

Volleyball season plan

The season on one sheet: the period, block, load and measurement weeks for every week.

Team

Season

Coach

Monday of the first week

Season goal (one sentence)

Key number: what you count all season

The season in weeks (macrocycle)

No.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36
Week																																				
Period																																				
Block																																				
Matches																																				
Load																																				
Measure																																				
Notes																																				

Week: your own count, for example -6 to -1 for pre-season and 1 for the week of the first match. **Period:** P = preparation · C = competition · T = transition · R = rest. **Load:** 1 = light to 5 = heavy. **Measure:** put an X in a measurement week. **Notes:** tournament, holiday, gym unavailable.

Blocks and weekly rhythm

One goal and one measurement per block. Below it, your normal week.

Blocks (mesocycles)

Block	Name	From week	To week	Block goal	Measurement	Start	End
A							
B							
C							
D							
E							
F							

Weekly rhythm (microcycle)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Type							
Job in the week							
New material							

Type: practice, match or off. **New material:** a lot, a little or none. **Start** and **end:** the result of the same measurement in the first week and in the measurement week of the block.

Week by week

Weeks 1 to 18 of the plan

No.	Week	Monday	Period	Block	Week theme training focus	Prac- tices	Matches	Load	Meas. week	Done	Notes
1								1 2 3 4 5	☐		
2								1 2 3 4 5	☐		
3								1 2 3 4 5	☐		
4								1 2 3 4 5	☐		
5								1 2 3 4 5	☐		
6								1 2 3 4 5	☐		
7								1 2 3 4 5	☐		
8								1 2 3 4 5	☐		
9								1 2 3 4 5	☐		
10								1 2 3 4 5	☐		
11								1 2 3 4 5	☐		
12								1 2 3 4 5	☐		
13								1 2 3 4 5	☐		
14								1 2 3 4 5	☐		
15								1 2 3 4 5	☐		
16								1 2 3 4 5	☐		
17								1 2 3 4 5	☐		
18								1 2 3 4 5	☐		

Load: circle 1 (light) to 5 (heavy). **Done:** yes, partly or no, filled in after the week. Need more weeks? Print this page again.

Week by week

Weeks 19 to 36 of the plan

No.	Week	Monday	Period	Block	Week theme training focus	Prac- tices	Matches	Load	Meas. week	Done	Notes
19								1 2 3 4 5	☐		
20								1 2 3 4 5	☐		
21								1 2 3 4 5	☐		
22								1 2 3 4 5	☐		
23								1 2 3 4 5	☐		
24								1 2 3 4 5	☐		
25								1 2 3 4 5	☐		
26								1 2 3 4 5	☐		
27								1 2 3 4 5	☐		
28								1 2 3 4 5	☐		
29								1 2 3 4 5	☐		
30								1 2 3 4 5	☐		
31								1 2 3 4 5	☐		
32								1 2 3 4 5	☐		
33								1 2 3 4 5	☐		
34								1 2 3 4 5	☐		
35								1 2 3 4 5	☐		
36								1 2 3 4 5	☐		

Load: circle 1 (light) to 5 (heavy). **Done:** yes, partly or no, filled in after the week. Need more weeks? Print this page again.

EXAMPLE

Filled-in example

Two practices and one match a week: six weeks of pre-season (block A), 28 league weeks (blocks B to E) and two rest weeks.

Season goal: We no longer fall apart the moment we come under pressure.

Key number: Side-out: rallies won on our own serve receive, divided by the number of receptions.

A Foundation

week -6 to -1

Everyone performs the basic skills without match pressure, and the lineup is settled.

B Side-out

week 1 to 7

Win the rally on your own serve receive.

C Applying pressure

week 8 to 14

Take points on your own serve.

D Closing out

week 15 to 21

Finish sets you are already winning.

E Staying sharp

week 22 to 28

Nothing new, everything faster.

Week	Per.	Block	Week theme	Load	Meas.
-6	P	A	Serve and serve receive, separately	4	
-5	P	A	Serve and serve receive, separately	4	
-4	P	A	The pass-set-attack chain	5	
-3	P	A	The pass-set-attack chain	5	
-2	P	A	Everything six-on-six	3	
-1	P	A	Everything six-on-six	3	X
1	C	B	The reception triangle	4	
2	C	B	The reception triangle	4	
3	C	B	The standard second ball	4	
4	C	B	The standard second ball	4	
5	C	B	The emergency ball	4	
6	C	B	The emergency ball	4	
7	C	B	Measurement week	2	X
8	C	C	Serving at a zone or a player	4	
9	C	C	Serving at a zone or a player	4	
10	C	C	One block-and-defence agreement	4	
11	C	C	One block-and-defence agreement	4	
12	C	C	The second chance after block or dig	4	

Week	Per.	Block	Week theme	Load	Meas.
13	C	C	The second chance after block or dig	4	
14	C	C	Measurement week	2	X
R	R		<i>Rest week: no practice</i>		
15	C	D	Attacking against a set block	4	
16	C	D	Attacking against a set block	4	
17	C	D	The third ball after a long rally	4	
18	C	D	The third ball after a long rally	4	
R	R	D	<i>Rest week: no practice</i>		
19	C	D	Playing out scores from 20-20	4	
20	C	D	Playing out scores from 20-20	4	
21	C	D	Measurement week	2	X
22	C	E	Weakest measurement again, in match form	3	
23	C	E	Weakest measurement again, in match form	3	
24	C	E	Second weakest measurement, in match form	3	
25	C	E	Second weakest measurement, in match form	3	
26	C	E	Measurement week	2	X
27	C	E	Experiment: another position or lineup	2	
28	C	E	Experiment: another position or lineup	2	

Per. = period, Load = 1 to 5, Meas. = measurement week. All numbers in this example are made up to show how it works.