



2010 Player Training Diary



Cannons Training Diary

Purpose:

The Training Diary allows us to effectively monitor your training loads throughout the year. This means that your respective coaches will be better positioned to understand and adapt to your unique circumstances.

What we expect:

If done correctly, the training diary should not be a time consuming task. We estimate that the total time spent on the diary for a given week should not exceed 10 minutes.

The training diary is only effective if you are both honest and diligent.

Honest- This means taking time to reflect on your training sessions before rating them. Additionally you should include all training sessions (outlined below) in your submission.

Diligence – This means filling in all parts of the training diary and submitting the diary by the due time. You must make filling in the diary a habit – just like brushing your teeth.

What you receive:

This is the hard copy (which you should print off several copies of the weekly template for record keeping). You will also need to download the electronic version of your training diary (this is on the cannons website). This needs to be saved and updated as per instructions below.

Please 'save as' the diary in the following format:, Player First Name Player Last Name (all lower case),

Eg. steve forcone

- It's extremely important that you save the diary exactly as it appears above. Please keep the file as a 97-2003 Excel Spreadsheet.

Using the training diary

The diary needs to be completed and submitted on a weekly basis for the duration of the playing season (March to September). It's suggested that you put the diary in a convenient place (eg. next to bed or on the fridge) as you will be required to fill it out on a daily basis.

What you need to record:

1) Wellbeing (1=poor, 5= excellent) :

Quality of Sleep - How well did you sleep last night?

Energy Level - Are your energy levels ok?

Motivation/Enthusiasm - What are your motivation levels like for football?

Muscle Condition - Is your body feeling ok?

The variables above need to be recorded when you wake up in the morning.

2) Training Load (Please record session duration and ratings for the following):

Core Stability – Did you complete any core stability sessions for today? (This should only be recorded if it was the only thing you focused on during the session. No need to record anything here if you are completing core stability activities in your strength program)

Strength – Please record any strength sessions performed during the week (remember to stick to the exercises assigned by your TAC Cup team's fitness advisor)

Conditioning – Please record any fitness conditioning completed in addition to that completed during your club, academy or school training. (eg. bike ride on day off)

Stretching – Please any specific stretching performed outside club time during the week.

School Football Training- Please record the session duration and rating for any school training performed during the week.

Club Training – Please record the session duration and rating for both skills and conditioning (if any is completed separately) for TAC Cup competition training.

Recovery/Pilates sessions– Please indicate any recovery/pilates sessions completed during the week/

Weekly Game(s) Club/School – Please record;

- the position you mainly played,
- who the opposition was,
- game duration (ask if you don't know),
- time you spend on the ground,
- rating of how you think you played,

- rating of how hard the game was physically (a game would rate high if there were lots of hard running and contests).

The training activities you completed during the day need to be recorded just before you go to bed at night. Remember to look at the RPE Scale.

Injury/Illness – Please indicate if you have sustained any injury or illness during that particular week. Please be specific and, if relevant, give injury updates, eg. Rolled ankle during the week. Got treatment off TAC Cup physio. Progressing well. If no injuries/illness please record how many injury prevention exercise sessions you completed during the week.

Weekly Comment – Please indicate anything that may be relevant to the coaching/conditioning staff, eg. Felt a bit tired this week but still worked on my kicking at the end of each training session.

Sending in the information to us

Upon completion of the training week you will be required to transfer the information from your hard copy onto your electronic version (under the corresponding week). You are also encouraged to use the weekly planner in your electronic diary. Please indicate what your weekly activities will be for the week ahead.

PLEASE EMAIL THE DIARY TO Steve Forcone (sdfo@deakin.edu.au) BY NO LATER THAN **12 NOON TUESDAY**

IMPORTANT: The electronic diary stores all your information for the whole season. It has been created using various formulas so please try to refrain from tampering with the format (don't put any values in the red boxes).



Name:			
Player Number:			
Training Week:		to	

STEP 1. Record the duration of each session

STEP 2. Rate how hard you had to work in each session (0= rest 1= very easy 2=easy 3=moderate 4=somewhat hard 5= hard 6-7=very hard 8- 9= very, very hard 10= maximal)

	Core Stability		Strength		Conditioning		Stretching		School Foot. Training	
	Time (min)	Rating	Time (min)	Rating	Time (min)	Rating	Time (min)	Rating	Time (min)	Rating
Monday										
Tuesday										
Wed										
Thursday										
Friday										
Saturday										
Sunday										

STEP 3. Rate the following from 1-5 (1= poor, 2= average, 3=good, 4=very good, 5=excellent)

	Quality of Sleep	Energy Level	Motivation/ Enthusiasm	Muscle Condition	CLUB TRAINING			OTHER SPORT	
					Time (min)	Skills Rating	Conditioning Rating	Time (min)	Conditioning Rating
Monday									
Tuesday					Monday				
Wednesday					Tuesday				
Thursday					Wed				
Friday					Thursday				
Saturday					Friday				
Sunday					Saturday				
					Sunday				

Recovery Sessions	
Pilates Sessions	

WEEKLY GAME(S) CLUB/ ACADEMY/ SCHOOL

	Positions Played	Opposition	Game Duration (min)	Time on Ground (min)	Self Rating /10	RPE /10
GAME 1						
GAME 2						

Injury / Illness:

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Weekly Comments:

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