



Long Term Athletic Development



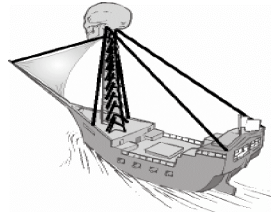
Training

- Strength Training
 - Conditioning
- Flexibility Training
 - Health & Wellness



Beyond Strength & Flexibility

- Stability is the starting point!
- Where to stretch
- Where to strengthen
- Quality over Quantity

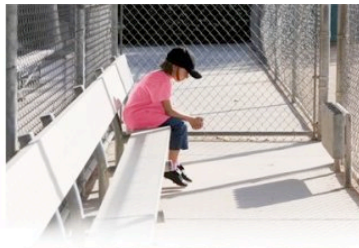


Long Term Athletic Development is about....

- *Achieving optimal training, competition and recovery throughout an athlete's career, particularly in relation to the important growth and development years of young people*

Why is it important?

- Young players under train & overcompete
- Adult programs are used for the youth
- Male programs for females
- Focus is on outcomes (wins/losses) instead of processes (skill/attitude)
- Chronological age NOT biological age is considered



UNTIL IT HURTS

America's Obsession
with Youth Sports and
How It Harms Our Kids

MARK HYMAN

Ten year rule for expertise

- *“ the fight is won and lost far away from witnesses... behind the lines , in the gym and out on the road , long before I dance under those lights “ Muhammad Ali*
- *“ perhaps the single most important element in mastering the techniques and tactics of racing is experience. But once you have the fundamentals , acquiring the experience is a matter of time “ Greg Le Mond – World Cycling champion*

The Golden Thread

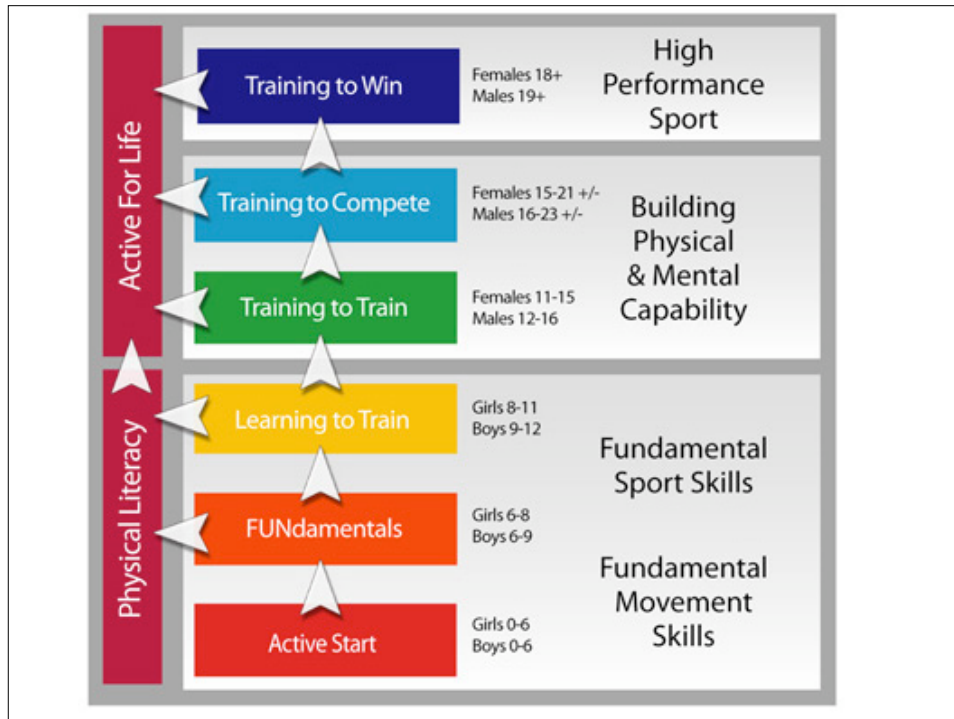
- From early childhood to maturation, people go through several stages of development, which include pre-puberty, puberty, post-puberty and maturation. For each development stage there is a corresponding phase of athletic training (Bompa).



Movement Literacy

- FUNdamentals
- ABCs
 - Agility
 - Balance
 - Coordination





Active Start	Males and Females 0-6	Learn FUNdamental movements and link them together into play
FUNdamentals	Males 6-9 Females 6-8	Learn all FUNdamental movement skills and build overall motor skills
Learning to Train	Males 9-12 Females 8-11	Learn overall sport skills
Training to Train	Males 12-16 Females 11-15	Build aerobic base, develop speed and strength, further develop and consolidate sport specific skills
Training to Compete	Males 16-23+/- Females 15-21+/-	Optimize fitness preparation and sport-, individual-, and position-specific skills as well as performance
Training to Win	Males 19+/- Females 18+/-	Podium performances
Active for Life	Enter at any age	Smooth transition from an athlete's competitive career to lifelong physical activity and participation in sport

Bridge the Gap

- What are your goals?
- Do you know what your functional capacity is?

