

## Players Development Program. (PDP)

Dear Sir,

This is the general program that I work on when I train my athletes. For any details on any part of this general description of my PDP , I am at your disposal.

### First evaluation (Step 1)

At my arrival, all of the players, will be evaluated .This is to find out where we are, and at what level your players are.

The evaluation is based on a 2 full day test schedule that will show me the exact skill level, physical condition, physiological profile, endurance, will to compete, motivation to win etc.

Each of these days is a 6 – 8 hours exam day. Some of the tests that the athletes will be asked to perform are:

- 1) Specific shots (from a total of 22).
- 2) Specific situations on the table (from a total of 10).
- 3) Breaking.
- 4) Running out average.
- 5) Tournament condition performance. (Pressure reaction).
- 6) Focus tests. (Finding out length and depth of ability to focus).
- 7) Written essays. ( Physiological profile )
- 8) Actual tournament play. (Motivation).
- 9) Technical analysis through a series of exercises.

All the test that are conducted on tables will be recorded .Each table will have a camera .Also there will be a discussion with each player individually.

### Players Profile. (Step 2 )

I will make a profile for each one of your players, that you will have for further reference , that will contain every available information on the player. (Scores on test, results on play etc). At the end of each profile the will be my opinion on the development and potentials of the player in a specific time frame.

This procedure will take about 5 – 7 days.

### Setting goals. (Step 3).

There will be a meeting between the council and myself to set goals for individuals and team play, based on a specific time frame.

### Training book. (Step 4 )

For each player there will be a monthly training book that will contain the material of his training work for the next 30 days. Each one will be made for the players specific needs, based on step 3.

### Follow up evaluation. (Step 4).

Twice a year there will be an evaluation on the players, so that we can see if we are in our time schedule, and on the right path for completing the goals we set on step 3.

The materials that I need are:

- 1) Training facilities with 4 tables at least.
- 2) Each table has 1 camera for recording training sessions.
- 3) Travelling with the team at tournaments.
- 4) Having the players for 4 hours / day for the last 7 days before a major tournament.
- 5) Health check –up when I arrive and, once a year from the doctor the federation is working with.
- 6) Anti doping control before World Championships.

This is the basics structure of the program, based on 3 year development program. It can be modified, depending on the needs of your Federation. It can even go down to a 3 month training period (preparation for a major tournament).

For any questions you may have, please feel free to contact me.

I am looking forward to working together , if you wish so , based on the philosophy that all the involved parties have gained their goals : Federation creates excellent players (some of them Champions) , players for file their dreams , and my reputation becomes bigger on a International level.

George Sarmas.