

**Level 1 Drill Design**

Skill \_\_\_\_\_

Drill Type:

- Acquisition
- Stabilization
- Integration


<b><u>Objective:</u></b>
<b><u>Drill Description:</u></b>
<b><u>Ref Points (feedback)</u></b>
<b><u>Success criteria:</u></b>
<b><u>Variation:</u></b>

Check list

- Information Gathering
- Communication Component

- Movement
- Game Simulation

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Check list

- Information Gathering
- Communication Component

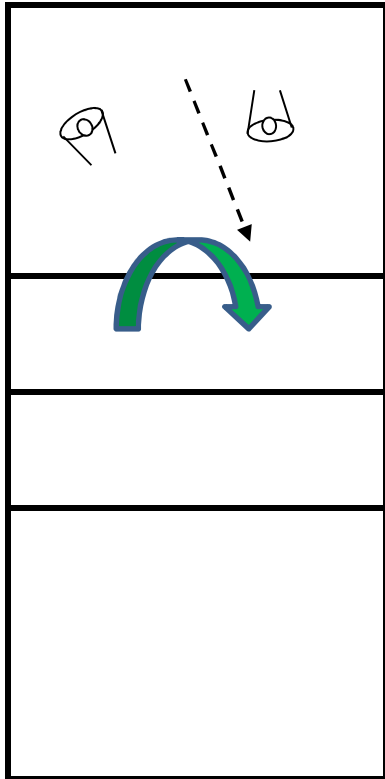
- Movement
- Game Simulation

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- Communication Component

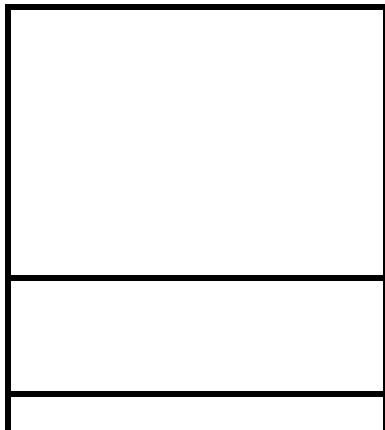
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Check list

- Information Gathering
- Communication Component

- Movement
- Game Simulation

Microcycle	NA
Plan	
Date	
Start	
Length	

Main theme: \_\_\_\_\_  
 \_\_\_\_\_

Start:		( min)
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Drill no: 1

Drill no: 2

( min)

( min)


<b>Objective:</b>	<b>Objective:</b>
<b>Drill Description:</b>	<b>Drill Description:</b>
<b>Ref Points (feedback)</b>	<b>Ref Points (feedback)</b>
<b>Success criteria:</b>	<b>Success criteria:</b>
<b>Variation:</b>	<b>Variation:</b>


Drill no: 3

Drill no: 4

( min)

( min)


<b>Objective:</b>	<b>Objective:</b>
<b>Drill Description:</b>	<b>Drill Description:</b>
<b>Ref Points (feedback)</b>	<b>Ref Points (feedback)</b>


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<b>Success criteria:</b>	<b>Success criteria:</b>
<b>Variation:</b>	<b>Variation:</b>

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Drill no: 5  
( min)

Drill no: 6  
( min)

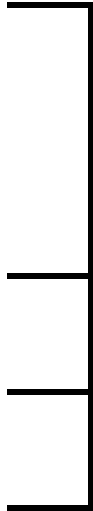
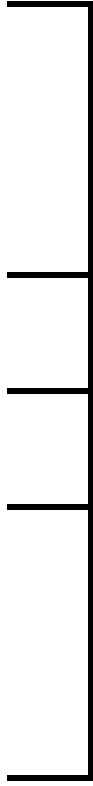
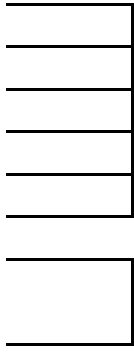

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<b>Drill Description:</b>	<b>Drill Description:</b>
<b>Ref Points (feedback)</b>	<b>Ref Points (feedback)</b>
<b>Success criteria:</b>	<b>Success criteria:</b>
<b>Variation:</b>	<b>Variation:</b>


Drill no: 7  
( min)

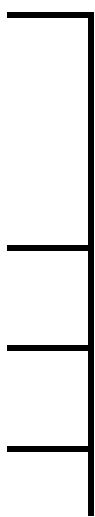
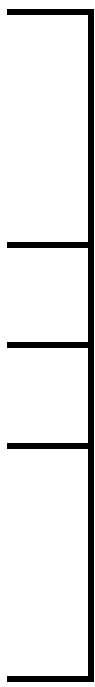
Drill no: 8  
( min)

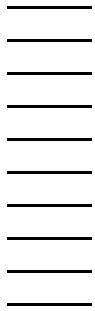

<b>Objective:</b>	<b>Objective:</b>
<b>Drill Description:</b>	<b>Drill Description:</b>
<b>Ref Points (feedback)</b>	<b>Ref Points (feedback)</b>
<b>Success criteria:</b>	<b>Success criteria:</b>









Main theme: \_\_\_\_\_  
\_\_\_\_\_

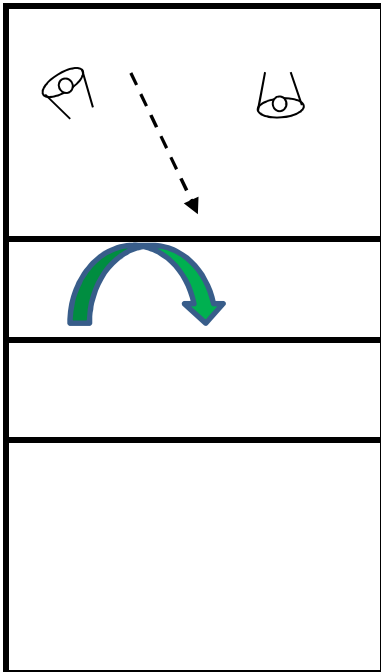
Start:		( min)
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Drill no: 1

( min)

Drill no: 2

( min)



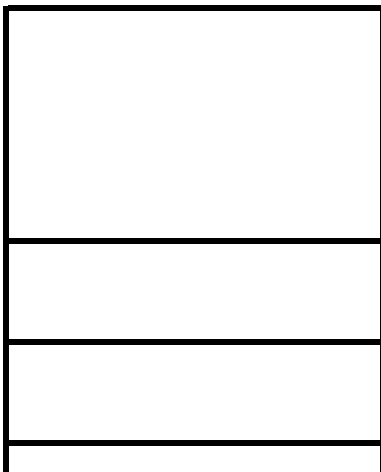
<b>Objective:</b>	<b>Objective:</b>
<b>Drill Description:</b>	<b>Drill Description:</b>
<b>Ref Points (feedback)</b>	<b>Ref Points (feedback)</b>
<b>Success criteria:</b>	<b>Success criteria:</b>
<b>Variation:</b>	<b>Variation:</b>

Drill no: 3

( min)

Drill no: 4

( min)



<b>Objective:</b>	<b>Objective:</b>
<b>Drill Description:</b>	<b>Drill Description:</b>
<b>Ref Points (feedback)</b>	<b>Ref Points (feedback)</b>

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<b>Success criteria:</b>	<b>Success criteria:</b>
<b>Variation:</b>	<b>Variation:</b>

Drill no: 5  
( min)

Drill no: 6  
( min)


<b>Objective:</b>	<b>Objective:</b>
<b>Drill Description:</b>	<b>Drill Description:</b>
<b>Ref Points (feedback)</b>	<b>Ref Points (feedback)</b>
<b>Success criteria:</b>	<b>Success criteria:</b>
<b>Variation:</b>	<b>Variation:</b>

Drill no: 7  
( min)

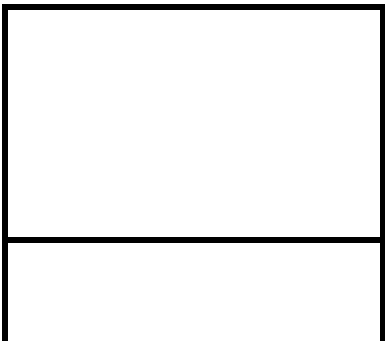
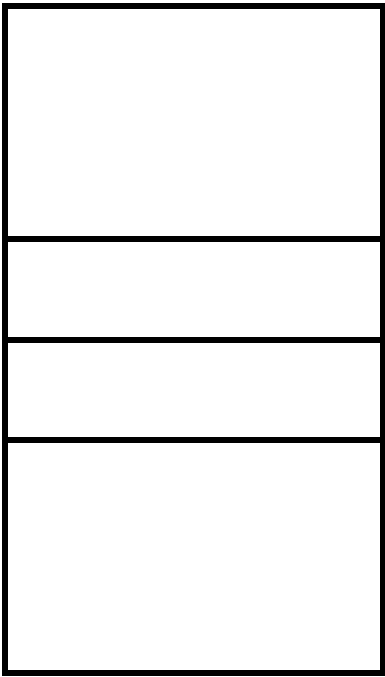
Drill no: 8  
( min)


<b>Objective:</b>	<b>Objective:</b>
<b>Drill Description:</b>	<b>Drill Description:</b>



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Name

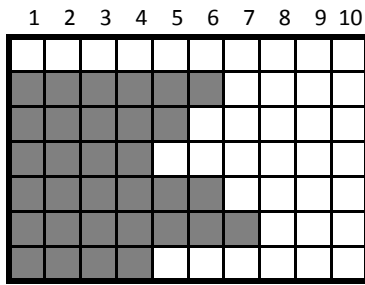
Team

Age

Date

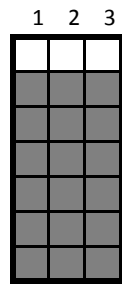
**Technical Skills**

- Overhand Set
- Forearm Pass
- Serving
- Attacking
- Blocking
- Defense



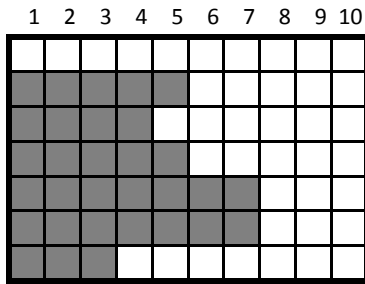
**Individual Tactical Skills**

- Overhand Set
- Forearm Pass
- Serving
- Attacking
- Blocking
- Defense



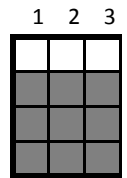
**Movement/Footwork**

- Overhand Set
- Forearm Pass
- Serving
- Attacking
- Blocking
- Defense



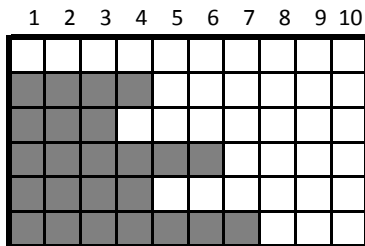
**Team Tactical Skills**

- Integ Skills - System
- Info Gathering
- Decision Making



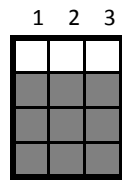
**Motor Skills**

- Agility
- Speed
- Coordination
- Tracking Ball
- Feel w Ball



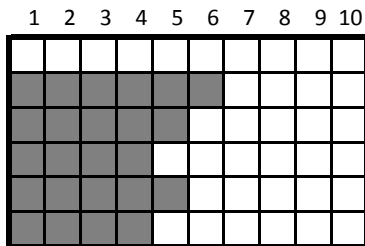
**Group Dynamics**

- Involved w Group
- Supportive intervention



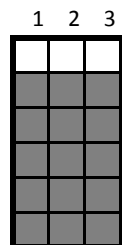
**Energy/Strength**

- Training Capacity
- Core
- Upper Body
- Lower Body
- Power



**Mental Skills**

- Activation
- Concentration
- Stress Management
- Confidence
- Motivation





# Pre Match Timeline

Goals			Actions		
Time Before Event	What Fellings Do You Want To Attain or Maintain?	Who Do You Want To Be With?	What Will You Do?	How Will You Do It? Alternative?	
				#1	#2
90 min					
60 min					
45min					
30min					
15min					
5 min					



**Season and Practice Planning**

	Important Skills / Tactics / Mental /Off Court	Acquire	Stabalize	Integrate
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				