Macrocido ES Volleyball Club (2012) Auto: Manoia Com

## E3 MACROCYCLE

MAIN GOALS: Become a technically sound team, with the ability to Create & Convert MOST IMPORTANT ASPECT: Establish Serve-Receive & Defensive Synchronization

BIGGEST CONCERN: Height & Time Availability
FINAL DESTINATION: PR Championships

MONTHLY BASIS: January-June

	ARATIO	

Periodization		Periods	REPARATO	RY								COMPETITION				CHANGEOVER								
		Stages	INTRO DEVELOPER A DEVELOPER B ACTIVE RECOVERY ESTABLISHER POLISHER						PREPARATORY COMPETITION SUPPORTIVE INTERVAL / COMPETITION									R CLIMAX COMPETITION						
		Competitions			AAU Champs (Feb 4-5	i)							JVA World Champs (N		Copa Collazo (April 11-22)		Poweleague	e (April 26-29)			lite Tournament (N	lay 24-28)	PR Champs (2-10)	
		Control												×										•
		Physical Tests																						
		Month	January	January	Jan-Feb	February	February	February	Feb-March	March	March	March	March	April	April	April	April	April-May	May	May	May	May-June	June	
		Dates	15-21		29-4	5-11	12-18			4-10	11-17	18-24	25-31	1-7	8-14	15-21	22-28	29-5	6-12	13-19	20-26	27-2	3-9	
		Week	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18				HOURS / PCT
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