

How to plan the season

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Failing to Plan is Planning to Fail



- To get the most out of your season - the **coach must be prepared.**
- Thinking and writing are bound together – **“think it and ink it.”**
- **ALWAYS** write out all your plans (training, phases,...)
- Tr. sessions is opportunity for coaches and players to **share the knowledge**





How to plan?



Many different PHILOSOPHIES

Conditioning coaches:

“There are as many philosophies of strength training as there are iron plates in the weight room”

SEASON PLANING PRINCIPLES – always remain constant

“There is no single path to be followed in order to achieve desired goals”



The basics

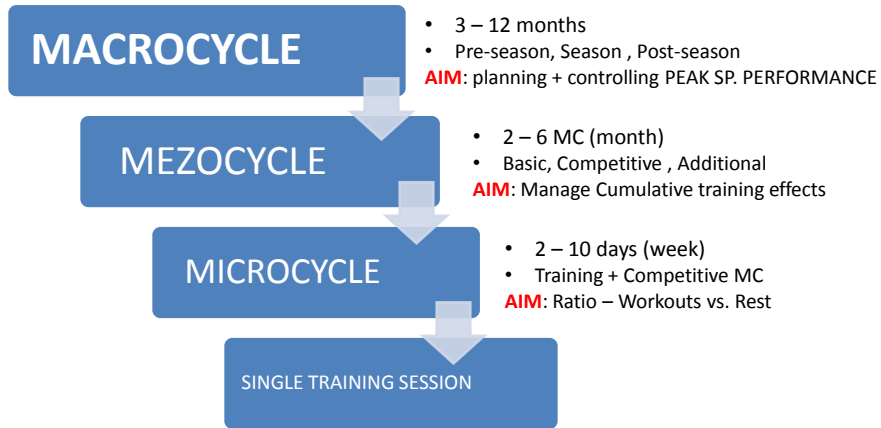


1. We define **GOALS** for whole SEASON
 ➡ ANNUAL PLAN (what are the main competitions?)
2. Second plan for the MONTH,
3. and WEEK
4. Than have LESSON PLAN for each TRAINING SESSION

➡ *Planning from opposite direction*



The basics



MAIN GOAL – to reach PP during the MOST IMPORTANT COMPETITIONS
IF NOT – LOST SEASON



How do we manage training process?



By using different **TRAINING EFFECTS**

- **Short-term (quick)**
- **Postponed (delayed)**
- **Cumulative**



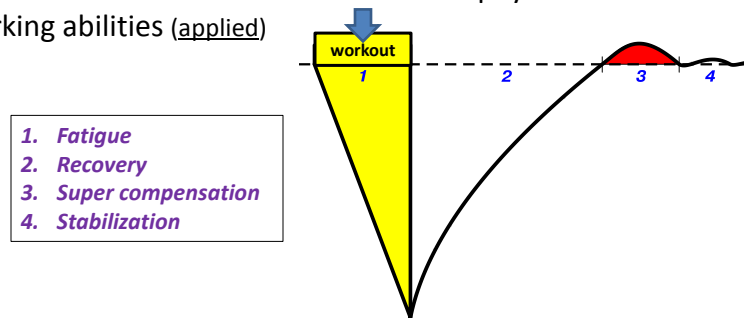
How do we manage training process?



- **Short-term (quick) training effects**

- State of player's body condition after training session
- Physiological changes

Main characteristic – decreased level of physical working abilities (applied)



How do we manage training process?



- **Postponed training effects (delayed)**

- Depends on the length of RECOVERY between TWO training sessions
- 3 types



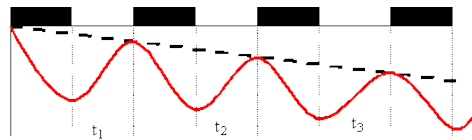
How do we manage training process?



• Postponed training effects (delayed)

TYPE 1

- Short break between 2 TS
- Insufficient RECOVERY of trained ability



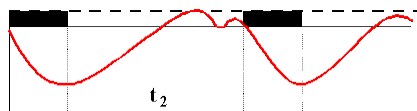
How do we manage training process?



• Postponed training effects (delayed)

TYPE 2

- Sufficient break between 2 TS
- FULL RECOVERY of trained ability
- Training in STEADY STATE
- Appropriate for developing TECHNICAL-TACTICAL abilities





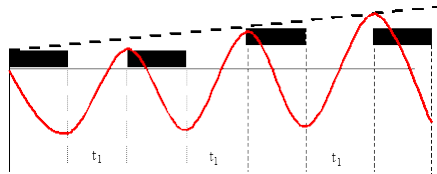
How do we manage training process?



• Postponed training effects (delayed)

TYPE 3

- Main characteristic – **SUPER COMPENSATION**
- Enhancement of **WORKING ABILITY**
- NEXT TS Player starts on **HIGHER LEVEL** of performance



How do we manage training process?



• Cumulative training effects

- SUM of **quick** and **delayed** TE
- OUTCOME of its implementation:
 - **Stabilization**, or
 - **Enhancement** of Sp. PERFORMANCE

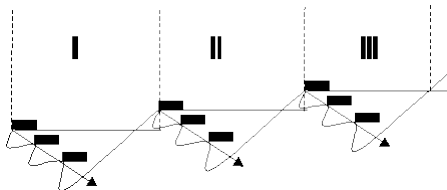


Fig. 3

Possible variation of managing Cumulative effects between 3 MC



RECOVERY process



RECOVERY DURATION

- Depends on Training **LOADING level** and Training **ORIENTATION**
- **It allows us to train every day with high overall LOADS**
- **FOCUS on E sources that will be used on NEXT training session**

LOAD						
max						
high						
intermediate						
ABILITY	coordination	velocity	power	endurance	power endurance	speed endurance
6						
24						
48						
72						
recovery (h)						

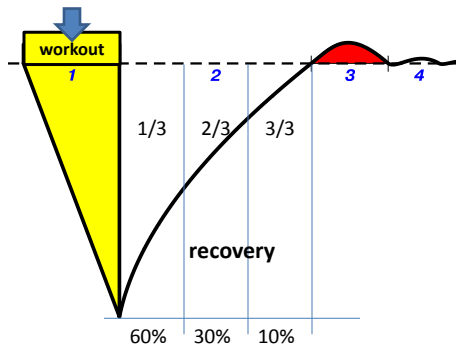
Fig. 4 – Recovery duration for different abilities and loading levels
- NOT SAME duration -



RECOVERY process

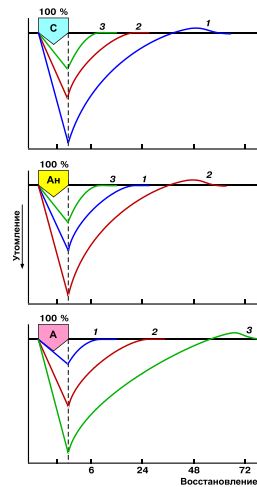


RECOVERY PACE



24h = 8 + 8 + 8
16 hours = 90% recovery

- 1 – speed
- 2 – An endur.
- 3 – Ae endur.





RECOVERY process

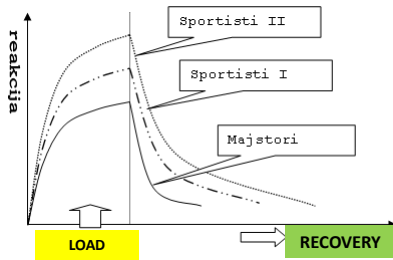


Fig. 5 – Recovery duration for same load level among players of different performance level

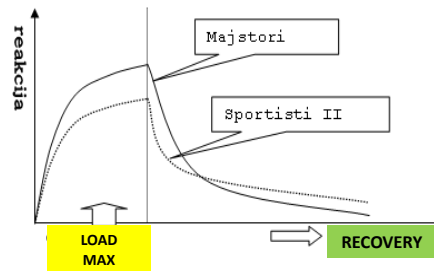


Fig. 6 – Recovery duration for **MAX** load level among players of different performance level



Overall Working LOADS



How to control it ?

- Training process = adaptation process (recovery)
 - Adaptation process needs time !!!
- Players – always exposed to **very high** LOADS
- LOADS cannot grow out of control – **LIMITS !!!**
 - ➡ Gradually + striking increments

To define **MAX WORKLOADS**:

- high intensity and overall training volume
 - Close to limits of functional abilities
- that players MAY ADOPT



Overall Working LOADS



How to control it ?

Load WAVE dynamics

1. **Small loading waves** – L. control within **microcycle**
 - ratio between **LOADING** and **RECOVERY**
 - In order to avoid excessive **FATIGUE**
2. **Intermediate loading waves** – within **mezocycle**
 - Managing Cumulative Tr. EFF.
 - Avoiding danger of getting **OVERTRAINED**
 - Effect of **LATE TRANSFORMATION**
3. **Large loading waves** – within **macrocycle**
 - Related to Sports Form phenomenon (state of PP)



Overall Working LOADS



How to control it ?

Load WAVE dynamics

- Magnitude of Loading waves depends on the level of player's preparation
- Well prepared may be exposed longer on high loads
- Not well prepared – lower waves and frequent change of high and lower loads




Load Wave Dynamics



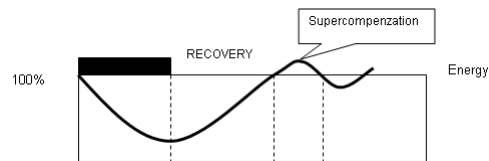
Good example:

Preparation for very important match / comp

- Overall LOAD increases gradually 
- It reaches its peak
- Before COMP it gets REDUCED (just **V**, **I** stays high)

LOADING – RECOVERY – ADAPTATION – SUPER COMPENSATION

LATE TRANSFORMATION PHENOMENON



Different types of preparation



1. Physical preparation
2. Technical pr.
3. Tactical pr.
4. Psychological pr.
5. Theoretical pr.
6. Integral pr. - all in one



Different types of preparation



- Each sport has specific and dominant abilities (RESULT depends on)
- Training process has to rely on them
- Although all types of preparations are basically independent, they are much connected (low level of physical ab. may (-) influence technical prep. and opposite)

Coaching business – always developing good balance between diff. types of prep.

MOST IMPORTANT – to integrate diff. types of prep. in the most convenient period for the team in order to achieve state of PEAK PERFORMANCE



Integral preparation



- By developing each particular TYPE OF PREP. - it is **too ANALYTIC**, and not in the nature of our sport
- In order to prepare for MAIN COMPETITION and to achieve PP, we have to bring together all different types of prep. in **good balance** and **harmony**
- Period when we are implementing the most specific tools in order to achieve desired goals on MAIN COMPETITION

MAIN TOOL

- **Handball game**
- **Most specific drills**, in full correlation with all characteristics of main comp. (**conditions, situations, loads**)

RISKS – using INT. PREP. **too early** or **too much**
achieving PP - **fast, not so high** and **not lasting long**



Integral preparation



- Handball game is quite complex
- That is why we have to develop every single ability (**suff. level**)
- We have to develop different IND/GROUP/TEAM technical + tactical means
- There is a lot of analytic work and it takes time

To have most effective INT. PREP. we may use following **METHODS**:

1. **Training in simplified conditions** – (men's superiority 4:3, 6:5,...)
2. **More difficult conditions** - (smaller playing space, limited time, men's inferiority...)
3. **Intensification of competitive activity** – (prolong the match, playing 2 matches in the row)



Methods and planning



Tactical teaching methods

3 levels:

1. **Tactical training in easier (facilitated) conditions**
2. **Tactical training in complex conditions**
3. **Tactical training in realistic (competitive) cond.**

Practical working methods:

- **Training method without opponent**
- **Training method with landmarks, obstacles, ...**
- **Training method with partner**
- **Training method with (vs.) active opponent**



Preparation for Main Compet.



MAIN TASK - to prepare players for all

- Conditions
- Situations
- Working loads



That they will face on MAIN COMPETITION

Before MC teams are playing **preparation** and **control GAMES (tournaments)** → **MODELING CONDITIONS OF MAIN COMP.**

Competitive tools:

1. **Handball game**
2. **Training form of handball game** (modified rules or playing conditions)

MAIN LACK – it is very hard to make model of psychological state of mind of players during MC. Skillful coaches are able to motivate players for friendly games as well



Peak Performance



- GOAL – achieving PP at most important part of **SEASON** or **COMP.**
- Cannot be evaluated by the result of H. game (depends on many facts)
- Main evaluation to be given by Head Coach or experienced player

Statement of one top player:

P: *“When I do not reach state of PP, on the match I have just one tactical solution. When I reach it I have at least 3 of them.”*

Q: *“What if defense prevents all 3 solutions?”*

P: *“Then I make such an unexpected movement and assist to my teammate that is very easy to score the goal!”*



Peak Performance



How to recognize?

- Player reaches the performance level that he usually doesn't
- He trains without any difficulties
- Easily stands high training loads
- Easily finds best possible solutions for different technical-tactical situations
- Commits less mistakes
- Recovers quickly
- He is highly motivated for the competition
- Self-confident and believes in success
- Gains better results



Peak Performance



PHASE 1 – Building up PP

- Usually refers to the Preparatory Period (Pre-season)
- Depends on calendar of **most important competitions**
 - IF
 - EARLY (end of Pre-season) then shorter – lower PP and not long
 - LATER – then first matches may be used preparation and control
 - Sometimes most decisive matches are in late season (low level teams)
 - Different part of season
- In this phase Coach has to focus on most important players



Peak Performance



PHASE 2 – Reaching and keeping PP

- Usually refers to the Competitive Period (season)
- PP may last **2 – 2,5 months**
- Problem – if season takes longer
 - Then periodization with **2 competitive periods**
- Top teams are able to win when they are out of PP
- Sometimes it is not easy to reach PP in team sports, or they stay very short – mostly because of bad relations
- With “long bench” we may prolong PP (reserve players are winning titles in long competitions)



Modern periodization



Some facts about Preparation period

Normal length - **1/3** to **1/2** of whole season

- Top teams could have ratio **1:4,5** (comparing with length of competitive period)
- Shorter preparations get us to situation to prolong this period on the beginning of competition
- Increasing No of matches and competitions bring us to make one cycle planning. To solve this issue top teams are engaging bigger No of Top Players who can stand this big loads and long season



Modern periodization



Some facts about Preparation of National Teams for Main Competitions

General issue – always lack of time

General organization – short pre-competitive MZC

Length - at least 4 weeks

General philosophy:

- Preparation should rely on a team work through many years
- Through participation on many competitions
- Many annual training camps and training sessions



Some facts about Preparation of National Teams for Main Competitions



In the last phase of preparations Head Coach SHOULD:

- In training process should make a model of upcoming COMPETITION
- Check the preparation level of all players
- Recover the players that should be (long league compet.)
- Maintain the level of physical and technical preparation (NOT develop)
- Specific Tactical preparation through control games
- Adapt players to all specific social and psychological conditions of upcoming event
- Organize Training sessions at match time, with SAME working Intensity and similar conditions



So..... You may start by making your own plans....

But....

Please do not forget that LIFE may be something that is
happening while you are making your own plans