

## **Chapter 03 : The Foundations of Sports Planning**

III.1- Definition and principles:

III.2- Perspective planning:

III.3 Current or annual planning:

III.4 Operational planning:

III.5- Athletic Fitness:

III.5.1 - Athletic Fitness Criteria:

III.5.2- Phases of Athletic Fitness Development:

III.6- Training Periodization:

III.6-1 The Preparatory Period:

III.6.1.1 The General Preparation Stage:

III.6.1.2 The Special Preparation Stage:

III.6.1.3 The Pre-Competitive Preparation Stage:

III.6.2 The Competitive Period:

III.6-3 The Transitional Period:

### **III.1- Definition and principles:**

Planning involves setting goals or performance targets, determining:

- Tasks based on the objectives and individual characteristics of the players;
- The means and methods for solving the main tasks and the timing of their implementation;
- The most useful forms of training;
- The progression of training loads, particularly intensity;
- The means of monitoring and analyzing the different stages of planning.

When applied to athlete preparation, training planning represents a unified process of perfecting motor skills, developing the body's functional capabilities, and shaping moral qualities (POPOV 1967 cited by BELANGER, 1971).

Every training program is based on principles that govern the subsequent implementation of the specific plan. These principles are general in nature and can therefore be applied to all athletes;

- Principle of adaptation to effort;
- Principle of progression
- Principle of motivation

Thus, preparing an athlete or a team to perform at the regional, national, and international levels obviously takes more time and effort than getting a player to participate in local competitions. This is why a coach must be able to identify the different principles to achieve realistic goals.

#### **- Principles of planning:**

- a) - Planning must be based on a scientific foundation. It must reflect a thorough understanding of the laws and regulations governing training theory and methodology in general and specific sports.
- b) - It must be the subject of constant and ongoing work.
- c) - The systematization of work is characterized by the development of a training system.
- d) - Through careful development, planning must be made concrete and detailed.

e) - Given its practical nature, planning requires consideration of the players' socio-economic conditions, the team's technical resources, etc.

f) - The most significant aspect of planning lies in its flexibility of application.

g) Planning must obey the law of systematization, characterized by macrostructures, mesostructures, and microstructures. Planning training also involves organizing the combination of:

- Macrocycles within a career plan;
- Mesocycles within macrocycles;
- Microcycles within mesocycles;
- Preparation sessions within microcycles;
- Exercises within sessions.

Planning the training process is generally carried out in the following ways:

- A two- to four-year perspective plan;
- A current or annual plan;
- An operational, phased plan.

### **III.2- Perspective planning:**

It represents a set of general data serving as a basis for annual planning. They are compiled in a coordinated manner, with the dominant role being played by the general data, taking into account the timing of the team's major sporting events. This planning must include the improvement of tasks, the volume and intensity of the load, as well as training methods and resources, and monitoring standards.

The essential tasks of this planning are:

- a- General characteristics of the team and each player;
- b- Essential objectives of each training program;

- c- General management of the training process;
- d- Determination of annual sporting indicators;
- e- Main competitions of each stage;
- f- Monitoring standards characterizing each training program;
- g- Infrastructure, equipment, and technical materials.

### **III.3 Current or annual planning:**

It is an integral part of perspective planning, it is characterized by its detailed form of all the parameters of preparation. Depending on the regularities of the gradual development of sports form (acquisition, stabilization, temporary loss), this form of planning is based on the principle of periodization of the training process.

The tasks covered by annual planning are:

- a) - Define preparation objectives for the year's ranking.
- b) - Develop current characteristics and trends based on the capabilities of potential opponents.
- c) - Analyze the team's preparation over the past year and its participation in competitions to determine the starting level of the players and the team.
- d) - Identify competitive indicators: championship duration, type of competition, number of matches, etc.
- e) - Plan the methods, resources, and dates for educational assessments, medical examinations, and other checks.
- f) - Establish the training process loads.
- g) - Determine the structure and duration of cycles and the dynamics of training loads.
- h) - Take into consideration the physical conditions and social factors of the team and each player.

### **III.4 Operational planning:**

It is carried out on the phases of the annual cycle: stages or months (mesocycles, microcycles and each session). In general, it is based on the orientation of training means and loads and on weekly training cycles (microcycles). Thus, depending on the repair of tasks and according to the different periods of the annual cycle, the methods, means and the component of the volume and intensity of training loads in the microcycles change. When developing this form of planning, it is necessary to take into account not only the training load in general but also the various loads due to the various aspects of training, namely the indices of technical-tactical preparation and competition