

Macro / General Planning Template

Club: Skater(s): Coach: Date:	
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Level	C	bjective	S				Timeline and Activity							
Macro, 4 year: Strategic & Political Goals				Meso Year 1 Objectives			Meso Year 2 Objectives			Meso Y Objecti ^v			Meso Year 4 Objectives	
Meso Seasonal Objectives: Socio, tactical, motivational	Meso/Micro Objectives Week 1 – 12			Meso/Micro Objectives Week 13 - 24			Meso/Micro Objectives Week 25 - 36			Meso/Micro Objectives Week 37 - 48			Meso/Micro Objectives Week 49 – 52 (Off season)	
Micro Sessions Tech-tact, (select weekly meso cycle)	1,13, 25,37	2,14, 26,38	3,15, 27,39	4,16, 28,40	5,17, 29,41	6,18, 30,42	7,19, 31,43	8,20, 32,44	9,21, 33,45	10,22, 34,46	11,23, 35,47	12,24, 36,48	49,50,51,52	
Content of session														

Meso Planning Template for Annual Season

	Meso Cycle 1			N	leso Cyc	le 2	Ν	leso Cyc	cle 3	Meso Cycle 4			
	% Emphasis	Goal	Required learning activities & Assessment Points	% Emphasis	Goal	Required learning activities & Assessment Points	% Emphasis	Goal	Required learning activities & Assessment Points	% Emphasis	Goal	Required learning activities & Assessment Points	
Technical													
Physical													
Psych- Behavioural													
Social/ Lifestyle													
Creative/ Musical													

Micro Planning Template for Annual Season

Meso Cycle 1,2.3.4	Week	Week	Week									
& select week	1,13, 25,37	2,14, 26,38	3,15, 27,39	4,16, 28,40	5,17, 29,41	6,18, 30,42	7,19, 31,43	8,20, 32,44	9,21, 33,45	10,22, 34,46	11,23, 35,47	12,24, 36,48
Objectives												
Training Time Available												
Facilities Available												
Training Focus												
Competition Focus												
Off skate work												
Support Available/ Required												