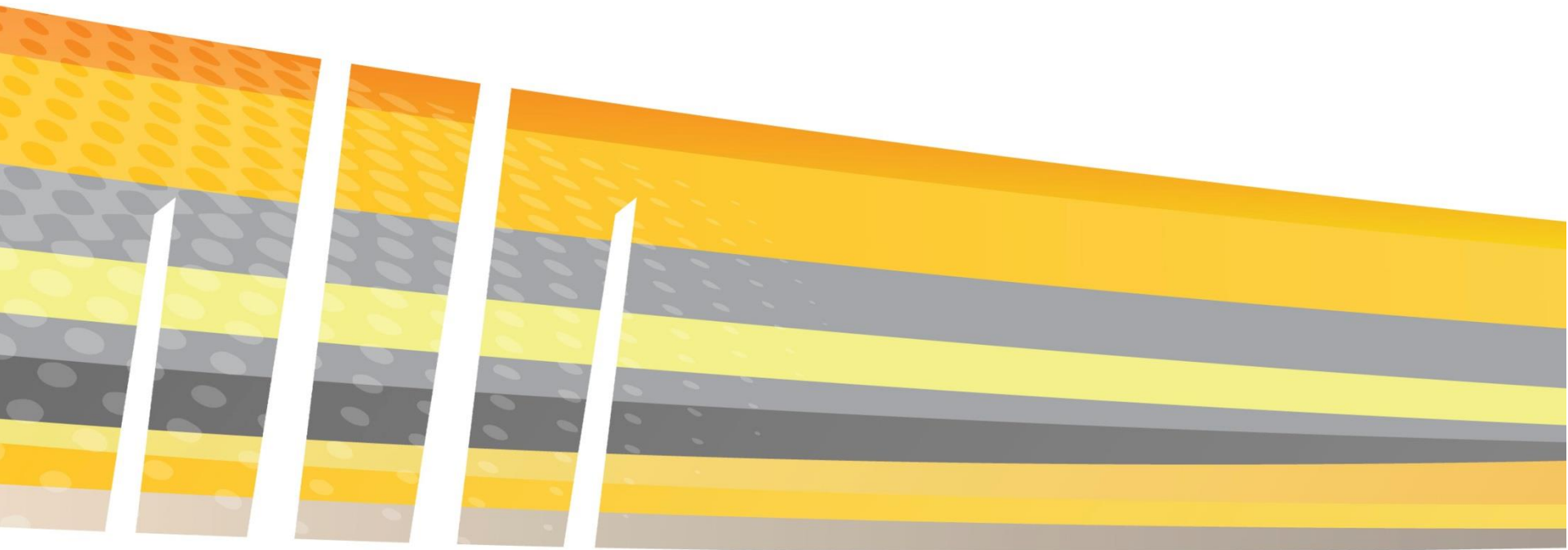


Planning

By
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life



Level 2 Coaching Course

DESIRED OUTCOMES

- Define some key concepts & terminology
- Develop an understanding of how these phases & cycles 'fit' together to form a yearly plan
- Improve your evaluation skills & understand why reflection & evaluation is so important
- Understand why player 'buy in' is critical for the successful implementation of the plan.

Key concepts & terminology

Phases of a yearly plan:

- Preparatory
 - General Preparation
 - Specific Preparation
- Competition
 - Pre-competition
 - Competition
- Transition

Key concepts & terminology

Cycles of a yearly plan:

- Macro Cycles (may also be referred to as meso cycles)
 - Monthly training plan
- Micro Cycles
 - Weekly training plan
 - Daily training plans

PERIODIZATION

Periodization is –

- Clearly defined as non-linear. Performance cannot be developed in a linear fashion.
- A system for integrating and **sequencing** multiple training factors
- A **planning paradigm** which structures the athletes preparation for specific goals.

PERIODIZATION

Periodization should be defined as:

- The **logical** and **systematic sequencing** of training factors in an **integrative** fashion in order to optimise specific training outcomes at pre-determined time points.

PERIODIZATION

A lack of sequencing and integration of training factors (periodization) will result in:

- Generation of high levels of fatigue
- Reduced potential for optimising performance
- A greater risk of injury

PERIODIZATION LOADING PARAMETERS

Volume – Describes the ‘load’ (generally kilometres) of a training session. It’s about the quantity.

Intensity – Describes the ‘speed’ of a training session.

RPE (Rate of Perceived Exertion) – Describes the subjective impact the intensity of each session has on an individual. Each session is rated 1 – 5 or ↓RPE

– ↑RPE

TAPERING

Tapering can be defined as:

- A reduction of training load during a variable period of time in an attempt to reduce the physiological and psychological stress of training and to optimize sports performance.

TAPERING

Primary aims of a taper:

- Optimize the athlete's performance at a specific time.

Accomplished by reducing the training load which

- Decreases cumulative fatigue (physiological & psychological).
- Increase in performance capacity
- Slight increase in fitness.

TAPERING

There are several strategies for reducing the training load:

- Reduce the training intensity
- Reduce the training volume
- Reduce the training frequency

MEASUREMENT & EVALUATION

- Assessment tools are pre-planned and scheduled in the yearly plan
 - It is an 'on going' process
 - Use internal & external sources
- WHAT are you measuring?
- WHY are you measuring it?
- HOW are you measuring it?
 - Is the data valid & reliable data?
- HOW will you use the data that you have?
 - It should be shaping your future plans

IF YOU MEASURE IT, IT GETS DONE!

PLAYER EMPOWERMENT

- To be successful, your players will need to believe in the plan.
- For your players to believe in the plan, they must own the plan.
- For your players to own the plan, they must be active in its review, design and implementation.