



1. Describe the purpose of each of the three phases of training.
  - I. Phase 1
  - II. Phase 2
  - III. Phase 3
2. What information should the coach gather prior to developing a season plan?
3. How can the coach cater for individual athlete needs when developing a season plan for a team?

4. Choose an athlete from your team/squad and develop a set of goals for the preparation phase of training for the following elements of your sport:

Physical development

Technical development

Tactical development

Psychological development

5. What considerations might the coach need to make when developing a plan for an athlete with a disability?
6. You are developing a season plan for athlete and the major event they are training for is 6 months away. What factors should you consider when planning activities for the month prior to the major competition?
7. Why is record keeping an important part of planning?

8. List four reasons why you might need to modify your original training plan.
  
9. Why is it important to evaluate the effectiveness of the season plan?
  
10. Complete the season plan template on the following pages.

# Season Planner

Sport

Team/athlete

Level of competition

- In the 'phase' row, indicate whether it is the preparation, competition, or transition phase by typing 'P' for preparation, 'C' for competition or 'T' for transition.
- Indicate where competitions, camps and testing will occur by checking the box.
- Tick focus areas for physical preparation and skills/tactics for each week in the 12 month period.

	wk1	wk2	wk3	wk4	wk5	wk6	wk7	wk8	wk9	wk10	wk11	wk12	wk13	wk14	wk15	wk16	wk17	wk18	wk19	wk20	wk21	wk22	wk23	wk24	wk25	wk26	
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