

Preparing an application for admission to the Advanced Coaching Diploma Yearly Training Plan Checklist for application

Your YTP will be evaluated to determine your readiness to enter the program. It is recommended to use the template provided in the NCCP Performance Planning module and should minimally include the elements provided in this checklist. Ensure your YTP include all the following elements prior to submitting your application

- A) Outcomes goals, performance goals and process goals to achieve as part of the plan.
- B) Table that shows training and competition priorities for the year
 - First Column: The title of each section of the plan.
 - Section 1 – Training and competition calendar with:
 - Line 1: Month
 - Line 2: Date

Each week should have its own column. The week can be numbered (microcycle number), but the starting date of the week must be clear.
 - Section 2- Logistics
 - Competitions - one line for each of the following:
 - Name
 - Dates
 - Type (e.g., regional, provincial, national, international)
 - Location
 - Importance
 - Camps (including travel time)
 - School (holidays, exams, etc.)
 - Testing
 - Health monitoring/medical evaluation
 - Other events
 - Section 3 – Periods and Phases
 - Divide the year with the following (1 line each):
 - Periods
 - Phases
 - Microcycle number (if not in calendar). Weekend competitions should be at the end of the microcycle.
 - Section 4 – Training objectives for each mesocycle
 - Divide each period into mesocycles and indicate the main objective for each mesocycle (be specific! What do you want to achieve with the athlete).
 - Section 5 – Capabilities
 - One line for each capability (specific capabilities from the physical, technical, tactical, mental domains of performance) relevant to the athletes, goals, and objectives. Identify the training priority for each week, either with numbers, text, or color codes. Ensure they are relevant to the objectives for the training block and that the plan will offer training needed to create the desired training effect.