

Competition-Development portfolio instructions

Introduction

This document is intended to help you understand how to fill out the Competition-Development portfolio evaluation templates. First we will provide a suggested order for your work, and then add some additional details for each step.

Note: most of the instructions in this document are related to the *yearly training plan*, or Y.T.P..

Suggested order of activities

1. Identify one athlete, or a group of athletes with similar needs, that you will focus on;
2. Identify three weaknesses that need to be fixed;
3. For each tactical situation, create an analysis of how the best athletes are succeeding in this situation;
4. For each tactical situation, create a gap analysis that shows the difference between your wrestler(s) and the model;
5. Fill out the **Yearly Training Plan**, section by section;
6. Fill out the **Background information** templates to explain the decisions made in your **Yearly Training Plan**;
7. Create sample three (3) micro-cycle and practice plans;
8. Create an **Emergency Action Plan** for both your regular ('home') training environment and for a training session where you will be on the road (or 'away').

Identifying the wrestler(s)

We need to be able to clearly see the pathway to improvement. As such, if you choose a very strong wrestler, then you have to be clear on what they need to get better at, and most importantly for what level of competition! (i.e., National? International?)

Create Your Gap Analyses

All you need to do is follow the process that you were trained on in the WCL Analyze Performance workshop. Create an analysis of an ideal performance (i.e., model analysis) and a gap analysis demonstrating where your wrestler(s) need to get better.

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As you do this, you should think of what the potential solutions are for each gap too! If you see that the same gap comes up in more than one analysis, then that becomes a higher priority. We want to see two or three gap analyses for the athlete(s) you are focusing on for this evaluation.

Use this process to create each gap analysis:

1. Identify a specific situation that the wrestler needs to get better at (either to improve or maximize their ability to take advantage of a particular affordance);
2. Identify the specific **technical-tactical combination** that is involved (i.e., the set-up and the control link and the scoring move), see your copy of the WCL Analyze Performance coach workbook for more details;
3. Create the action model analysis using a wrestler who does a good job in these situations using this template. A template has been provided (“Action model analysis template, standing - v6.pdf”). This will be your reference point;
4. Next, create a gap analysis (template: “Gap analysis - v7, template.pdf”) for your own athlete, comparing them to the *action model analysis*.

In your gap analysis, be sure to identify which stage of the technical/tactical combination the athlete needs to work. As a reminder, it can be either the:

- Set-up,
- Control link, or
- Scoring move.

Fill out the Yearly Training Plan (Y.T.P.)

Rows 1 through 19 are all about the high-level details of your plan. You will also provide insight into the details from rows 20 through 41.

Rows 1-3

First, modify the date in cell D3 to match the first Monday of your season. The format of the date should be this: yyyy-mm-dd. Some examples:

- A start date of Monday, May 12th, 2025 should be entered as 2025-05-12.

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- A start date of Monday, September 8th, 2025 should be entered as 2025-09-08.

Once you do that, you should see all of the data in row 2 and row 3 update to reflect your actual season.

Rows 10-12

Next, you will outline your tournament schedule as follows, keeping in mind that starting with column D you are looking at the Monday of a new week:

- Row #10: Enter the name of each tournament;
- Row #11: Enter the start date of the tournament. If a tournament is scheduled the week of Monday, October 13th and starts on the Thursday (Oct. 16th), then you enter the number 16;
- Row #12: Choose the priority. You should only have 2, maybe 3, tournaments per year that are "peaks", where the wrestler hopes to put it all together.

Rows 13-19

Help us understand what is scheduled:

- Row #13: Tell us how many practices are scheduled in the mats;
- Row #14: Indicate how many off-mat (strength, aerobic conditioning, yoga, mental preparation) sessions are schedule each week;
- Row #15: If you do physical testing, show when that happens and how often; and
- Rows #17 to #19: indicate what else is schedule for your program.

Rows 20-23

Show us **when** you are planning to focus on each of the tactical gaps that you identified. This means the week(s) where you intentionally: a) schedule specific tasks in practice plans related to the gap, and b) you track progress on that tactical gap.

In rows 21-23, list the name of the technical/tactical combination **and** the gap that you identified in column B, and then your solution in column C. Then, indicate when you are going to focus on each one. You do not have to focus on a specific gap all of the time, so "**0 = Not a priority**" should be chosen if other things needs to be attended to.

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Rows 24-26

Here, indicate if the wrestler(s) need to have specific work scheduled for either speed or aerobic conditioning. This means specific tasks over and above what one schedules in a typical wrestling practice.

Similar to above, if there is no need for that during a week, leave it blank.

Rows 27-29

Similarly, indicate what kind of strength work needs to be scheduled each week. If none of the options are required during a week, then leave it blank.

Rows 30-32

Same process as above for *Flexibility and Motor Skills*.

Rows 33-35

Same process as above for *Mental Skills*.

Rows 36-38

Same process as above, however **this part is not about the athlete, it is about you, the coach!** What skills are a priority for you during different parts of the season, as you help the wrestler(s) work through their tactical gaps, improve physically, and hopefully peak at the most important tournaments of the year!

Rows 39-41

Same process as above for *Prevention and Recovery*.

Justify Your Choices

Fill out the **WCL Comp-Dev YTP report** document. The point of this document is to tell us why you have chosen to prioritize things the way you did in the yearly training plan. Speak to not only why certain things are a priority, but also to why they are scheduled in the manner that they are!

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Create Three (3) Micro-cycles and Practice Plans

Note: For most coaches, a micro-cycle is equivalent to a week in their program. It could be shorter or longer, but this is a common generalization.

You should have received a template document named '**WCL Comp-Dev YTP template v2.xlsx**'. The instructions in this section are for the following tabs:

- Micro-cycle #1
- Micro-cycle #2
- Micro-cycle #3

Each micro-cycle that you present should come from a different phase of your Y.T.P., and in addition one of the micro-cycles should correspond to a time in the plan when your athletes are *tapering*.

For each micro-cycle:

- Identify the objectives for the athletes during that period of time; and
- Show us what the week looks like in terms of the different types of training activities that will be scheduled during that period of time.

You have been provided with a simple breakdown for the day, a drop-down list, and a legend to the right that explains what each value means.

Next, you will select one of the practices for that week, and using the **Practice Plan** tab next to each micro-cycle tab, map out what that practice could look like. You will have to:

- Tell us the date, (start) time, and duration of the practice;
- We also want to see you estimate the target intensity and calculate how many days are left before the first day of the next peak event in the Y.T.P.;
- Next, write down the objectives for that practice plan;
- List any *equipment/resources* that you will need;
- Then write down what activities or tasks you would program for the each segment of the practice plan: introduction, warm-up, main part, cool-down, and conclusion.

Repeat this for the next two micro-cycles!

Submit a Home and Away Emergency Action Plan (E.A.P.)

Using the two templates provided (**'EAP for Wrestling Practice, away.pdf'** and **'EAP for Wrestling Practice, home.pdf'**), provide us with a copy of what your E.A.P. would look like for a practice session at your gym and also an example of what you would do on the road.