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As we have previously described (Performance Point August 2008), successful planning involves 7 key steps: 1) sport analysis, 2) set objectives / benchmarks, 3) design team plan, 4) design athlete plan, 5) gap analysis, 6) gap attacks, and 7) debrief and review (after implementation of the plan/ end of season). In subsequent planning years, the debrief and review initiates your planning process, looking back at what occurred the year before. Not only are you able to review the competitive and training environments for the level you are coaching at, you also have the ability to reflect on how the athletes responded to last year's plan. How did they respond to the training loads? How did they handle pressure during competition? Did the athletes make correct food choices when on the road? Were there enough competitive opportunities or were there too many? You get the picture! Examining the previous year's experience allows you to effectively analyze the critical elements for performance. Thus, the focus of this performance point is Sport Analysis.

### The Sport Analysis

The sport analysis should be centered around your *targeted athletes*, not the sport in general. Thus, consideration is given for the age, LTAD stage, and training ages of your athletes. There are three main components to performing a thorough sport analysis:

**Audit Your Sport Demands** – this is where you identify the importance of various performance factors and determine the gap between the current program and the ideal conditions for each performance factor. You will rate your sport in various sport specific performance indicators for environment, equipment, physiological and psychological factors, as well as technical and tactical factors. Ask your performance planner for some sport audit tools that you can modify to suit your sport.

**Identify the physical demands of your sport** – regardless of how long you have been involved in a sport, you should always review the contribution of these physical demands given LTAD considerations. It is not uncommon for your perceptions to change over time or new research to demonstrate some new findings. Similarly, coaches frequently experience a light bulb moment just reviewing what they already know.

**Analyze your yearly training plan** – you need to critically look at your plan and identify logistical factors that affect planning optimal athlete development. Are there sufficient training blocks in the yearly plan to allow for adaptation of the desired physical trait or skill? Does the plan allow for adequate recovery during periods of heavy competition or travel? When you are thinking of these factors up front, you are more prepared to deal with them on behalf of your athletes.

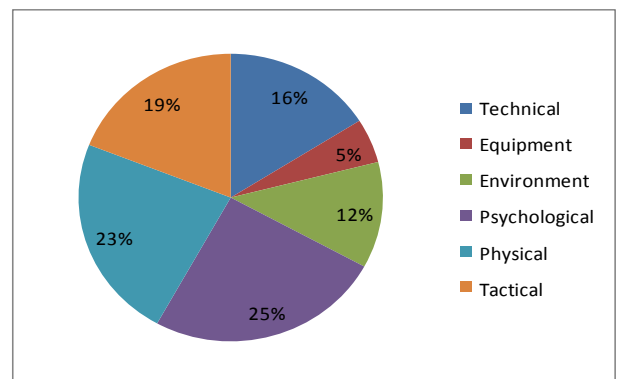


Figure 1: This pie graph produced from a sport audit tool illustrates the contribution of each performance factor for this Train to Compete group. As the targeted athlete group or sport demands change, the coach's input will change and thus alter this graph from year to year.

Taking the time to bring your team of coaches and practitioners together to perform a thorough sport analysis will set the stage for establishing meaningful objectives and benchmarks (see Performance Point September 2008). These key planning elements will provide clear direction when designing your new plan. This logical approach to planning performance not only guides the coach to where the athletes are going, it also provides a mechanism to track where they have been.

## Powering Sport Performance

The Canadian Sport Centre Pacific, in partnership with the network of Canadian Sport Centres and PacificSport Centres, delivers sport performance programs to help athletes and coaches win medals for Canada. Working in support of our national and provincial sport partners, the Canadian Sport Centre Pacific is creating a stronger system for the development of athletes, coaches, performance enhancement teams and sport performance facilities. [www.cscpacific.ca](http://www.cscpacific.ca)