

Aahidayear plan - 2023 to 2024
Goals
no's of shots /Volume /power
Recovery and agility
Strength and power Endurances

2023 to 2024	1 month	2 month	3 month	4 month	5 month	6 month	7 month	8 month	9 month	10 month	11 month	12 month
Topics	4 week	4 week	4 week	4 week	4 week	4 week	4 week	4 week	4 week	4 week	4 week	4 week
Base power training	1 times	1 times	1 times	1 times	1 times	0	0	0	0	0	0	0
Functional training	1 times	1 times	1 times	1 times	1 times	0	0	0	0	0	0	0
strength and speed training	1 times	1 times	1 times	1 times	1 times	1 times	1 times	1 times	2 times	2 times	1 times	1 times
recovery and agility training	0	0	0	1 times	1 times	1 times	1 times	1 times	2 times	2 times	2 times	2 times
power movement training	2 times	2 times	2 times	1 times	1 times	2 times	2 times	2 times	2 times	2 times	1 times	1 times
mimic function training	1 times	1 times	1 times	1 times	1 times	2 times	2 times	2 times	0	0	2 times	2 times



Base power training	Energy output	Functional training	Energy output	strength and speed training	Energy output
Banded lying push back	100%	Weighted pull and jump	60%	Dumbbell shoulder press combo	70%
Barbell rowing	100%	Barbell push jerk /power	100%	Treadmill 1/2/3 and weighted walks	70%
Battle rope	100%	Dumbbell gorilla row	100%	Double triceps kick to rows	70%
Dumbbell swing	100%	TRX rows / reach	50%	chest press and push	70%
Swiss Ball Leg Curl	100%	Incline banded pull	80%	Barbell rows to biceps curl	70%
Hang clean to power clean	100%	Single side barbell arch	80%	Lower back extension to pull an extension	70%
Hang climbers to kick	100%	Kettlebell rows to lateral lunges	70%	Snatch to overhead squat variation	70%
Jerk squat / split stand	100%	Banded balance strock	60%	Bulgarian split squats /stands	70%
Jumping to vertical land switch	100%	Lunges rotation /standing	50%	stepping Y drill	70%
Med throw and smash variation	100%	Battle rope wave	80%	Mid ball smash to side land	70%

Recovery and agility training	Energy output	Power movement training	Energy output	mimic function training	Energy output
Tennis ball cone drills	60%	Barbell push press/clean	100%	Loop banded drills	60%
Huddle drills for Plyometrics	60%	Landmine press / rotation	60%	Single side barbell squat	80%
Square drills	60%	Deadlift / overhead squat	100%	Halo to front movement cross	100%
L drills	100%	Thruster with burpees	60%	Dumbbell foot fries to lateral	100%
Time drills	80%	Barbell vertical jumps / snatch	100%	Cone to forehand and back pass	80%
S drills	80%	Incline barbell bridges	60%	Forward and backward pass	80%
123 agility	100%	Mid ball lying vertical jump	80%	Split stand drills	100%
Triangle drills	100%	Lunges to halo variation	100%	Med ball and lunges drills	60%
Treadmill 2/3 HIIT	100%	Banded resistance vertical	80%	Kettbell movement	80%
Side to side tennis ball cover	80%	Banded tech jump	100%	Lateral place stepin	80%

Improvement	Before	After
Functional coordination	65 %	80%
Power of shots	50 %	85%
recovery pace	60 %	80%
Muscles strength	50 %	70%
Muscles endurances	50 %	85%

Aahida year plan - 2024 to 2025
goals
no's speed of shots coordination
recovery pace stand
Strength with power endurance

no's	1 month	2 month	3 month	4 month	5 month	6 month	7 month	8 month	9 month	10 month	11 month	12 month
Topics	4 week	4 week	4 week	4 week	4 week	4 week	4 week	4 week	4 week	4 week	4 week	4 week
Power training	1 times	1 times	1 times	2 times	2 times	1 times	1 times	1 times	1 times	2 times	2 times	2 times
Functional training	2 times	2 times	2 times	2 times	2 times	1 times	1 times	1 times	1 times	1 times	1 times	1 times
Speed training	1 times	1 times	1 times	2 times	2 times	2 times	2 times	1 times	1 times	1 times	1 times	1 times
recovery and agility training	2 times	2 times	2 times	1 times	1 times	2 times	2 times	1 times	1 times	1 times	1 times	1 times
power movement training	1 times	1 times	1 times	1 times	1 times	1 times	1 times	2 times	2 times	1 times	1 times	1 times
mimic function training	1 times	1 times	1 times	0	0	1 times	1 times	2 times	2 times	2 times	2 times	2 times

