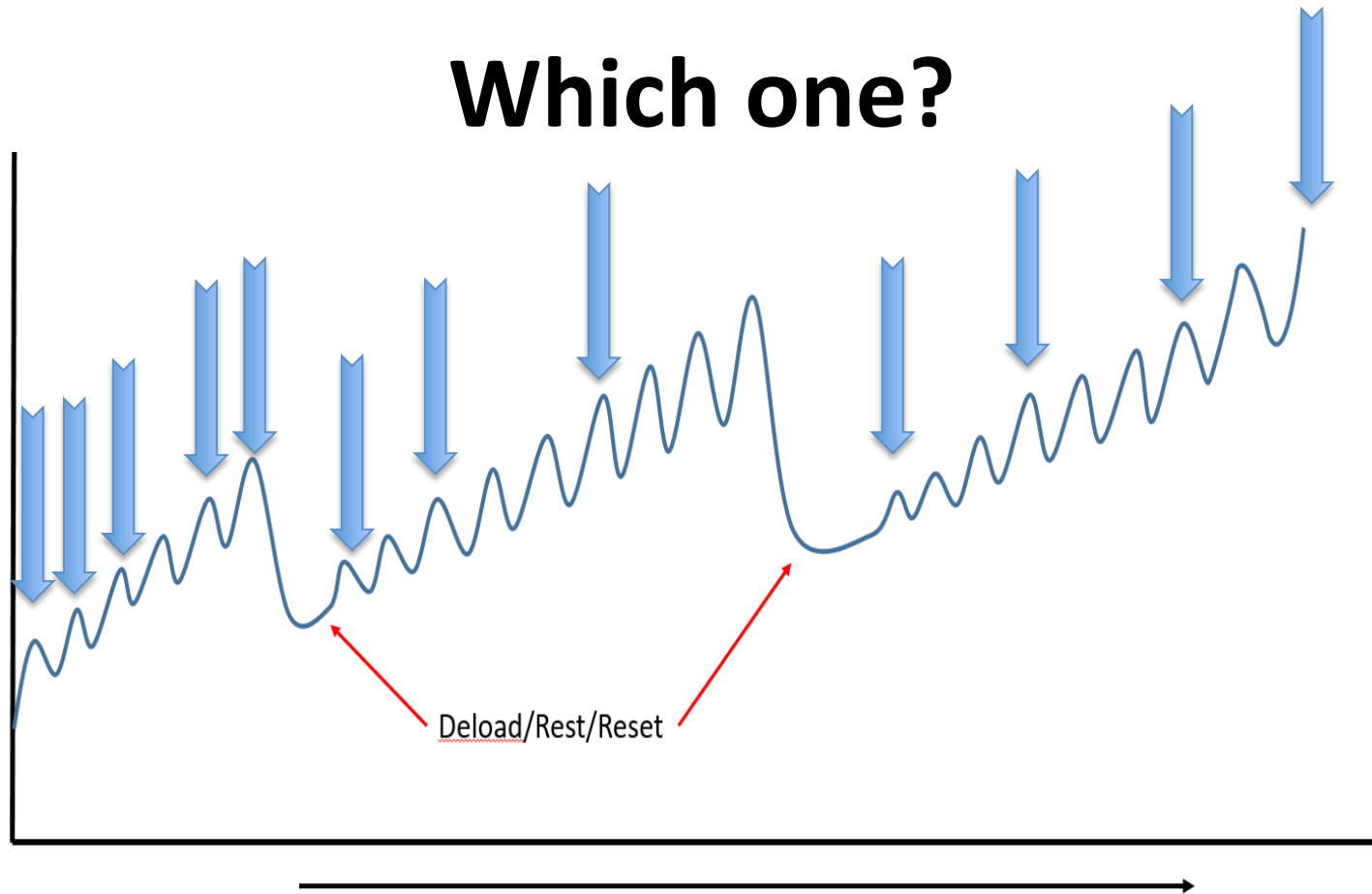
- **To prevent overload of training.**
Principle of training: Overload and Adaptation.
- **To help ensure better weighting of the training elements (quantity, intensity and quality).**
Principle of training: Progression and Specificity.
- **To avoid routine and prevent fitness plateau.**
Principle of training: Variation
- **To focus on weakness.**
- **To prevent injuries.**
- **To allow the coach to respect and monitor the biological, physiological and psychological factors that determine performance.**



And what about performance?

The aim of periodization is to reach the best performance of our team during different phases of the season. PEAK OF PERFORMANCEiiii

Which one?





Previous Variables to consider:

1. Previous off season period (hormonal recovery time).
2. Calendar (density of games).
3. Tapering periods (in function of calendar).
4. Microcycles variability (different models).
5. General team conditional requirements of the team.
6. Individual conditional status of our players (testing).





Competition Period

How many years is your team following this schedule?

62

Official games

1.465

Km/player

1.993

Sprints/player

29,8

Km > 21km/h



Competition Period

Tapering for Competition

Which framework ?



Designed by @YLMSPortScience

What is taper ?

Taper is "a progressive, nonlinear reduction of the training load during a variable amount of time that is intended to reduce physiological and psychological stress of daily training and optimize sport performance".



TAPERING STRATEGIES

TRAINING INTENSITY

Should be maintained during taper



TRAINING VOLUME

Maximal gains are obtained with a total reduction of 41-60% of pretaper value

TRAINING FREQUENCY

Decreasing the number of weekly training sessions has not been shown to improve performance



TAPER DURATION

8 to 14 days seems to represent the borderline between fatigue disappearance and the negative influence of detraining

Every
4-6
weeks

Every
X
weeks



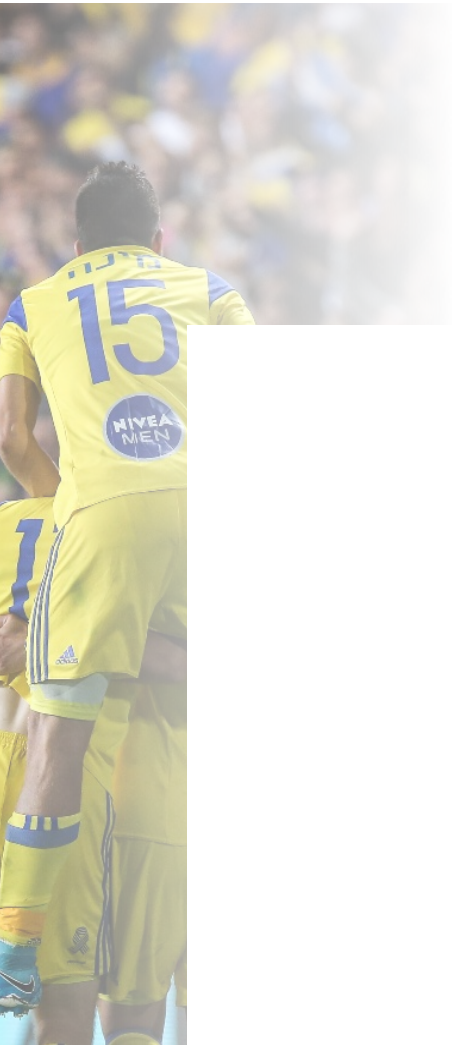
General Periodization in a football team



Preseason	Introduction Period
	Hight Load Period
	Specific Period
Competitive	Competitive Period A1
	Competitive Period A2
	Competitive Period A3
	Competitive Period A4
	Winter break
	Competitive Period B1
	Competitive Period B2
	Competitive Period B3
Competitive Period B4	
Off season	Resting Period
	Rehadaptation Period



Preseason model 1



NO EUROPE PRESEASON									
MONTHS	JUNE		JULY				AUGUST		
MICROCYCLES	1	2	3	4	5	6	7	8	9
MACROCYCLES			PRE-SEASON						
MESOCYCLES	MEDICAL TEST CONDITIONAL TEST	CONDITIONING ADAPTATION	INTRODUCTION LOAD		HIGHT LOAD		ESPECIFIC LOAD		



Preseason model 2



EUROPE PRESEASON			
MONTHS	JUNE		
DATES	13-19 JUNE	20-26 JUNE	27-3 JUN-JUL
SESSIONS	1-9	10-18	19-23
MICROCYCLES	1	2	3
MACROCYCLES	PRE-SEASON (3)		



Strength & Conditioning periodization

COMPETITION A-1 (6 weeks)

>STRENGTH: PREVENTION
CIRCUIT 1 (ECC.QUAD 17.5-20-22.5% 1RM SQ1L)
(ECC.HAMSTRING 15-17.5-20% 1RMDL1L)
PREVENTION CIRCUIT 2 (SQ ONE LEG 20%-DEADLIFT 15%)
PREVENTION CIRCUIT 3 (SQ ONE LEG 22.5%-DEADLIFT 17.5%)

>STAMINA:
INTERVAL EXTENSIVE 15"-45" (145%-155%)
INTERVAL EXTENSIVE 15"-30"(145%-155%)

COMPETITION A-2 (6 weeks)

>STRENGTH:
PREVENTION CIRCUIT 2 (SQ ONE LEG 20%-DEADLIFT 15%)
PREVENTION CIRCUIT 3 (SQ ONE LEG 22.5%-DEADLIFT 17.5%)

>STAMINA:
INTERVAL EXTENSIVE 15"-30" (155%-160%)
INTERVAL INTENSIVE 15"-15" (Line-3+3m-6m)
SPECIFIC POSITIONS

COMPETITION A-3 (6 weeks)

> STRENGTH:
STRENGTH WORKOUT 1: SQUAT 1 LEG (25%-30%) +
DEADLIFT 1 LEG (20%-25%)
PLYOMETRICS: Box-hurdless
STROOPS: Blue 10m - Black 5m (Forward+Lateral)

>STAMINA:
INTERVAL EXTENSIVE 15"-30" (155%-160%)
INTERVAL INTENSIVE 15"-15" (Line-3+3m-6m)
SPECIFIC POSITIONS

COMPETITION A-4 (6)

> STRENGTH: STRENGTH
WORKOUT 2: SQUAT PARALLEL (55%-65%) + DEADLIFT TWO
LEGS (45%-55%) PLYOMETRICS:
Triple jump + Frog jump + Drop jump
PREVENTION CIRCUIT 3 (SQ ONE LEG 22.5%-DEADLIFT 17.5%)
STROOPS: Blue 10m - Black 5m (Forward+Lateral)

>STAMINA:
INTERVAL EXTENSIVE 15"-30" (155%-160%)
INTERVAL INTENSIVE 15"-15" (Line-3+3m-6m)
SPECIFIC POSITIONS



General Injury prevention planification

CORE BASIC WORKOUT LEVEL 1.1-1.2-1.3

PROPRIOCEPTION WORKOUT LEVEL I

CORE UPPER BODY WORKOUT LEVEL I

PREVENTION WORK (ECCENTRICS BODY WEIGHT) LEVEL I

CORE BASIC WORKOUT LEVEL II

PROPRIOCEPTION WORKOUT LEVEL II

CORE UPPER BODY WORKOUT LEVEL II

PREVENTION WORK (ECCENTRICS BODYWEIGHT) LEVEL II

CORE BASIC WORKOUT LEVEL III

PROPRIOCEPTION WORKOUT LEVEL III

CORE UPPER BODY WORKOUT LEVEL III

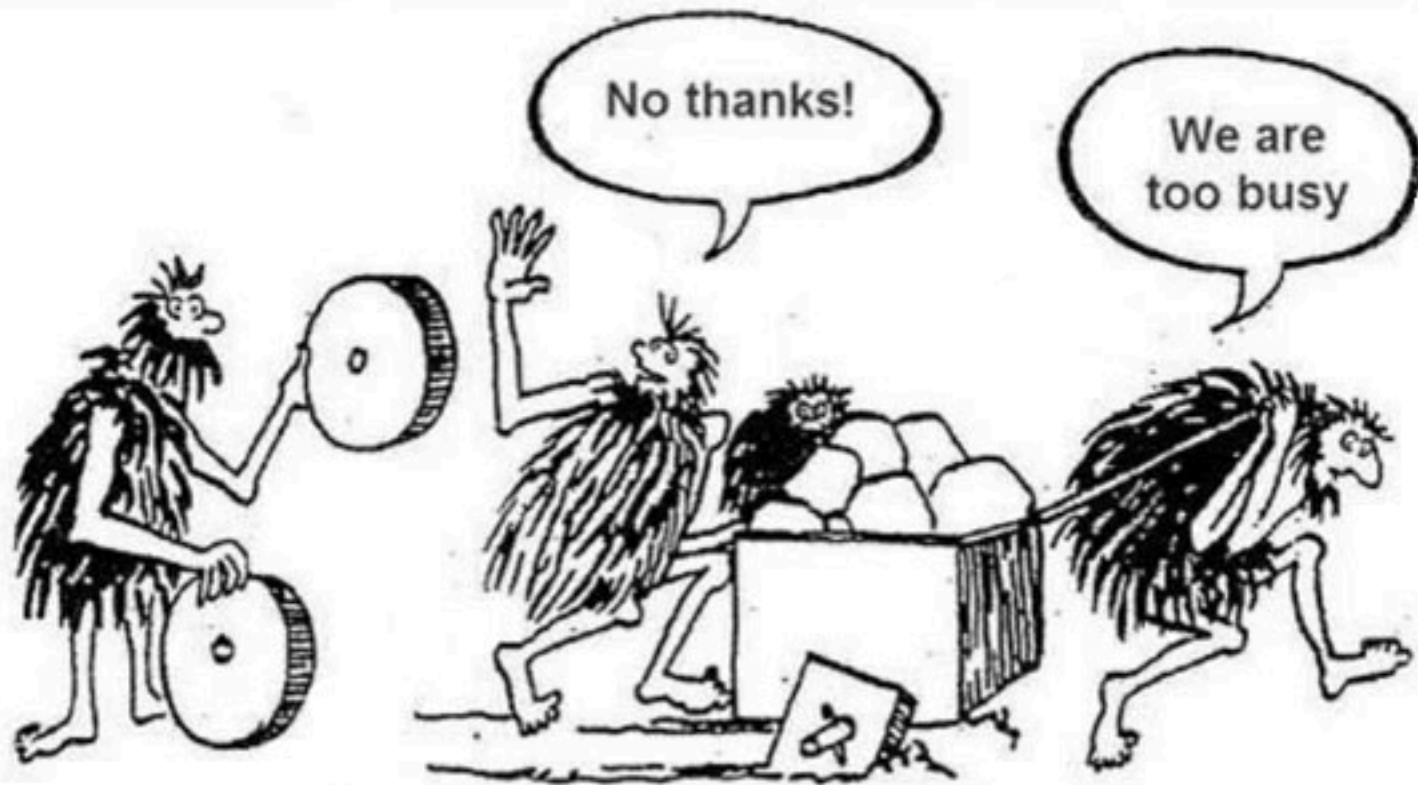
PREVENTION WORK (ECCENTRICS BODYWEIGHT) LEVEL III

CORE BASIC WORKOUT LEVEL IV

PROPRIOCEPTION WORKOUT LEVEL IV

CORE UPPER BODY WORKOUT LEVEL IV

PREVENTION WORK (ECCENTRICS BODYWEIGHT) LEVEL IV





Types of microcycles

MICROCYCLE SPANISH MODEL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
GAME	PREVENTION	DAY OFF	PREVENTION	STRENGTH	PREVENTION	QUICKNESS	GAME
	RECOVERY & COMPENSATORY TRAINING		SPEED	TECHNICO TACTIC	TACTIC	TECHNICO TACTIC	
			STAMINA				
10	2/7	0	6	8	3	5	10

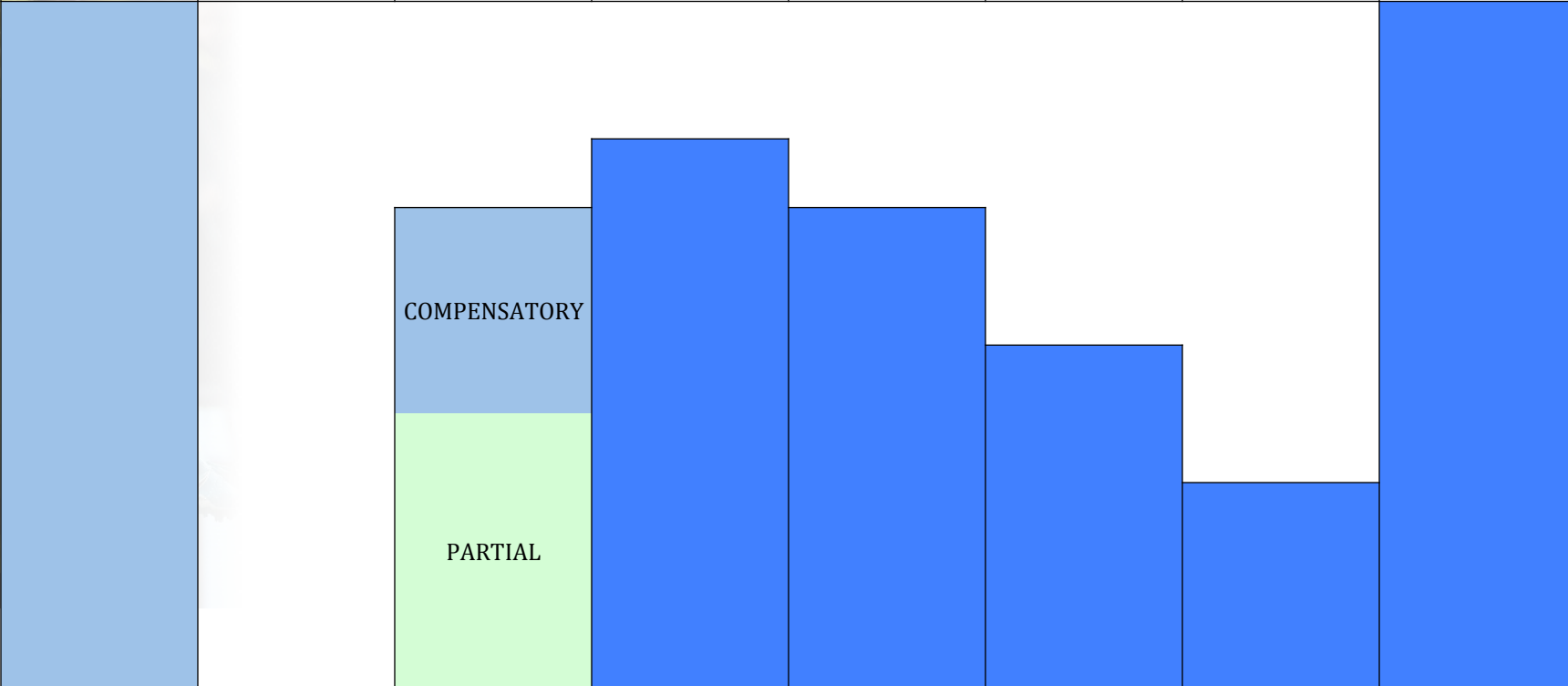
Day	Training Volume
Sunday	10
Monday	2 (Recovery) + 7 (Compensatory) = 9
Tuesday	0
Wednesday	6
Thursday	8
Friday	3
Saturday	5
Sunday	10



Types of microcycles

MICROCYCLE ENGLISH MODEL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
GAME	DAY OFF	PREVENTION	STRENGTH	PREVENTION	PREVENTION	QUICKNESS	GAME
		PARTIAL & COMPENSATORY TRAINING	SPEED	CONDITIONING FOOTBALL	TECHNICO TACTIC	TACTIC	
			TECHNICO TACTIC				
10	0	4/7	8	7	5	3	10

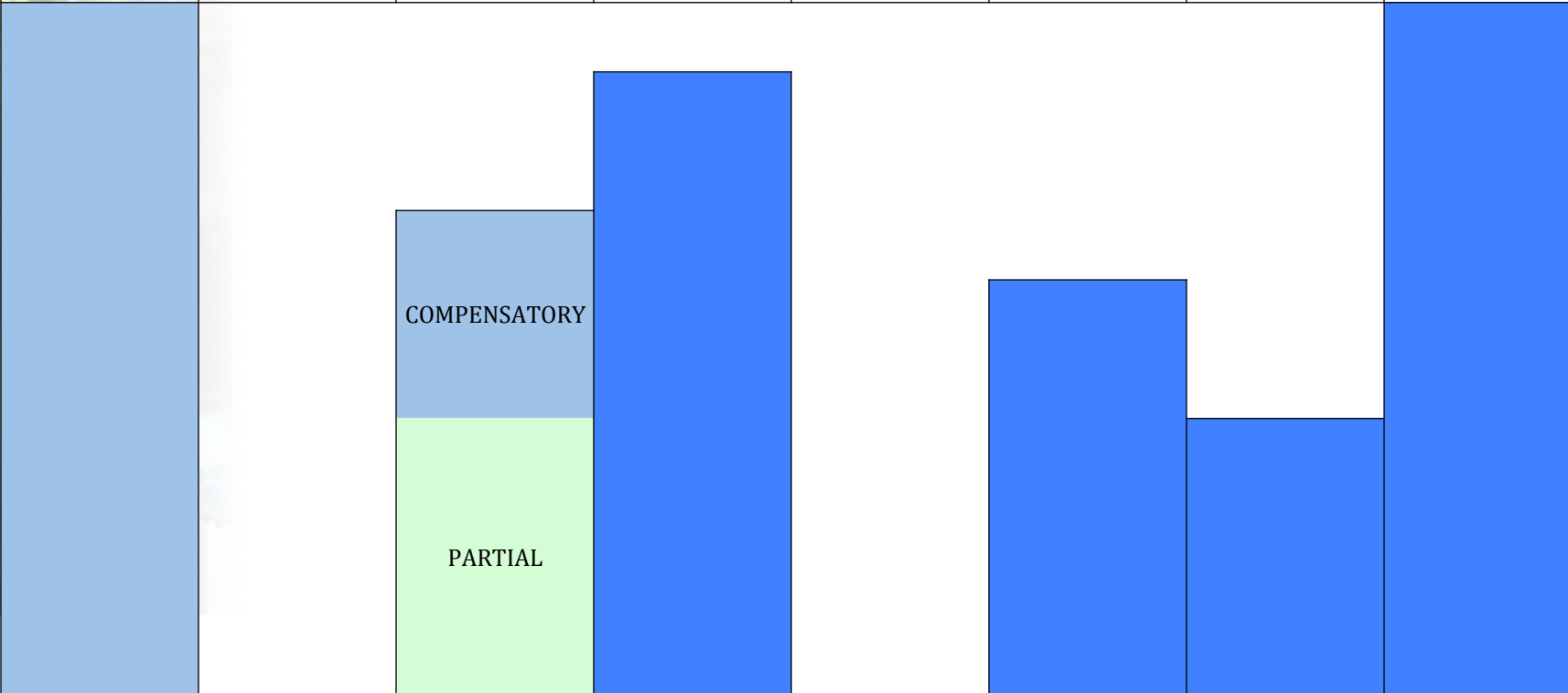




Types of microcycles

MICROCYCLE DUTCH MODEL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
GAME	DAY OFF	PREVENTION	STRENGTH	DAY OFF	PREVENTION	QUICKNESS	GAME
		PARTIAL & COMPENSATORY TRAINING	SPEED		TECHNICO TACTIC	TECHNICO TACTIC	
			FOOTBALL CONDITIONING				
10	0	4/7	9	0	6	4	10





Preseason microcycle (schedule)

		MONDAY 13-Jun	TUESDAY 14-Jun	WEDNESDAY 15-Jun	THURSDAY 16-Jun	FRIDAY 17-Jun	SATURDAY 18-Jun	SUNDAY 19-Jun
WEEK 1	AM	20	TRAINING 1 PHYSIMAX TEST JUMP+LEGGER TEST 08:30	ANTROPOMETRY TEST TRAINING 3 09:30	TRAINING 4 08:30 BLOOD TEST 09:15-10:00 (TEST INTERNATIONAL) CONFIRMATION TEST 10'+10'	TRAINING 5 11:00	REST	TRAINING 8 10:30
	PM	BEFORE 24:00 TO BE AT TEL AVIV	TRAINING 2 18:00	REST	FLIGHT TO WIEN (16:15)	TRAINING 6 18:00	TRAINING 7 11:00	TRAINING 9 FRIENDLY GAME DAC Dunajska Streda (Slovakia) 18:00 (45'/45')



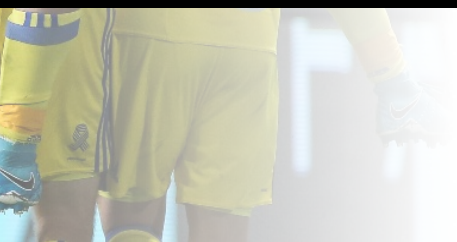
Preseason microcycle (contents plan)

		MONDAY 13-Jun	TUESDAY (1-2) 14-Jun	95 88	WEDNESDAY (3) 15-Jun	90 63	THURSDAY (4) 16-Jun	35 28	FRIDAY (5-6) 17-Jun	160 106	SATURDAY (7) 18-Jun	87 65	SUNDAY (8-9) 19-Jun	62 50	
WEEK 1	AM	LAST DAY OFF SEASON PERIOD	PHYSIMAX TEST WITH NEW PLAYERS	45		63	CORE BASIC 1. x2 sets. 12'	28	45				42		
			WARM UP TEST 8'	8	W.U. STRENGTH MIKE BOYLE 8'	8	WARM UP TEST 8'	8	W.U. STRENGTH MIKE BOYLE 8'	5		WU JM+DS CODES TWO SQUARES 8'	8		
			JUMP TEST: CMJ-ABALAKOV 15'	15	GENERAL CONDITIONING CIRCUIT 1. x3 36'(30"/15") Rec:1'30"	36	TEST CONFIRMATION ENDURANCE 22'	20	EXPLOSIVE STRENGTH LEVEL 0 x2 Circ. 4'x2x2 r:2'	18			R:7v2(6v2)(8x8)10'	10	
			LEGGER TEST STAMINA 22'	22	SMALL SIDED GAME: FOUR MINIGOALS. 6v6 (35x30)5'x3+4'x1 r:1'R:3'	19			RONDO 4v2 (12x6) in twos (45'/15'x3x3) RONDO 4v1(6x6)PNT(15'x5x3)7'30" RONDO SWITCH: 6v3+3v6(14x14+14x14)4'x3 r:1'	10 12		REST		SET PLAYS-CFK(FOR-AGAINST) 12'+12'	24
			COOL DOWN 5'						(PNT) General Conditioning Circuit 1 x2						
			1st GROUP-2nd GROUP	93%	COOL DOWN: STRETCHING IN CIRCLE 5'	70%	1st GROUP-2nd GROUP-3rd GROUP	80%	COOL DOWN: STRETCHING IN CIRCLE + ICE BATH 15'	66%					81%
			CORE BASIC 1. x3 sets. 18'	38											
	PM														
		W.U. COORDINATION LADDERS POLES 8'	8			3rd GROUP: PLAYERS NATIONAL TEAM (PNT)				CORE BASIC COMPETITION 5'	61	FIRST TRAINING WITH SHOTA ARVELADZE	65		45
		PASSING DRILLS TRIANGLE 8'	8			WARM UP TEST 8'			WU COMPETITION 10'+ POSSESSION GAME: 5v5+6f (25x20) 2'x3 r:1'	16	WU COORDINATION LADDERS+HOPS+POLES+PASSES 10'	10	1st FRIENDLY GAME DAC Dunajska Streda (Slovakian 1st Division) 18:00 (45'/45')	45	
		POSSESSION GAME: 6v6+2GK(35x30) 6'x3.r:1'30"-2'	22			JUMP TEST: CMJ-ABALAKOV 15' LEGGER TEST ENDURANCE 22'			BIG SIDED GAME: GK+8v8+GK (70x60)15'x2 r:5'	30	PASSING DRILLS AEROBIC + SHOOTING. 5'x3 r:2'	15			
									AEROBIC CAPACITY RUN U2 (BY TIME)15'	15	SMALL POSSESSION GAME: 6v3 (16x16+16x16)5'x4 r:1'-1'30"-2'	20			
											BIG SIDED GAME: GK+8v8+GK (70x60)10'x2 r:3'	20			
											(PNT) ECCENTRICS 1: Q-H-A (6x2)				
									COOL DOWN: STRETCHING IN CIRCLE + ICE BATH 15'						
ECCENTRICS 1: Q+H+A 6x2 6'									COOL DOWN: STRETCHING IN CIRCLE + ICE BATH 15'	75%		COOL DOWN: STRETCHING IN CIRCLE + ICE BATH 15'			



Competition microcycle 2 games (schedule)

		MONDAY 12-Sep	TUESDAY 13-Sep	WEDNESDAY 14-Sep	THURSDAY 15-Sep	FRIDAY 16-Sep	SATURDAY 17-Sep	SUNDAY 18-Sep
WEEK 14	AM	DAY OFF 17	9:00 Blood Test 1 REST Physimax Test 1 NTP	REST	REST	TRAINING 85 11:00	REST	REST
	PM		TRAINING 82 18:00 (Yoga Session)	TRAINING 83 17:00	84 UEFA EUROPA LEAGUE GROUPS STAGE MD1 F.C. ZENIT ST. P. (HOME) 20:00	REST	TRAINING 86 17:30	87 WINNER LEAGUE MD 04 HAPOEL RA'ANANA (AWAY)20:15





Competition microcycle 2 games (contents plan)

		MONDAY	TUESDAY (82)	WEDNESDAY (83)	THURSDAY (84)	FRIDAY (85)	SATURDAY (86)	SUNDAY (87)		
		12-Sep	13-Sep	14-Sep	15-Sep	16-Sep	17-Sep	18-Sep		
WEEK 14	AM	DAY OFF	REST	REST	REST	Prevention Strength Workout 2.1. 20'	REST	REST		
						Core Advanced Upper Body 2.1+Core Basic			35	
						WU: Hurdless + Poles(Joint Mobility+DS)8' + Regenerative Circuit 12'			20	
						Running U0-U1 15'/Bycycle 20'			15	
						WU:Standard 6'+ Possession game: 4v+3 3'x3 r:1'			15	
	Speed finishing: Doble shoot. 2 rep x side 12'		12							
	SSG: GK+5v5+GK (32x35) 2'x5 r:2'		10							
			78%							
	PM			Core Upperbody 2.0+Eccentrics Q-H-A 16'	33		UEFA EUROPA LEAGUE GROUPS STAGE MD 1 F.C. ZENIT ST. PETERBOURG (HOME) (20:00) (3-4)			WINNER LEAGUE MATCHDAY 4 HAPOEL RA'ANANA (AWAY) 20:15 (0-3)
			Warm Up: Standard 7'	7	Warm up: Quick feet 10'	10	REST		Warm up: Passing in 4 lines (cross-straight)12'	12
Rondo 7v3 (16x10)10'		10	Situations 3v2 (32x40)- 3'x2 r:1'	6		Tactical Game: Gk+10v10+Gk(104x68) Defensive/Offensive 37'		37		
Big Possession Game: 8v8+4f(35x30)8'x2 r:1'30"		16	SSG: Gk+10v10+Gk(37x40)10'	10		Set Pieces: Corner Free Kick Offensive 9'		9		
SSG: Gk+5v5+Gk(32x35) 2'x5 r:2'		10	Finishing actions: Wide pass + Doble pass + Crossing + shooting. 8'	8	Compensatory: (45-17-3-18-19)22 (Core+Ecc)					
		SET PLAYS: CFK-LFK (FOR-AGAINST)8'	8	Prevention Strength Circuit 2.						
	77%		75%	Interval Extensive 15'/30" x6rpx3			94%			



Competition microcycle 1 games (schedule)

WEEK 23	FIFA	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		14-Nov	15-Nov	16-Nov	17-Nov	18-Nov	19-Nov	20-Nov
	AM	DAY OFF 31	REST SERBIA	REST National Team Players	130 TRAINING 10:30 Conditional Test NTP	Physimax Workout 131 TRAINING 10:30 Yoga Session	REST	REST
	PM		128 TRAINING 18:00	Open Day 17:00 Physimax Workout 129 TRAINING 19:00	REST Marketing Activity	REST	132 TRAINING 17:00	133 WINNER LEAGUE MD 10 KIRYAT SHMONA (AWAY) 20:15



Competition microcycle 1 games (contents plan)

WEEK 23

	MONDAY 14-Nov	TUESDAY (128) 15-Nov	59 48	WEDNESDAY (129) 16-Nov	71 52	THURSDAY (130) 17-Nov	89 74	FRIDAY (131) 18-Nov	55 45	SATURDAY (132) 19-Nov	75 52	SUNDAY (133) 20-Nov	95					
AM	DAY OFF	REST		REST			74	Physimax Workout (Units 2-5-6-7) 20'	45	REST		REST						
						WU:Strength England 6'	6	WU: Free without and with ball	8									
PM	DAY OFF	REST		REST		Strength Circuit 1.4 SQ-DL(4rp)20'	20	Rondo 8v2(9x9)10'	10	REST		REST						
						WU: Quick feet four stations+ passes 6'+2'	8	Possession Game: 9v9+3fl(35x40)6'x2 r:1'	12									
						Passing drills triangle 4'x2x2 drills	16	Tactical game 11v11 (Build up - Press high-Close 5m gk)(72x68)15'	15									
						SOG: GK+5v5+GK (28x36) 2'30"x4x3r:2'30"	24	Defense line (3-1 rule)5'										
							83%	Yoga workout.	82%									
						Prevention Strenght Workout 1 (Eccentrics). 20'	48	Physimax Workout (Units 1-3-4-8) 20' Core Upperbody 2.3 12'	52					REST		REST		WINNER LEAGUE MATCHDAY 10 IRONI KIRYAT SHMONA (AWAY) 20:15 (1-2)
						WU: Standard 4 lines 6'	6	WU: Passing in 4 lines 6'	6									
Explosive strength circuit VI in lines x 2rp x side. 1'30"x2x2 r:1' (Too fast-coach issue).	6	Small Possession game: 4v4+3 (16x15) 4'x3 r:1'	12															
Possession game: 6v6+4fl (24x36)4'x3 r:1'	12	Possession game (shuffle) 6 goals 9v9+1fl (45x60) 10'x2	20															
Tactical Training: Gk+8v8+2 small goals (Defense-attacking)(61x68). 8'x3 r:1'	24	Tactical Game: 9v9 (72x68)Defensive-Offensive. 1-4-2-3. 14'	14															
	81%		73%															
									52	COMPENSATORY: NO TRAINING - ONLY PLAYERS NON SQUAD								
									8									
									12									
									14									
									10									
									8									
									69%									



Communication and interaction, the key factor



- General periodization meeting (Technical staff – Head coach, Assistants coaches, Head Fitness coach-). **Monthly.**
- Contents periodization meeting (Technical Staff). **Beginning of the week.**
- Medical periodization meeting (Medical & Fitness Staff – Head Physiotherapist, Rehabilitation Coach, Head Fitness Coach). **Weekend.**
- Players General and Individual meetings (Technical, Fitness and Medical). **Biannual.**
- Daily information transfer between players and Staff (Technical & Medical) through: Wellbeing App, WhatsApp, Personal feedback and meeting.



Influence of science in periodization.





Science and new technologies

TECHNICAL COMPARISONS SMALL-SIDED GAMES VS PROFESSIONAL SOCCER

Reference: Owen, Wong, Paul & Dellal, USM 2014

Players 3 x 5 min
MEDIUM vs. 5 to 8 vs. 8 VS LARGE 9 vs. 9 to 11 vs. 11

RESULTS

- Small sided-games induce a faster playing speed when compared to Medium (+39%) & Large sided-games (+26%)...
- ... but less repeated high-intensity efforts (0.88 vs 4.40 m), high-intensity running (7 vs. 39 m) and sprint distance (0 vs 11 m) when compared to large sided-games

Small sided-games have more passing, receiving, dribbling, and shooting compared to Medium & Large sided-games. Additionally, small sided-games have more passing and shooting than large-sided-games.

CHOOSING THE CORRECT TYPE OF SIDED GAME AT DIFFERENT TIMES OF THE TRAINING WEEK MAY BE AN EFFECTIVE WAY TO PHYSICALLY PREPARE PLAYERS PRACTICALLY, THUS INCREASING TRAINING SESSIONS AND WEEKLY TRAINING VOLUME.

Improved repeated sprint and high-intensity intermittent exercise performance

Reference: by Iain, Firenze, Perri, Alberti, GP, Milan

Nordic hamstring exercise: the Great hamstring saver?

By Petersen et al., American Journal of Sport Medicine, 2011

Designed by @YLMSSportScience

ACCORDING TO AT LEAST HALF A DOZEN RECENT STUDIES, ALMOST TWO-THIRDS OF HAMSTRING INJURIES MIGHT BE PREVENTED BY INCREASING HAMSTRINGS ECCENTRIC STRENGTH

942 Danish soccer players randomly assigned to either an off-season program of the Nordic exercise or normal training

THE EFFECT OF TWO SPEED ENDURANCE TRAINING REGIMES ON PERFORMANCE

Designed by @YLMSSportScience

During the last 3 weeks of the competitive season, 13 young male professional soccer players reduced their training volume by ~20% and replaced their habitual fitness conditioning work with

Speed endurance production
6-8 reps of 20-s all-out running bouts followed by 2 min of passive recovery
3 times per week

Speed endurance maintenance
6-8 x 20-s all-out efforts interspersed with 40-s of passive recovery
3 times per week

OR

Total time in a repeated sprint ability test: -2.5%

Percentage decrement of the repeated sprint ability test: +9.3%

Yo-Yo Intermittent Recovery test level 2: -1.2%

200-m sprint time: +10.1%

20-m & 40-m sprint performance: No changes

Improved repeated sprint and high-intensity intermittent exercise performance

Increased muscles' ability to maintain speed during both m and m

Reference: by Iain, Firenze, Perri, Alberti, GP, Milan

OVERREACHING ONE OUTCOME, MANY POTENTIAL CAUSES

Designed by @YLMSSportScience

Physical factors

- Poor diet
- Muscle damages
- Hormonal disturbances
- Sleep disturbances
- Infections
- Injury

Psychological factors

- Mood
- Loss
- Me
- Lack

Decreased performance
High perceived fatigue

Social factors

- Pressure induced by Professional activity

- Coach, team mates & family expectations
- Medias



Science and new technologies

How the new technologies
help us day by day?



Science and new technologies

How the new technologies help us day by day?





Science and new technologies

Load Monitoring

REFRESHED: 1/9/2018, 8:02:17 AM

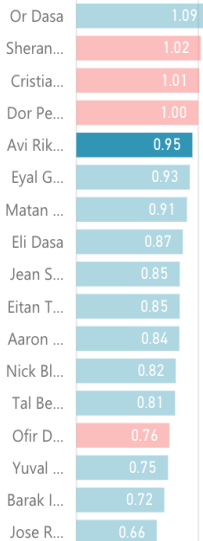


Date

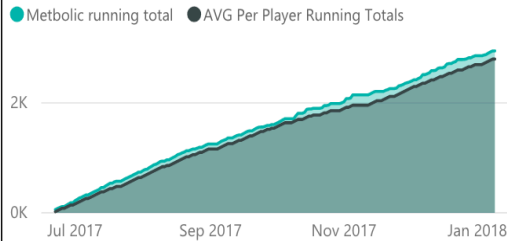
Last 2 Weeks

12/27/2017 - 1/9/2018

1:4 A/C



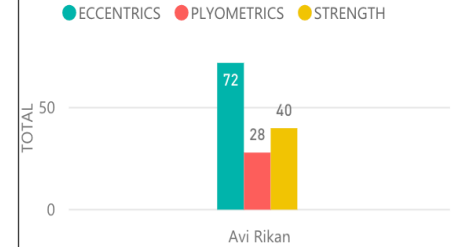
Metabolic Load Relative Running Acumulative



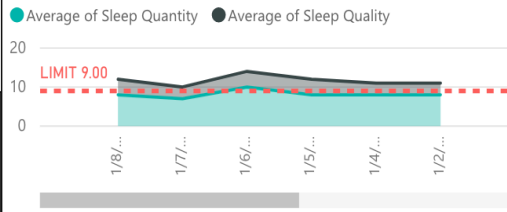
Over Training



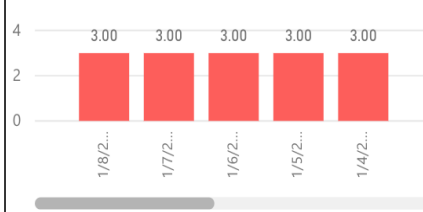
Conditional Data



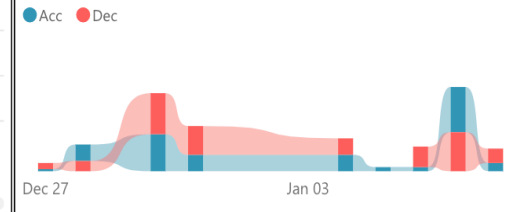
Sleep quantity & quality



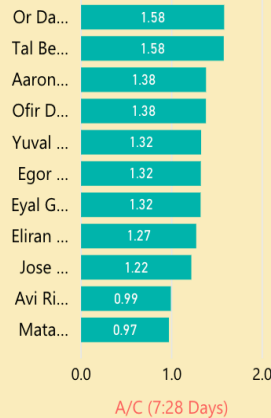
Muscle Soreness



Accelerations & Decelerations



Chose Player



Dehydration
590

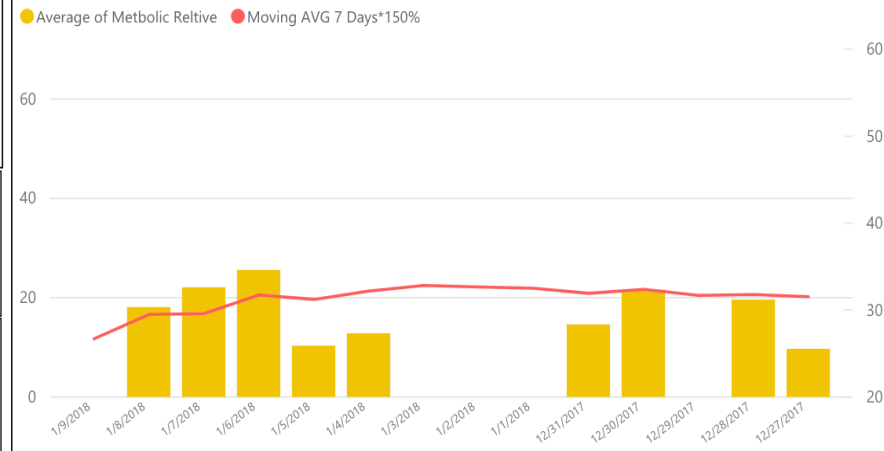
Minute Game C/W

81.3

Minute Game A/C 4 weeks

70.1

Metabolic Load (relative)

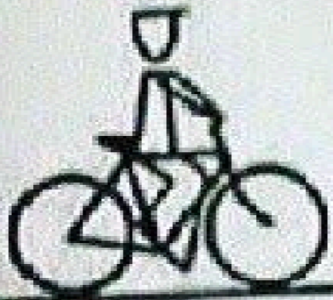


A group of soccer players in yellow and blue uniforms are huddled together on a field. The players are wearing yellow jerseys with blue accents and yellow shorts. The background is a blurred outdoor setting, likely a stadium or training ground. The text "A good plan must be flexible." is overlaid in the center of the image.

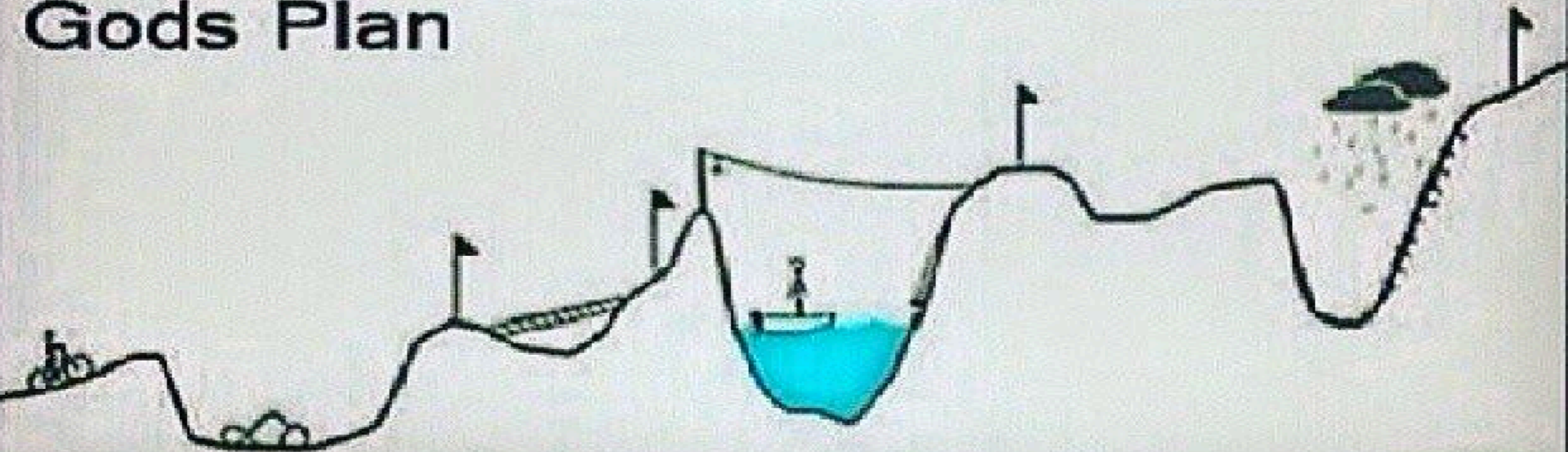
**A good plan
must be flexible.**

Why?

Your plan



Gods Plan



Questions time





תודה רבה לך על תשומת הלב

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