The MICRO-cycle

<table>
<thead>
<tr>
<th>Micro-cycle</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
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<tbody>
<tr>
<td>8:00-9:00</td>
<td>9:00-10:30</td>
<td>11:00-12:00</td>
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<tr>
<td>9:00-10:30</td>
<td>INDIVIDUAL/TECH</td>
<td>SOLO PRACTICE</td>
<td>INDIVIDUAL/TACTIC</td>
<td>SOLO PRACTICE</td>
<td>INDIVIDUAL/OP. SKILL</td>
<td>SPINNING, FITNESS TEST</td>
<td>Resting</td>
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<td>11:00-12:00</td>
<td>RUNNING</td>
<td>SWIMMING</td>
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Test before plan
- Plan to be flexible
- Retest and replan if necessary
- Analyze the games and results after competition
- Refresh your client, avoid overtraining

Rules of a Fitness Test
- Must be repeatable
- Use similar circumstances
- Use easy terms of testing

Multi Skill Test:
- 6 corner run with pushup positions at the corners - 1min
- Jump max height at side wall run across and jump on the other side - 1min

Speed and Agility Test:
- 16 corner challenge
- Full court running - 1min
- 10-20 or 30m running for speed testing

Plyometric Test:
- Ladder running – 1 length front 1 length side running
- Split steps running on ladder
- Max horizontal jump

Strength Test:
- 5kg Medicine Ball Push or throw
- Max weight squat, or max repeat of squats with 50kg
- Max repeat of pushups
- Max repeat of V sit-ups

Endurance Test:
- 12 minutes running test (Cooper-test)
- 5 minutes court sprints test

Exercise for Level 2 trainers:
Make a Training plan for 8 weeks