Level 1 Drill Design  Skill	Drill Type:  Acquisition Stabilization Integration
	Objective:  Drill Description:
	Ref Points (feedback)
	Success criteria:
	<u>Variation:</u>
Information Gathering Communication Component	heck list  Movement  Game Simulation

Level 1 Drill Design  Skill	Drill Type:  Acquisition Stabilization Integration
	Objective:  Drill Description:
	Ref Points (feedback)
	Success criteria:
	<u>Variation:</u>
Information Gathering Communication Component	heck list  Movement  Game Simulation

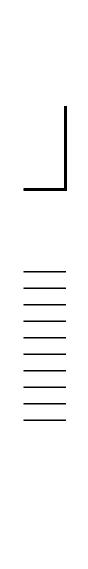
Level 1 Drill Design	
Skill	Drill Type:  Acquisition  Stabilization  Integration
9 16	Objective:  Drill Description:
	Ref Points (feedback)  Success criteria:
	Variation:
Chamber Information Gathering Communication Component  Level 1 Drill Design	eck list  Movement  Game Simulation
Skill	Drill Type:  Acquisition Stabilization Integration
	Objective:  Drill Description:
	Ref Points (feedback)

	Success criteria:
	Variation:
Che	eck list
Information Gathering	Movement
Communication Component	Game Simulation

				Missossala	NI A
				Microcycle	NA
				Plan	
				Date	
Main theme:				Start	
				Length	
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Start:			(	min)	
			(	111111)	
	Dr	rill no: <b>1</b>	Drill no:	2	
		( min)	( min)		
		Objective:	Objective:	- 1	
		Drill Description:	Drill Description:	- 1	
		Dilli Description.	Dim Bescription.	<b>-</b> 1	
		Ref Points (feedback)	Ref Points (feedback)		
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				<b>_</b>	
		Success criteria:	Success criteria:	- 1	
		Variation:	Variation:	_	
				<b>7</b> I	
	Dr	l ill no: <b>3</b>	Drill no:	4	
				<u>-                                      </u>	
		( min)	( min)		
		Objective:	Objective:		
			D. 111 D. 111		
		Drill Description:	Drill Description:	- 1	
				<b>⊣                                    </b>	
		Ref Points (feedback)	Ref Points (feedback)		
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	Success criteria:	Success criteria:	
	<u>Variation:</u>	Variation:	
	I		
	Drill no: 5	Drill no: 6	
	( min)	( min)	
	( min) Objective:	( min) Objective:	
	<u> </u>	<u> </u>	
	<u>Drill Description:</u>	Drill Description:	
	Ref Points (feedback)	Ref Points (feedback)	
	Success criteria:	Success criteria:	
	Variation:	Variation:	
	<del>Fullation.</del>	<del>Variation.</del>	
	Drill no: 7	Drill no: 8	
	( min)	( min)	
	Objective:	Objective:	
	<u>Drill Description:</u>	Drill Description:	
	Ref Points (feedback)	Ref Points (feedback)	
	Itel I Ollits (Icedback)	Itel Folitis (leeuback)	
	Pugges suitsuis	Pusasa suitsuis	
1	Success criteria:	Success criteria:	

	Variation:	Variation:	
	<u>variation.</u>	<u>variation.</u>	
	Cool down on own	court when finished	
Notes:			
A language			
>4 laps jog			
>stretch			



Main the way		Mi Pla Da Sta
Main theme:		Le
Start:		( min)
	Drill no: 1	Drill no: 2
	( min)	( min)
	Objective:	Objective:
Q'; 6	Drill Description:	Drill Description:
`\	<u>ын везсприон.</u>	Dilli Description.
`*		
	Ref Points (feedback)	Ref Points (feedback)
	Success criteria:	Success criteria:
	<u>Variation:</u>	Variation:
	Drill no: 3	Drill no: 4
	( min)	( min)
	Objective:	Objective:
	<u>Drill Description:</u>	Drill Description:
	Ref Points (feedback)	Ref Points (feedback)

Success criteria:	Success criteria:
Variation:	Variation:
<b>」</b> │	
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Drill no: 5	Drill no: 6
( min)	( min)
Objective:	Objective:
Duill Description	Duill Decemention
Drill Description:	Drill Description:
Ref Points (feedback)	Ref Points (feedback)
<b>_</b>	
Success criteria:	Success criteria:
Success criteria.	Success Criteria.
Variation:	<u>Variation:</u>
<del></del>	
Drill no: <b>7</b>	Drill no: <b>8</b>
( min)	( min)
Objective:	Objective:
<b>Drill Description:</b>	Drill Description:
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	Ref Points (feedback)	Ref Points (feedback)	
	Success criteria:	Success criteria:	
	Variation:	Variation:	
	Cool down or	own court when finished	
Notes:			
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>4 laps jog	I		
>stretch			

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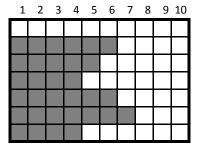
Dates	Months	Se	pt			Oct	t				No	V			De	С				Jar	1			Feb	)	
	Week Date																									
	Competitions																									
	Rating importance 1-5																									
Training	Periods																									
	Macrocycles																									
	Microcycles	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
Skills																										
Tactics																										
Mental Training																										
3																										
Physical Prep	Aerobic																									
,	Anaerobic																									
	Speed																									
	Strength																									
	Power																									
	Flexibility																									
	Nutrition																									
	Evaluation																									
Peaking Index	Volume (H,M,L)																									
	Intensity (H,M,L)																							П		Г
% Emphasis	Physical																									Г
,	Mental																							П		Г
	Techniques																									
	Tactics/Strategies																								Г	
Total Hours/Weeks																										T

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### Technical Skills

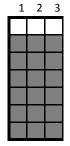
Overhand Set Forearm Pass Serving Attacking Blocking

Defense



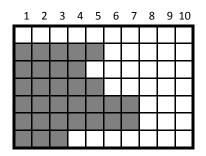
### Individual Tactical Skills

Overhand Set Forearm Pass Serving Attacking Blocking Defense



#### Movement/Footwork

Overhand Set Forearm Pass Serving Attacking Blocking Defense



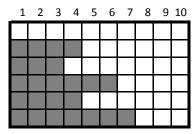
## Team Tactical Skills

Integ Skills - System Info Gathering Decision Making



#### Motor Skills

Agility Speed Coordination Tracking Ball Feel w Ball



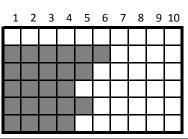
#### **Group Dynamics**

Involved w Group Supportive intervention



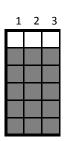
## **Energy/Strength**

Training Capacity Core Upper Body Lower Body Power



### Mental Skills

Activation Concentration Stress Management Confidence Motivation

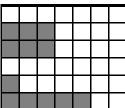


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4 5 6 7 8 9 10

4 5 6 7 8 9 10

4 5 6 7 8 9 10



# **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 Alternative? #1	lt? #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			

# **Season and Practice Planning**

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