

**Personal Programme Planner**

Name.....

U9 / U11 / U13 / U15 / U17 / O17 Male / Female (delete as appropriate)

**Current training schedule:**

Monday / Tuesday / Wednesday / Thursday / Friday / Saturday / Sunday

Hours trained per week:

<b>Current Compulsory routine</b>
1.
2.
3.
4.
5.
6.
7.
8.
9.
10.

<b>Current Voluntary Routine</b>	<b>Tariff</b>
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	

**Last grading competition set marks**

**Last grading comp voluntary marks**

**Identified main areas of development to meet National Technical**

**Priorities:**

- 1)
- 2)
- 3)
- 4)



**Specific Goals: (identify up to 3 and aim to achieve 1 by May 2008)**

Set with coach, e.g.

- 1) Ensure consistent height in first 5 moves of set & vol
- 2) Add 1 second to 10 bounce timed bouncing
- 3) Add 2 seconds to consistent bounce height over 30 bounces
- 4) Add additional somersault to voluntary

**Specific Goals: (aim to have 3 that are achievable by end 2008)**

Set with coach, e.g..

- 1) Increase overall set form score by 1.0
- 2) Increase overall voluntary form score by 1.0
- 3) Aim to qualify for next grade by end 2008

**Overall goals: (aim to have 3 that are long term goals – 2009)**

Set with coach, e.g.

- 1) Aim to qualify for the next grade
- 2) Aim to increase training hours
- 3) Develop personal fitness programme

