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

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| **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 |  |  |  |  |  |  |  |