Preseason Microcycle:

Needs Analysis: It’s a 2 Step Process

- Evaluate the requirements of the sport (needs)
- Assess the athlete

I. **Requirements of the sport/position.** Be sure to include a detailed description/definition of the position, not just the sport.

II. **Physiological analysis (Needs Analysis)**

   a. What are the major muscle groups involved in the sport?
   b. What are the body & limb movement patterns (Movement analysis)?
   c. What is the main energy system used?
   d. What are the loading needs (sets/reps/intensity)?
   e. What physical qualities are important?
      - Max Strength, Relative Strength, Power, Speed, Agility, Mobility, Hypertrophy, Muscular endurance, Aerobic or anaerobic endurance?
   f. What is/are the common site(s) of joint/muscle injury for this sport/position?

III. **Evaluate the needs of the team/athlete**

   a. What age are they?
   b. What is their training age?
      - Might be highly skilled in their sport. Does not mean they are highly skilled in strength training
      - Many sport athletes at the high school or college level will fall in the novice or intermediate range of strength training
   c. What previous injuries have they had?
   d. What are their weaknesses? What do they need to improve?

IV. **Training Calendar - Please include a date range for each season**

   a. What Period are we in? (Off-season, Pre-season, In-season, Post-season)
   b. What Cycle are we in? (Basic Adaptation, Basic Strength, Max Strength, Power, Hypertrophy, Endurance). All physical qualities need to be addressed in each cycle – just shifting emphasis.
   c. How much time have they had off?
   d. What equipment is available?
   e. How many athletes are training at one time?
   f. How much time is available?
V. **Brainstorm (Optional)**

a. Free flowing thought.

b. Write down anything that comes to mind that you might want to use.

c. Whatever you think of – does not have to be in order or categorized

This project should include all 7 days of a **preseason** and should include a minimum of 3 written pages with 5 cited sources, one of which MUST be your Essentials of Strength Training and Conditioning 4th edition book. This should be typed in Times New Roman, 12pt font, and double-spaced. This should be typed in APA style. [http://libguides.library.vcsu.edu/citing](http://libguides.library.vcsu.edu/citing)