Long Term Athletic Development

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	Phase 1 Active Start	Phase 2 Fundamentals	Phase 3 Learn to Train
Age	0-6 years	6-9 years	9-12 years
Objective	Fitness & movement skills as part of daily life	Fun development of movement & motor skills	Learn overall sports skills
		Play many sports	Play many sports
		Focus on athleticism: Balance, Coordination Speed	Introduce Mental Preparation
		Integrate cognitive & emotional development	Integrate cognitive & emotional development
Coaching Style	Guides	Guides	Teaches
Ratio of None Training to Competition		Activities fun-based	70% training to 30% competition

	Phase 4 Train to Train	Phase 5 Train to Compete	Phase 6 Train to Win
Age	12-16	16-23	19+
Objective	Build endurance base	Optimize preparation with individualization & position-specific skills	Maintain or improve physical ability
	Develop mental preparation	Learn to compete	Advance technical & tactical skill
	Select 2 sports based on predisposition	Specialize	Specialize
	Develop sport-specific skills	Integrate mental cognitive & emotional development	
	Integrate mental cognitive & emotional development	Advance mental preparation	
	Develop strength & speed toward end of phase		
Coaching	Challenges	Facilitates	Empowers
Ratio of Training Competition	60% training to 40% competition	40% training to 60% actual competition & comp.-specific training	25% training to 75% actual competition-specific training