Macrociclo Escuela del Deporte (2011) Autor: Manolo Conce

DOUBLE-PERIODIZATION METHOD (OBJECTIVE: INDIVIDUAL PROFILE DEVELOPMENT)

MAIN GOALS: Build a structure & culture, while establishing primary technical basics
MOST IMPORTANT ASPECT: Create long term goals for long term results
BIGGEST CONCERN: The mix of ages and skills in one same group
FINAL DESTINATION: Cauldron & Primerahora High School Championships

MONTHLY BASIS: August-December

WEEKS OF PREPARATION: 19

		Periods PREPARATORY COMPETITION CHANGEOVER																					
	Stages		INTRO	INTRO DEVELOPER A		DEVELOPER B		ESTABLISHER		POLISHER		PREPARATORY COMPETITION	TITION ACTIVE RECOVERY SUPPORTIVE		CLIMAX COMPETITION	POST-COMPETITION RESTORATION			ACTIVE RECOVERY		TRANSITION		
. [Competitions										x			х								
		Control						x						x									
		Medical Tests																					
		Month	AUGUST	AUGUST	AUGUST	AUGUST	SEPTEMBER	SEPTEMBER	SEPTEMBER	SEPTEMBER	OCTOBER	OCTOBER	OCTOBER	OCTOBER	NOVEMBER	NOVEMBER	NOVEMBER	November	NOVEMBER	DECEMBER	DECEMBER		
		Weeks	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	HOURS / PO	
Components	Types	Monthly-Cicles	GEN TECH	GEN TECH2	GEN TECH	3 SPEC TECH	SPEC TECH:	2 SPEC TECH3	SPEC TECH4	SPEC TECH5	TAC	TECH-TAC	REST	TECH-TAC2	TECH-TAC PEAK	REST2	REST3	REST4	GEN TECH3	GEN TECH4	REST3		%
Big 6 (Techniques)	т	Intensity%	10%	80%	109	% 20%			20%	50%	100%		10%	50%		10%	50%	10%				BIG 6 T	
		Volume	3	2		3 5			1	0.5	1.5		5	2.5		1.5	7.5	2.5				35	13%
		Intensity%	0%		909	% 80%	50%	6 100%	10%	5%			5%	5%			5%	10%		25%	. т	BIG 6 SG	/
	SG	Volume	0			2 5.5	8.5	5 5	11	11			14.5	2			3	6		5		73.5	28%
Ball Control	Ind.	Intensity%	20%	40%	60'	% 20%	40%	60%	80%	100%							5%	10%	75%	25%		BALL CONTRO	LIND
		Volume	12	9	4.	5 2		5	1	1							2.5	5	6	2.5		53.5	20%
		Intensity%		80%	509	%		100%								10%			75%	25%		BALL CONTRO	L SG
	SG	Volume		2		5		3								10			7	5		32	12%
(Tactical)		Intensity%									50%			50%							S	Tactical VS	s
	Versus	Volume									4			2								6	2%
		Intensity%									50%			50%	100%							Tactical WAS	SH
	Wash	Volume									4			2	7							13	5%
Emotional Inteligence		Intensity%					100%	95%	90%	80%	70%	60%		25%								EMO INTELLIGE	NCE T
	T	Volume						3 1.5	0.5	2	1.5	8.75		1.5							\sim	18.75	7%
		Intensity%						5%	10%	20%	30%			75%	50%	100%			100%	5%	S	EMO INTELLIGE	NCE FL
	Flow	Volume						1	0.5	0.5	3			1	5	1			2.5	2		16.5	6%
TRANSIT		Intensity%	10%	10%	109	% 10%	10%	6 10%	10%	10%	10%	10%	10%	10%	10%	10%	10%		10%	10%		TRANSIT	
	REC	Volume	1	1	0	.5 0.5	0.	5 0.5	1	1	1	0.25	0.5	1	1	2.5	2	1.5	2	0.5		18.25	7%
																					TOTAL HOURS	266.5	
L		1		l	1	1	1	1	1			I .			l						TOTAL HOURS	200.0	