



LONG TERM ATHLETE DEVELOPMENT (LTAD) MODEL

A framework for an optimal training, competition and recovery schedule for each stage of athletic development. It is designed on empirical / practical coaching experiences and scientific principles. Coaches who engage in the model and its practices are more likely to produce athletes who reach their full athletic potential and create a life long love for the game.

PHASE ONE // FUNDAMENTALS

5 - 9 YEARS

Focus on fun, inclusive, multisport and developmentally appropriate experiences. Outcomes: agility, balance, coordination and speed along with the confidence and desire to participate. Exploration and Learning Environment.

PHASE TWO // LEARNING TO TRAIN

8 - 12 YEARS

Focus on Fun plus understanding basic rules, basic tactics / principles and strategy in games and refinement of sport specific skills. Games are inclusive, fun and skill based. Exploration, Learning and Development Environment. Starting to focus on skill development and retention.

PHASE THREE // TRAINING TO TRAIN

11 - 16 YEARS

Technical, Tactical, physical, Mental and Emotional Components incorporated into training environment. Developing of sporting capability and commitment occurs at this stage. Critical that athletes start to understand the rules of sport, values and consequences of ones actions in this stage. Learning, Development and the start of Mastering Environment.

PHASE FOUR // TRAINING TO COMPETE

15 - 18 YEARS

Developing, Mastering, Performance Environment.

PHASE FIVE // TRAINING TO WIN

17 - 18+ YEARS

Mastering, Performance Environment.

PHASE SIX // RETIREMENT & RETAINMENT

BENEFITS

- **Rise in the levels of lifelong physical activity.**
- **Less chance of injuries**
- **Fewer dropouts from training**
- **Happier people**

- **Better choices of sport**
- **More trust in your sports club - Coaches and club administrators!**
- **Higher sporting achievements**