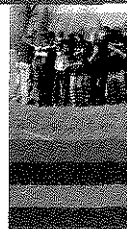




SAMPLE YOUNG ATHLETE DEVELOPMENT CHART

[illegible]



A year plan

- What did we achieve last year?
- Make changes to ineffective methods, keep effective methods.

A training phase

- What are we targeting?
- What elements are to be maintained at lower priority?
- How will elements lead to next phase?
- Common features of periodised training programmes:
 - Based on a long-term goal for the season
 - Training loads increase progressively and cyclically
 - Training phases follow a logical sequence
 - Training process is scientifically monitored
 - Recovery and regeneration are central to the programme
 - Emphasis on skill development is maintained throughout
 - Improvement in general athletic ability underpins the programme.

Types of plan

- Double quadrennial (8 years)
- Quadrennial (4 years)
- Annual periodised plan
- Double periodised plan
- Macrocycles, mesocycles and microcycles (see sample plan on next page)

Phases of an annual plan

- General preparation (4-12 weeks)
- Specific preparation (6-12 weeks)
- Pre-competition (4-6 weeks)
- Competition (variable)
- Transitional

Rest

- Rest is crucial, but coaches continually experiment with ways of facilitating the resting of some functional systems while others are stressed.
- Rest can be regarded as a truly organic component of the training process (Matveyev, 1981).

