



SHOOTING FEDERATION OF CANADA

HIGH PERFORMANCE PROGRAM

YTP MINIMUM REQUIREMENTS

All Shooting Federation of Canada High Performance Athletes are expected to work with the National Coach to produce and adhere to a Yearly Training Plan. These plans are structured dependent upon the athletes experience and the program to which they belong (National, Development, Identified, Junior, AWAD). National coaches are permitted to extend past these minimum guidelines where they believe additional detail may be required due to individual athlete needs ascertained through gap analysis or to reach the High Performance Program objectives for a particular year (e.g. concentration on readying athletes for major competitions).

A YTP is a building blocks for a performance path. A YTP organizes an athlete's steps for improvement. The construction of the YTP is based on the following elements:

1. Technical
2. Tactical
3. Physical
4. Psychological
5. Health/Lifestyle.

Each discipline will have different elements in their respective YTP. For the specific elements for your YTP please see [Annex A](#).

Major steps to creating a YTP are:

1. Identify the competitions in which the athlete will compete and rank their importance. Athletes are responsible for entering events and competitions as required by their athlete agreement.
2. Identify other events such as camps or personal events (holidays, graduations, exams, etc.) which must be accommodated in the plan.
3. Identify the Competition, Preparation and Recovery (time off) periods where training can or should be intensified or reduced.
4. Identify training issues with Gap analysis (know what matters to your training, aka what gap or "issue" are you trying to correct?)
5. Determine the mesocycles and micro-cycles working around known events, as well as periods of maintenance.
6. Determine the goals of the cycles i.e. how and when will you address known performance gaps.
7. Determine how you are going to monitor improvements and plan your reporting.

YTP Structure

Periodization:

Periodization is a method of varying training loads to produce peak performance for a competitive event. It has its foundation in physical training where an athlete trains by loading their body and allowing for suitable recovery periods. The intent is to peak physically at the right time for an event and plan time for recovery afterwards.

This cycling of training has parallels in target shooting. For example, an athlete might have identified performance gaps in their Hold, Triggering and Mental preparedness. The Macrocycle can be broken into 1, 2 or more Mesocycle periods to address the three gaps. These must be completed in time for an event to drive the end of the cycles. The athlete then plans weekly Micro-cycles to accomplish specific tasks to close their performance gaps.

YTP (Yearly Training Plan)

Multi Month / Yearly Plan (Macrocycle)

→ Monthly Plan (Mesocycle)

→ Weekly (Micro cycle)

Basic example:

Macro		Plan to Event											
Meso (Monthly)	Gaps	Hold				Triggering				Mental Prep			
Micro (weekly)	Hold Training 1	2											
	Hold Training 2		2	2									
	Hold Training 3				1	1	1						0.5
	Triggering 1					2	2						
	Triggering 2						1	1	1				0.5
	Mental 1								0.5				
	Mental 2								0.5				
	Mental 3									1	1		
	Mental 4										2	2	1
	Physical Training		3	3	3	3	3	3	3	3	2	1	1
Journal		0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5
Total Hours		5.5	5.5	5.5	5.5	4.5	6.5	7.5	5.5	4.5	4.5	3.5	3.5

Number of hours/week dedicated to each gap

Major Event

Week of the month

Plot of your Training Hours over the month



Dependant Cycles

The YTP must clearly identify dependences in the athlete's plan. This normally involves scheduling events that can not be changed such as major competitions. The timing of the rest of the plan must use these events as anchor or end points so that performance gaps are mitigated in time for the event.

Mesocycle plan

Mesocycles or training arcs, which can be weeks or months long, are used to design a program that addresses a performance gap. They will have a goal, define a rest period or maintain a level of performance or skill.

Within a mesocycle, athletes should be able to track a desired outcome to ensure the plan is effective using some form of data tracking. Examples of items that can be tracked include: Volume, Minutes, reps, attempts, shots fired, etc. Frequently the intensity or the proximity to max effort is measured as well.

For target shooting, measurement parameters might also include: Score, group size, shot timing, trace length, triggering quality, Percentage of time in 10 or 10.5.

Micro-Cycle and Training Items

A training Micro Cycle (normally a week long period) is constructed using Specific Training Items. Deliberate practice must involve providing feedback using accurate measures against a known standard. In other words, the YTP should outline training items that are programed to address a specific performance gap. For example:

Performance Gap: HOLD
Training Item: Hold, Low Intensity 30 shots.
Measure: Trace length in SCATT. Baseline results against National standard, plot progress to see trends in training. Evaluate progress over one or more micro-cycles
Training Time: 30 Min – 45 Min.
Training: Fire 30 match rounds using SCATT system focusing on Hold, perform: Holding Progression Drill Hold Drill #2

The implementation of a training item can be augmented by drills or activities that the athlete uses as a 'how to cook book'. Where possible a training item should be supported by a documented methodology. Speak to your personal coach and/or the National Team Coach for drills that will help you "fix" the identified gap.

Comparison to LTAD

Your training plans and support material will be compared to the models described in the Long Term Athlete Development (LTAD) framework. Your plans should meet the standards described.

	Train to:	
	Compete	Win
Equipment:	International style equipment and facility are a benefit. The athlete should invest in electronic target systems	Top international quality equipment and facilities, including electronic scoring, are required
Targets and distances:	Full distance and number of competition shots	Full distance and number of competition shots
	Dry firing:	Dry firing:
	1 match daily	1 match daily
	Training frequency:	Training frequency:
	4 – 6 days per week	6 days per week
Training duration:	Equivalent to 1+ matches, plus time for evaluation of results.	Equivalent to 1+ matches plus time for evaluation of results.
Training location:	In a safe location at home (basement or garage); at an established range or appropriate building. Training Camps: Participation in national level training camps during the year	On range, athlete may move to the vicinity of an international level facility to train or for national team/international training camps
Length of training year:	48 weeks	48 weeks
Additional activities:	Maintenance of fitness (agility, manipulation, strength, endurance); focus is away from sports or hobbies with side effects that could hinder shooting sport capacities.	Optimize fitness and motor qualities Avoid contact sports, high impact sports and excess in personal life.
Competition:	National Championships and international competitions such as: Canada Games, Youth Olympic Games, World Cups, other National Team events. Focus on improving performance factors on demand.	World Championships, Olympic Games, Paralympic Games, Pan Am Games, Commonwealth Games, Seniors and Masters Games, World Cup events.

Annex "A" YTP Requirements

			National	Development	Identified
Timing	Week		X	X	X
	Month		X	X	X
	Date		X	X	X
Events	Name/Description		X	X	X
	Dates		X	X	X
	Type		X	X	X
	Location		X	X	X
	Importance (1-5)		X	X	X
Periods	Preparation		X	X	X
	Competition		X	X	X
	Transition		X	X	X
Phases	General Prep		X	X	X
	Specific Prep		X	X	X
	Pre-Comp		X	X	X
	Competition		X	X	X
	Taper		X	X	X
	Transition		X	X	X
Cycle	Micro		X	X	
	Macro		X	X	
	Meso		X	X	
	Volume (1-10)		X	X	
	Intensity (1-10)		X	X	
Technical	Training Objectives		detailed	general	approximate
Physical	Training Objectives		detailed	general	approximate
Tactical	Training Objectives		detailed	general	approximate
Mental	Training Objectives		detailed	general	approximate
Monitoring & Testing	Evaluation		X		
IST			X		
Updates to NT Coach			q2weeks	q3weeks	q1month

* Each YTP is Athlete-Specific and may be required to confirm/clarify/update/adjust their submissions