

Yearly Planning Instrument																																																						
Name of Team: _____ Level: _____ Date: _____ Goals: _____																																																						
1	Dates	Months																																																				
2		Week Date																																																				
3	Events	Competitions																																																				
4		Practices																																																				
5		Tournaments																																																				
6																																																						
7																																																						
8	Training	Periods																																																				
9		Phases																																																				
10		Week No.	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	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52
11																																																						
12	TECHNIQUES																																																					
13	- defense																																																					
14	- offense																																																					
15																																																						
16																																																						
17																																																						
18	TACTICS																																																					
19	- defensive strategies																																																					
20																																																						
21	- offense strategies																																																					
22																																																						
23																																																						
24																																																						
25	Mental Training	Positive Environment																																																				
26		Emotional Control																																																				
27		Attentional Control																																																				
28		Team Cohesion																																																				
29		Goal Setting																																																				
30																																																						
31	Physical Preparation	Aerobic Stamina																																																				
32		Anaerobic Stamina																																																				
33		Speed																																																				
34		Strength																																																				
35		Power																																																				
36		Flexibility																																																				
37		Nutrition																																																				
38		Agility																																																				
39																																																						
40	Other																																																					