

PRECOMPETITION PLAN

Preparation for the competition: Week(s) / Day / Evening before	General physiological warm-up	General mental conditioning (+ Guidelines / Communication reminders) <u>ON COMPETITION SITE / Timing</u>
Day of Compétition		
	FINAL CONDITIONING: minute(s) & seconds before start	
	MANAGING THE WAIT BETWEEN EVENT PARTS - VOLLEYS / Timing	