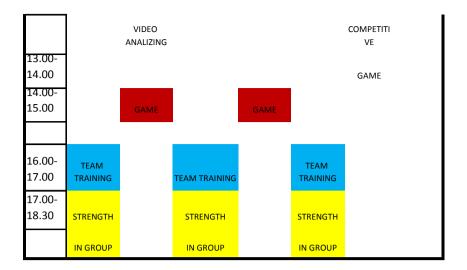


The MICRO-cycle

Micro- cycle 8.00- 9.00	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9.00- 10.30	INDIVIDUAL/ TECH	SOLO PRACTICE	INDIVIDUAL/TA CTIC	SOLO PRACTICE	INDIVIDUAL/ OP. SKILL	SPINNING,	
		RUNNING		SWIMMING		FITNESS TEST	Resting
11.00- 12.00	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	or	



Test before plan

-Plan to be flexible

-Retest and replan if necessary

-Analize the games and results after competition

-Refresh your client, avoid overtraining

Rules of a Fitness Test

-Must be repeatable

-Use similar circumstances

-Use easy terms of testing

Multi Skill Test:

-6 corner run with pushup positions at the corners - 1min -jump max height at side wall run across and jump on the other side - 1min

Speed and Agility Test:

-16 corner challenge - Full court running

- 1min -10-20 or 30m running for speed testing

Plyometric Test:

-Ladder running – 1length front 1 length side running

-Split steps running on ladder

-Max horizontal jump

Strength Test:

-5kg Medicine Ball Push or throw

-Max weight squat, or max repeat of squats with 50kg

-Max repeat of pushups

-Max repeat of V sit-ups

Endurance Test:

-12 minutes running test (Cooper-test)

- 5minutes court sprints test

Exercise for Level 2 trainers:

Make a Training plan for 8 weeks

