**ANNUAL OUTLINE FOR:**

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| **Goal Setting**  |
| **Long term Goals**

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**Goals for Upcoming Year**1. Performance Goals: Ranking or Results

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1. Process Goals:
2. *Tactical*

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1. *Psychological*

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1. *Physical*

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1. *Technical*

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1. *Other*

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| **Training Plan** |
| **Identify the more important competitions and other periods of time where the player will compete**

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**Identify training weeks and weeks off for the entire year**

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**For each training week, identify:** 1. **Group training: day, time and duration**

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| **Training Plan (con’t)** |
| 1. **Private training; day, time and duration**

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1. **Practice Match Play; day, time and duration**

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1. **Fitness Training Schedule: day, time and duration**

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1. **Days off**

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**Annual outline (Plan)**

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| **Week of:** | **Tournaments****And breaks** | **Priorities** | **Phases** | **NOTES** |
| **2017** |
| Sept 18 |  |  |  |  |
|  25 |  |  |  |  |
| Oct 2 |  |  |  |  |
|  9 |  |  |  |  |
|  16 |  |  |  |  |
|  23 |  |  |  |  |
|  30 |  |  |  |  |
| Nov 6 |  |  |  |  |
|  13 |  |  |  |  |
|  20 |  |  |  |  |
|  27 |  |  |  |  |
| Dec 4 |  |  |  |  |
|  11 |  |  |  |  |
|  18 |  |  |  |  |
|  25 |  |  |  |  |
| **2018** |  |  |  |  |
| Jan 1 |  |  |  |  |
|  8 |  |  |  |  |
|  15 |  |  |  |  |
|  22 |  |  |  |  |
|  29 |  |  |  |  |
| Feb 5 |  |  |  |  |
|  12 |  |  |  |  |
|  19 |  |  |  |  |
|  26 |  |  |  |  |
| Mar 5 |  |  |  |  |
|  12 |  |  |  |  |
|  19 |  |  |  |  |
|  26 |  |  |  |  |
| Apr 2 |  |  |  |  |
|  9 |  |  |  |  |
|  16 |  |  |  |  |
|  23 |  |  |  |  |
|  30 |  |  |  |  |
| May 7 |  |  |  |  |
|  14 |  |  |  |  |
|  21 |  |  |  |  |
|  28 |  |  |  |  |
| June 4 |  |  |  |  |
|  11 |  |  |  |  |
|  18 |  |  |  |  |
|  25 |  |  |  |  |
| July 2 |  |  |  |  |
|  9 |  |  |  |  |
|  16 |  |  |  |  |
|  23 |  |  |  |  |
|  30 |  |  |  |  |
| Aug 6 |  |  |  |  |
|  13 |  |  |  |  |
|  20 |  |  |  |  |
|  27 |  |  |  |  |
| Sept 3 |  |  |  |  |
|  10 |  |  |  |  |

**Weekly Schedule**

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| **Time** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| 7:00 – 8:00 |  |  |  |  |  |  |  |
| 8:00 – 9:00 |  |  |  |  |  |  |  |
| 9:00 – 10:00 |  |  |  |  |  |  |  |
| 10:00 – 11:00 |  |  |  |  |  |  |  |
| 11:00 – 12:00 |  |  |  |  |  |  |  |
| 12:00 – 1:00 |  |  |  |  |  |  |  |
| 1:00 – 2:00 |  |  |  |  |  |  |  |
| 2:00 – 3:00 |  |  |  |  |  |  |  |
| 3:00 – 4:00 |  |  |  |  |  |  |  |
| 4:00 – 5:00 |  |  |  |  |  |  |  |
| 5:00 – 6:00 |  |  |  |  |  |  |  |
| 6:00 – 7:00 |  |  |  |  |  |  |  |
| 7:00 – 8:00 |  |  |  |  |  |  |  |
| 8:00 – 9:00 |  |  |  |  |  |  |  |
| 9:00 – 10:00 |  |  |  |  |  |  |  |