**ANNUAL OUTLINE FOR:**

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

|  |
| --- |
|  |
|  |
|  |
|  |

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

|  |
| --- |
|  |
|  |
|  |

1. Process Goals:
2. *Tactical*

|  |
| --- |
|  |
|  |
|  |

1. *Psychological*

|  |
| --- |
|  |
|  |
|  |

1. *Physical*

|  |
| --- |
|  |
|  |
|  |

1. *Technical*

|  |
| --- |
|  |
|  |
|  |

1. *Other*

|  |
| --- |
|  |
|  |

 |

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

|  |
| --- |
|  |
|  |
|  |
|  |
|  |
|  |
|  |
|  |

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

|  |
| --- |
|  |
|  |
|  |
|  |
|  |

|  |
| --- |
|  |
|  |
|  |
|  |
|  |

|  |
| --- |
|  |
|  |
|  |
|  |

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

|  |
| --- |
|  |
|  |
|  |
|  |
|  |
|  |

 |

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

|  |
| --- |
|  |
|  |
|  |
|  |
|  |
|  |

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

|  |
| --- |
|  |
|  |
|  |

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

|  |
| --- |
|  |
|  |
|  |
|  |
|  |

1. **Days off**

|  |
| --- |
|  |
|  |
|  |

 |

**Annual outline (Plan)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Week of:** | **Tournaments****And breaks** | **Priorities** | **Phases** | **NOTES** |
| **2018** |
| Sept 17 |  |  |  |  |
|  24 |  |  |  |  |
| Oct 1 |  |  |  |  |
|  8 |  |  |  |  |
|  15 |  |  |  |  |
|  22 |  |  |  |  |
|  29 |  |  |  |  |
| Nov 5 |  |  |  |  |
|  12 |  |  |  |  |
|  19 |  |  |  |  |
|  26 |  |  |  |  |
| Dec 3 |  |  |  |  |
|  10 |  |  |  |  |
|  17 |  |  |  |  |
|  24 |  |  |  |  |
| 31 |  |  |  |  |
| **2019** |  |  |  |  |
| Jan 7 |  |  |  |  |
|  14 |  |  |  |  |
|  21 |  |  |  |  |
|  28 |  |  |  |  |
| Feb 4 |  |  |  |  |
|  11 |  |  |  |  |
|  18 |  |  |  |  |
|  25 |  |  |  |  |
| Mar 4 |  |  |  |  |
|  11 |  |  |  |  |
|  18 |  |  |  |  |
|  25 |  |  |  |  |
| Apr 1 |  |  |  |  |
|  8 |  |  |  |  |
|  15 |  |  |  |  |
|  22 |  |  |  |  |
|  29 |  |  |  |  |
| May 6 |  |  |  |  |
|  13 |  |  |  |  |
|  20 |  |  |  |  |
|  27 |  |  |  |  |
| June 3 |  |  |  |  |
|  10 |  |  |  |  |
|  17 |  |  |  |  |
|  24 |  |  |  |  |
| July 1 |  |  |  |  |
|  8 |  |  |  |  |
|  15 |  |  |  |  |
|  22 |  |  |  |  |
|  29 |  |  |  |  |
| Aug 5 |  |  |  |  |
|  12 |  |  |  |  |
|  19 |  |  |  |  |
|  26 |  |  |  |  |
| Sept 2 |  |  |  |  |
|  9 |  |  |  |  |

**Weekly Schedule**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **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 |  |  |  |  |  |  |  |