

Periodization

The following information has been put together from the NCCP training manuals.

This information is being presented in an attempt to provide a basic understanding of the terms used in Periodization charts and the concept of the Yearly Planning Instrument (YPI). My goal in this is to enable you to read a YPI that has been built for you and eventually allow you to build one for yourself. In actual fact you already use this system to some degree, as you will come to understand as this section grows and we discuss the different seasons of our shooting.

Let us begin with the very basic terms.

Planning: If we were going to go on a trip, we would have to know where we were going, how we were going to get there, how long it would be away, etc. The same is true for participating in a sport. If you are to achieve any goals that you set you need to know where you are going and what you have to do to get there. You decide what the priorities are, how to act on them and when you should act on them.

Goal Setting: This is the concept of when and what. There are short-term goals, e.g. In September you decide that you would like to shoot the B.C. Indoor Championships in March. Further to that you have decided that you would like to finish with a score that is a personnel best, or very close to it. There are also intermediate goals, e.g. goals for the next year at the B.C. Indoors and there are long term goals, e.g. being at the Olympics or the World Championships.

Monitoring: Once goals have been set, now we need to check and make sure that we are moving in the right direction.

From time to time the plan may need to be adjusted in order for the goals to be realized.

Commitment: This is a tough area - how do we commit to our goals? The best way is to put it them writing; state it somewhere, a diary, a journal. An athletes diary is a good place to start. Write your goals on the inside cover and read them to yourself once in a while to stay motivated. It is also a really good idea to share them with your family or your coach.

Yearly Planning Instrument: This is a chart that lays out your training for a whole year, stating what needs to happen and when. It includes all factors of your performance.

Periodization: This involves dividing the plan into a couple of sections. Pre-season, In-season and Post-season. This is the very basic beginning and we will expand this as we move along.

Okay we have made a start. To continue you will need a couple of things, these will be posted on the web site and we can fill the information in as we move along. If you have any questions or concerns regarding anything in this discussion please contact me or your coach and we can go over them together.

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