

SA WRESTLING FEDERATION

The background of the cover features a stylized globe composed of numerous thin, blue, intersecting lines that create a wireframe effect. The globe is positioned in the upper right quadrant and appears to be partially obscured by the text and other elements.

MULTI YEAR PLAN - 2013 OLYMPIC QUADRENNIAL

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SAWF Coaches Council

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1. Background

During the second half of 2012 the SAWFCC decided to review the process and strategy of coaching and preparation of wrestlers for international competition. We analysed the current situation and consulted with International coaches to assist us in compiling a multi-year plan based on our current resources and abilities.

This plan serves as a starting point and forms the basis for a Multi-year Olympic Quadrennial Plan for 2013-2016. The plan needs to be reviewed and adapted annually according to the goals of the Federation as well as the progress and needs of the wrestlers, coaches and available resources.

2. Purpose

The purpose of the four year plan is to provide an outline for the process of development, preparation, competition and recovery over the four years for the Olympic Games in 2016.

The program is based on specific macro, meso or micro-cycle units of training. The proposed plan and program for the next 4-years, forms a macro-cycle.

Like in other sports, the annual preparation plan begins one month after the end of World Championship and ends after the next World Championship the following year. It is only in the Olympic year – 2016 in which it ends after the end of August, after completion of the Olympic Games.

The main factors or elements of Preparation are:



These factors are included in the preparation plan with specific focus on development and periodization within every cycle.

3. Main Objectives:

- Qualification of wrestlers for the 2016 Rio de Janeiro Olympic Games
- Win Medals at the 2014 Commonwealth Games in Glasgow Scotland
- Performance at other International events
- Create and establish a National focus on High Performance
- Create a culture of excellence and professionalism

4. Current Situation and Comparison with International Practices

SA SYSTEM	INTERNATIONAL SYSTEM
Team and Competition specific Preparation over shorter preparation period	Follows the Olympic Cycle with proper periodization models
Due to time constraints preparation is focussed on technical and tactical wrestling preparation	Holistic program that includes all aspects: <ul style="list-style-type: none"> • Technical preparation • Tactical preparation • Strength and Conditioning • Psychological preparation • Meaningful Competition Planning and exposure at National and International level • Elements of Sport Science – Frequent testing and monitoring
Preparation Time: 3 – 4 Sessions Which represents 6 – 8 hours a week	Preparation Time: 7 – 9 Sessions Which represents 14 – 18 hours a week
Training group – Varies in level of expertise and geographical distribution	Training group – focused on a main training group to develop

Poor Continuity	Good Continuity
No incentives and no policy	Incentives based on an incentive policy
Infrastructure: No National training centre and equipment	Well established National training centre and equipment

SWOT Analysis:

Strengths:

- Talented Wrestlers
- Sound management structure
- Willing and able Coaches

Weaknesses:

- Availability of Wrestlers. Time, work and study commitments
- Number of wrestlers at junior and senior level
- No Incentives
- Resources in terms of finances and infrastructure
- Long traveling distances to National and International competitions
- No Meaningful competition Nationally at junior and senior level
- National Coaching Coherency and Strategy

Opportunities:

- Willingness of wrestlers
- Untapped Talent

Threats:

- Resources in terms of finances and infrastructure
- Priorities of young people with regards to time, work and study

- Other sporting codes

5. Planning the Quadrennial 2013 – 2016

Failure to plan means planning to fail.

During the planning of the calendar the following guidelines and aspects need to be taken into consideration.

YEAR ONE

Focus on education in all aspects “Filling the backpack”

1. WRESTLING

- ✓ Coaches must be aligned to the National Coach
- ✓ Technique Development – understand “how and why”
- ✓ Expanding wrestling skills

2. STRENGTH AND CONDITIONING

- ✓ Develop strength and explosive power

3. NUTRITION

- ✓ Focus on nutrition and how to manage and maintain a healthy body

4. SPORTS PSYCHOLOGY

- ✓ Mental Toughness and self-awareness

5. TRAINING AND COMPETITION

- ✓ Focus on technique and tactics
- ✓ Domestic consideration are important at this time
- ✓ More concerned with camps and training than competition in year one
- ✓ Competitions – 6 to 8 with focus on the process

YEAR TWO

Focus should be on process over product, learning from competition and live situations; learning how to win, and how to wrestle.

Learning from the grind of foreign camps and competitions, learn from stress and failure

1. WRESTLING

- ✓ Local coach should be aligned with national coach
- ✓ Focus on strategy and tactics (Time, pace, points, attitude and situations)
- ✓ Focus on the grind of camps & competition
- ✓ Develop strong areas of all wrestlers and develop a style for each individual athlete
- ✓ Focus on how to wrestle
- ✓ Focus on how to WIN

2. CONTINUE AND IMPROVE IN AREAS OF:

- ✓ Strength and conditioning
- ✓ Nutrition
- ✓ Psychology
(Applying what was learned in the first year)

3. TRAINING AND COMPETITION

- ✓ Focus continues on technique and tactics
- ✓ International now out weights domestic considerations
- ✓ Competitions 8 to 10, still focused on the process, learning from over load of competitions

YEAR THREE

Outcome oriented assessment and analysis. Athletes are 90% programmed in all aspects.

Athletes must now demonstrate consistency on the mat.

1. WRESTLING

- ✓ Local coaches must be aligned with national coach
- ✓ Focus on strategy, tactics and technique
- ✓ Focus on consistency
- ✓ Keep records and log everything

2. STRENGTH & CONDITIONING

- ✓ Focus on the periodization of strength and conditioning

- ✓ Strength, Power and Wrestling specific lifting each have their own place in this year

3. NUTRITION

- ✓ Focus on the discipline of proper nutrition as it applies to stamina and weight control

4. SPORTS PSYCHOLOGY

- ✓ Focus on competition aspects of the Sport Psychology

5. CAMPS AND COMPETITION

- ✓ More consideration for international camps versus domestic
- ✓ 8 – 12 Competitions with focus on timing and level of competitions
- ✓ It is all about performances

YEAR FOUR

Focus on periodization. Rest and recovery, tweaking – peaking

Must be 100% ready when stepping on the mat

1. WRESTLING

- ✓ Local coaches must be aligned with national coach
- ✓ Wrestlers 100% ready when stepping on the mat

2. STRENGTH & CONDITIONING

- ✓ Focus on the periodization of strength and conditioning
- ✓ Strength, Power and Wrestling specific lifting each have their own place in this year

3. NUTRITION

- ✓ Focus on the discipline of proper nutrition as it applies to stamina and weight control

4. SPORTS PSYCHOLOGY

- ✓ Focus on competition aspects of the Sport Psychology

5. CAMPS AND COMPETITION

- ✓ Focus on the performers

- ✓ More consideration for local camps versus international
- ✓ 6 – 8 Competitions
- ✓ Focus on Olympic Games and all aspects of qualifications and performances

6. Periodisation and Phases of four year plan

Accurate periodisation planning is central to the success of the Multi-year plan as it determines when wrestlers reach their peak form prior to competition. Preparation, competition and recovery have to be planned in the correct ratio to ensure the right outcome.

Phases of a double Periodisation Annual plan

There are eight training phases during the year based on the International Fila Calendar. The time frames for the eight phases are as follows:

- Phase 1 – 14 Weeks: 2nd half October, November, December and January
- Phase 2 – 8 Weeks: February and March
- Phase 3 – 4 Weeks: April
- Phase 4 – 4 Weeks: May
- Phase 5 – 8 Weeks: June and July
- Phase 6 – 4 Weeks: August
- Phase 7 – 8 Weeks: September
- Phase 8 – 2 Weeks: 1st half October

Eight Phases of a Double Periodised Annual Plan are:

- Phase 1 - General Preparation Phase (GPP)
- Phase 2 – Specific Preparation Phase (SPP) 1
- Phase 3 – Pre-Competition Phase (PCP) 1
- Phase 4 – Competition Phase (CP) 1 - *Peak One*
- Phase 5 – Specific Preparation Phase (SPP) 2
- Phase 6 – Pre-Competition Phase (PCP) 2
- Phase 7 – Competition Phase (CP) 2 - *Peak Two*
- Phase 8 - Transition Phase (TP)

Objectives and aim of every phase:

- Phase 1 – Basic Preparation phase general development of strength, basic skills, endurance and fitness
- Phase 2 and 3 – Specific Preparation and Pre-Competition phase specific development of speed strength, advance skills and transition to competition phase
- Phase 4 – Competition phase focus on competition and match training while maintaining strength and speed strength. Specific competition situation and simulations
- Phase 5 and 6 - Specific Preparation and Pre-Competition phase specific development of speed strength, advance skills and transition to competition phase
- Phase 7 – Competition phase focus on competition and match training while maintaining strength and speed strength. Specific competition situation and simulations
- Phase 8 - Transition Phase focusses on regeneration and recovery

Description and outline for Periodisation 2013 - 2016:

First Year:

First year - 2013.

There will be two macro cycles of preparation. The 1st macro cycle concerns the preparation of seniors for the continental championships.

The 2nd macro cycle concerns two major competitions: - Senior and Junior (18–20 years) World's championships. The juniors, who will be 18–20 years old in 2013, 2014, 2015, may participate in the Olympic Games in 2016.

The 1st macro cycle, (until the continental championship), consists of two international tournaments, and one National championship for club teams. Wrestlers in the National groups should prepare with their respective clubs for 60-65 days. Wrestlers in the National teams should be involved be in National training camps and training for 60 - 65 days with the National team at National training for camps. One training camp should focus on the perfection of speed and physical qualities and two training camps for the perfection of

technical and tactical qualities. The last camp should focus on special aspects of competition preparation for the continental championships.

The 2nd macro cycle has a five month duration, focusing on preparation for the World Championships. This cycle should include two international tournaments and individual National Championships. Wrestlers in the National teams should prepare with their respective clubs for ± 48 days. Wrestlers in the National teams should be involved in National training and camps for a duration of ± 65 days. The first camp should focus on the perfection of speed and physical qualities. Two training camps should focus on the perfection of technical and tactical qualities. The last camp should focus on special aspects of competition preparation for the world championships.

We need to take the following into consideration during the first year.

- Entry of new wrestlers and their respective local coaches.
- Alignment of the National strategy at local level.

Second Year:

The second year - 2014

The 1st macro-cycle relates to the Continental Championship. It should include two international tournaments and two Nationals Championships, (the 1st in November of the preceding year the second and the 2nd National Championship, in the present year). Every member of the National team should train for a period of 81 days with their clubs, and 62 days at National Level with the National team.

The 2nd macro-cycle needs to focus the preparation of both junior and senior wrestlers for their respective world championships. All national coaches will help with the preparation of national teams for these championships.

The 2nd macro-cycle leading up to the world championship should include four training camps. The 1st camp should focus on speed and physical preparation, (preferable at higher altitude). The next two camps focus on the perfection of technical and tactical qualities for participation in international tournaments. The last camp should focus on special aspects of competition preparation for the world championships.

Third Year

The third year 2015 - (one year before the Olympic Games).

This is a critical year and should include nine National training camps and should be scheduled as follows:

The 1st macro-cycle from October the preceding year to April in the present year should consist of five training 5 camps:

The first camp should focus on speed and physical qualities. Three training camps focus on the perfection of technical and tactical qualities and one special training camp in preparation of the continental championship. There should be two National championships and three international tournaments.

The 2nd macro-cycle in the third year, from May to September, includes four camps, two International tournaments and a National (individual) championship. The World Championship in the third year is also the first phase of the Olympic qualification process. Normally the first eight wrestlers per category will qualify. If wrestlers qualify at the end of this year, these wrestlers should be prepared according to their individual needs as from the beginning of next year.

For the remaining wrestlers preparation will carry on towards the continental championship and subsequent qualification tournaments. These are the main objectives of the first macro-cycle in the fourth year.

Fourth Year

Fourth year 2016 – (Olympic Year).

The 1st macro-cycle from October in the preceding year, to the end of the Olympic year will be 8 months long. Focus should be on the preparation for the continental championships and the two qualification tournaments for the Olympic Games.

In the 1st macro-cycle of preparation there should be six national training camps and should be scheduled and as follows:

The 1st training camp should focus on speed and physical preparation. The next two training camps focus on the perfection of technical and tactical qualities in preparation of participation in International tournaments. Three national training camps should be scheduled in preparation for the continental championship and the two qualification tournaments.

The second macro-cycle is three months long (May-July) and three training camps should be scheduled: The first training camp should focus on the perfection of speed and physical qualities (preferable on at a higher altitude), the second camp for the perfection of technical and tactical qualities. The last training camp (3 weeks in duration) is a special training camp in preparation of the Olympic Games.

It must be taken into consideration that a week of this last camping can take place in Olympic city, to get acclimatized depending on the NOC arrangement.

The following remarks and comments should be made about the methods of preparation:

During camps for speed-physical preparation:

These camps should be organized in well oxygenated areas of the country, mountains or at elevated levels above sea level.

- Running and cross-country 3-4 km, with sections that allow and enable the development of explosive speed.
- Weightlifting and strength training related to the biomechanics of wrestling
- Acrobatic with the same speed and reactions as used in the different holds and techniques of Wrestling
- Theory, methodology exercises, competitions analyses, DVD, Video, etc.

During camps for the perfection technical-tactical aspects:

Focus Preparation and training of 3-4 technical holds and combinations which enable wrestlers, to succeed after unsuccessful attempts in different positions and periods of a match.

- Development of special speed-strength

- Training of “tasks” in match situations
- Preparation some of special techniques related to special circumstances like clinches and situation wrestling in terms of time and the referee's whistle.
- Perfection the holds for defence with explosive speed and strength during the “clinch” after the whistle of the referee

During the camps special preparation for before the competition:

Micro-cycle training focused on adaptation and development of special endurance during the competition days for 3-5 matches in one day.

- How to use recovery periods after the match while keeping in mind the next match in 15-20 min.
- To develop explosive-speed for attack to reach the aim though set up in the required time 1’30’’ (G/R), 2’’ (F/S, F/W).

7. National High Performance Coaching Strategy

In order to be successful at National level it is vitally important that the Coaching plan is accepted and executed at all levels of coaching. High Performance wrestler’s needs to be coached according to a National plan with buy in from all relevant stakeholders i.e. local coaches and structures

With this in mind as well as the time and effort necessary to train and prepare wrestlers for competition at International level that we must create a system to assist us in achieving this objective through delivery at local level.

We will not succeed in our task by preparing teams based on short meso and micro cycles for competitions.

Although we realise that it is impossible to establish a system that would cover the whole country we can start by introducing localised training at established clubs and venues with coaches that can coach more frequently and focus specifically on Elite National wrestlers.

With the approval and permission of the Executive Management we will prepare a budget coupled to names for final approval and consideration.

We will however need to discuss this with local coaches that have the ability to perform this type of coaching before preparing and compiling a final plan.

This Multi-year plan should be adopted and supported by everybody within the Federation in order to be successful with our plan.

Nico Coetzee

Chairman SAWF Coaching Council