

Special Olympics Canada Yearly Training Plan

Sport:

Club: _____

Coach Name: _____

Date: _____

Season																																																	
Phase																																																	
Month																																																	
Week																																																	
PERFORMANCE FACTORS	INSTRUCTIONAL OBJECTIVES												INSTRUCTIONAL OBJECTIVES												INSTRUCTIONAL OBJECTIVES												INSTRUCTIONAL OBJECTIVES												
Skill Development																																																	
Physical Performance																																																	
Mental Training																																																	

[illegible]