

WCL Competition – Development Portfolio: Yearly Training Plan Report

Use this document to document the logic behind the choices that you made in the Yearly Training Plan (Y.T.P.) that you are submitting for your portfolio evaluation. A quick reminder that it should focus on one wrestler (or a group of wrestlers with similar needs) that you coach.

You do not have to be the only person that coaches these athletes, but you do have to work with them on a regular basis!

Athlete selection for this portfolio

Tell us about the wrestler(s) who is the focus on this portfolio. What are **their** goals over the next season? What do **you** want them to get better at? What else are you taking into consideration for their YTP?

Gap analyses

Reminder: you need to create 2 or 3 gap analyses for each wrestler.

Review the gap analyses that you have created, and answer these questions:

- How often do these gaps show up in tournaments?
- Is it in all matches, or just in specific situations? If so, what are the characteristics of these situations?
- How long does it take the wrestler(s) to pick up new tactical skills? A long time? Not long? Give an example if you can.

The peaks in your program

In the YTP you would have identified one or more tournaments as **peak** events for your wrestling program. Please explain why these events were chosen above the others as the **peak tournaments** in the YTP.

YTP: Technical – Tactical section

Why do you think your solutions for the gaps are going to work?

YTP: Aerobic conditioning or speed

Please justify the priority **aerobic conditioning or speed** abilities in this section and the programming (i.e., scheduled work).

YTP: Strength

Please justify the priority **strength** abilities in this section and the programming (i.e., scheduled work).

Flexiblity and Motor Skills

Please justify the priority **flexibility or motor skill training** in this section and the programming (i.e., scheduled work).

Mental Skills

Please justify the priority **mental skills** in this section and the programming (i.e., scheduled work).

Leadership and communication skills

Please justify the priority leadership and communication skills that **you need to use** in this section and the programming (i.e., scheduled work).

Prevention and Recovery

Please justify the priority **prevention and recovery tactics** in this section and the programming (i.e., scheduled work).