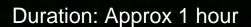




## **Unit Overview: Topics**

- Training role Vs competition role
- Considerations
- Planning for competition
  - Seasonal
  - Tournament
  - Other





## Differences: Season & Tournament

- Analysis of day-to-day role in a normal season
- What is different in a 2-5 day tournament?
- What can coaches do to make any differences work for them?



## Some considerations . . .

- Travel (including daily to-and-from)
- Accommodation (including sharing)
- Food
- Recovery
- Economical
- Environment
- Psychological issues
- Other ?

Consider domestic and international



