

### **Assignment**

1. Explain the process of double periodisation in training of Footballers of university level.
2. Design daily practice plan of your sport in preparatory period.
3. Write a detail note on,"To understand periodisation, it is obligatory to understand top form"
4. State the phases of sport form and explain any one of them.
5. Draw a model of single, double and multiple periodisation depicting the durations of the periods.