



Stages of Long-Term Development

Kabir Hosein and Colin Higgs

Sport for Life: Canada

Webinar Presenters



Kabir Hosein



Colin Higgs

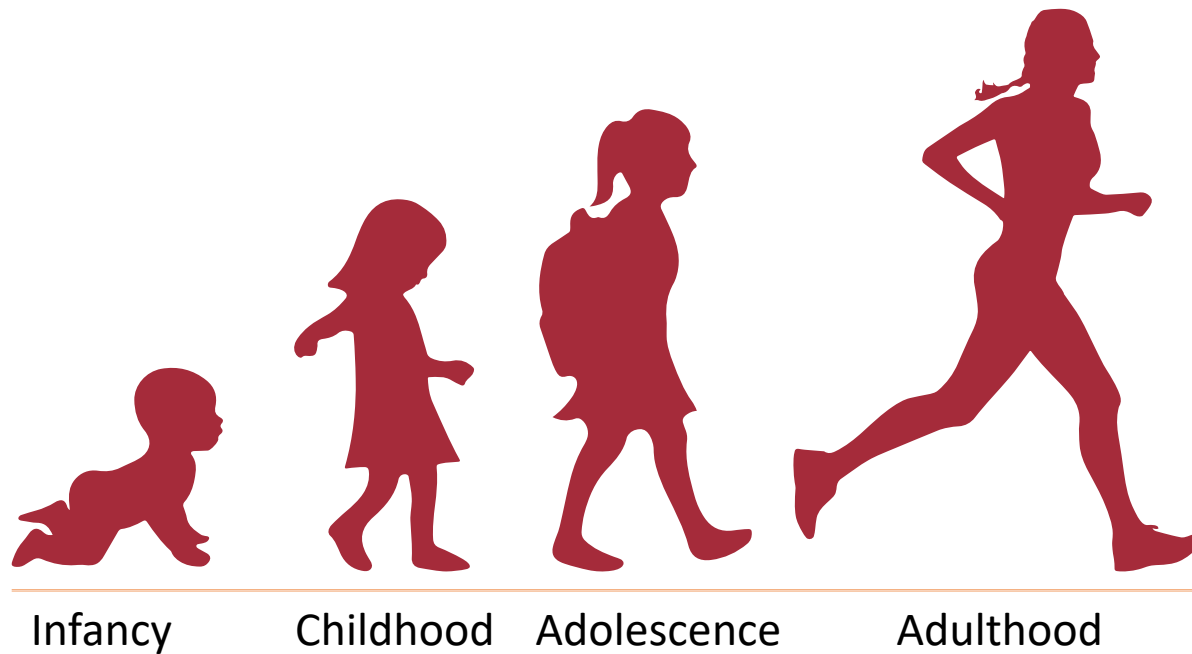


Why stages?

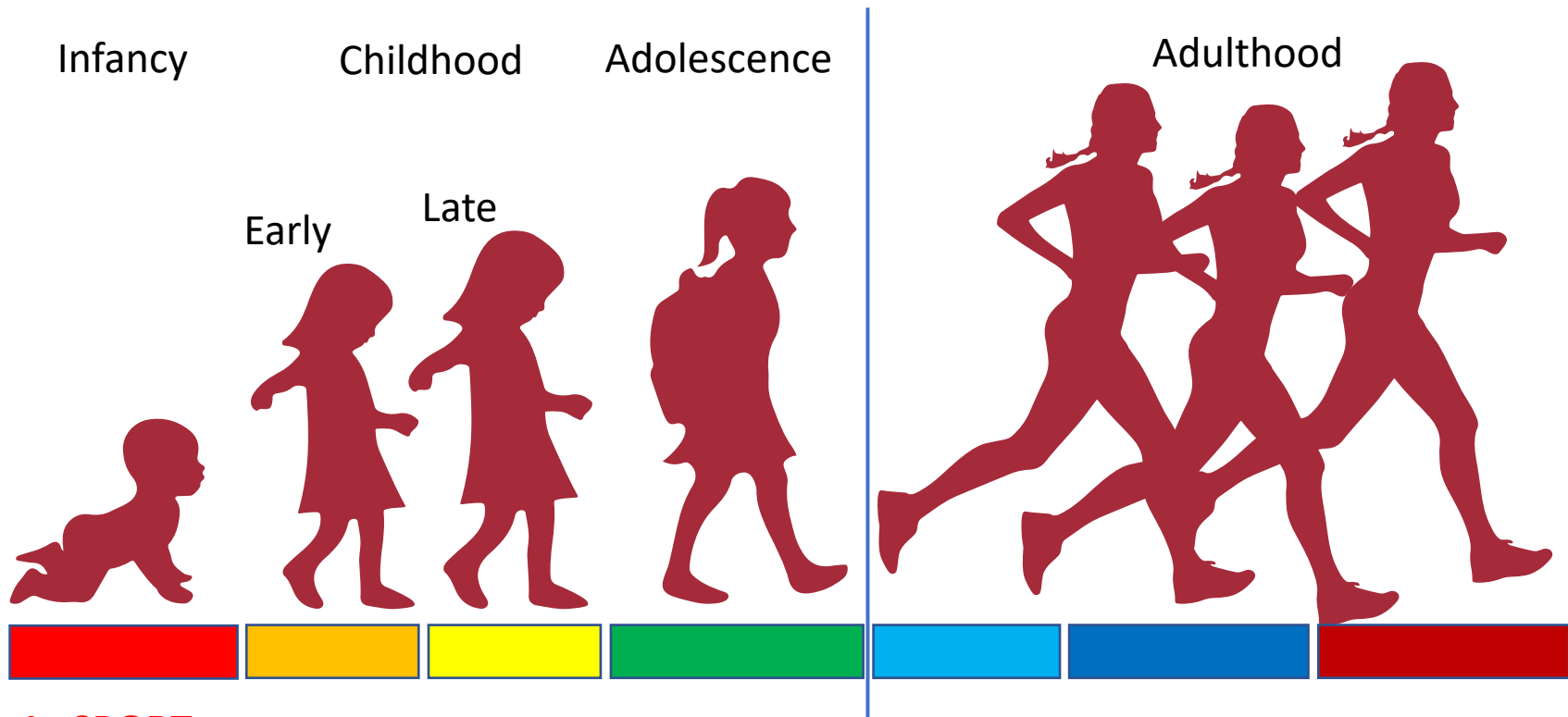
- Because kids are not miniature adults:
 - Bodies grow
 - Brains develop
 - Learning needs change



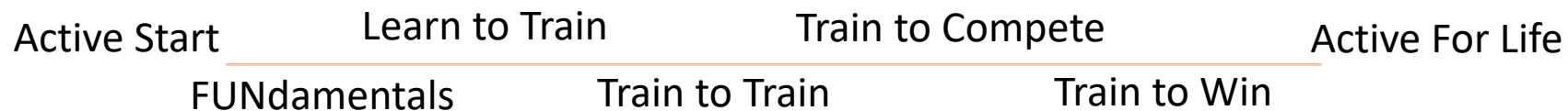
Basic Life Stages



In LIFE

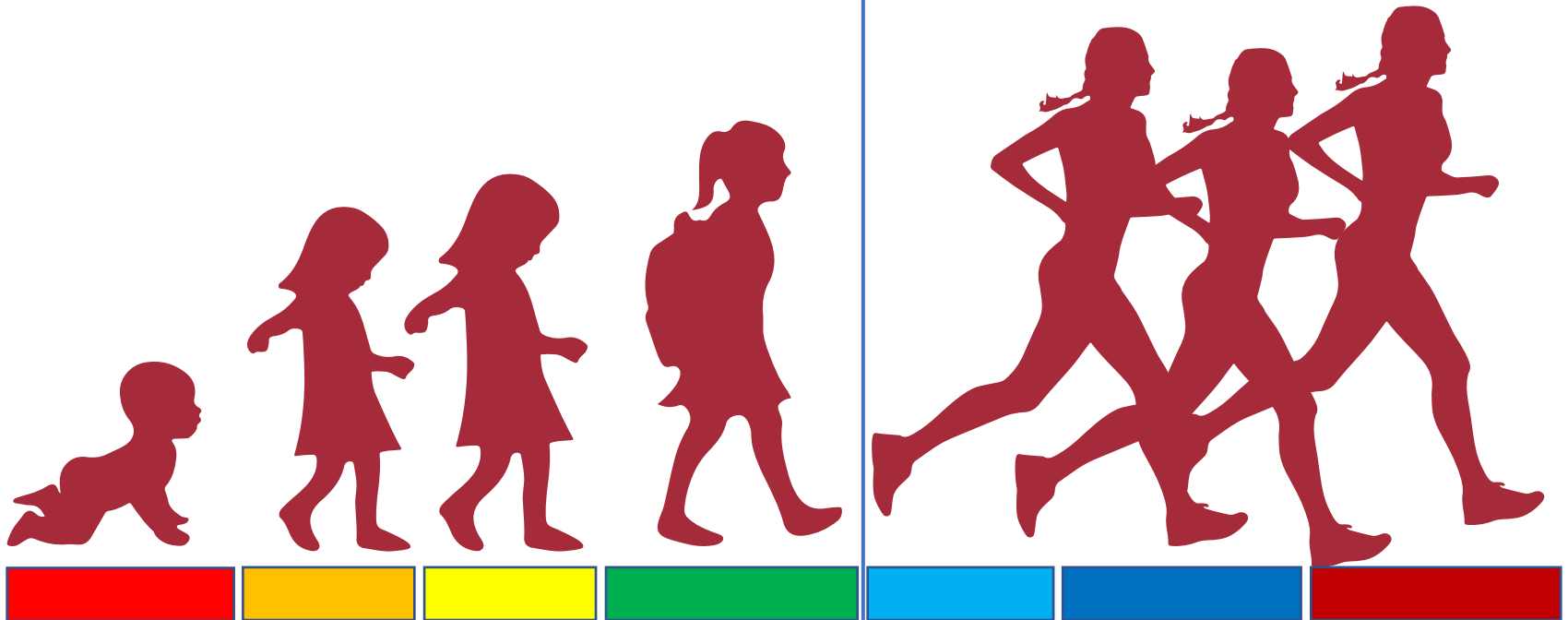


In SPORT



THESE STAGES DRIVEN BY HUMAN
GROWTH AND DEVELOPMENT
(GENETICS) AND
CAN'T BE STOPPED

THESE STAGES DRIVEN BY SPORT
PERFORMANCE AND PERSONAL
CHOICE



STAGES AND AGES

Active for Life

Personal choice - any time after Learn to Train

Train to Win

Train to Compete

Based on Progress in sport

Train to Train

Males and Females : Duration of growth spurt

Learn to Train

Boys 9 and Girls 8 to onset of growth spurt

FUNDamentals

Boys 6-9 and Girls: 6-8 years of age

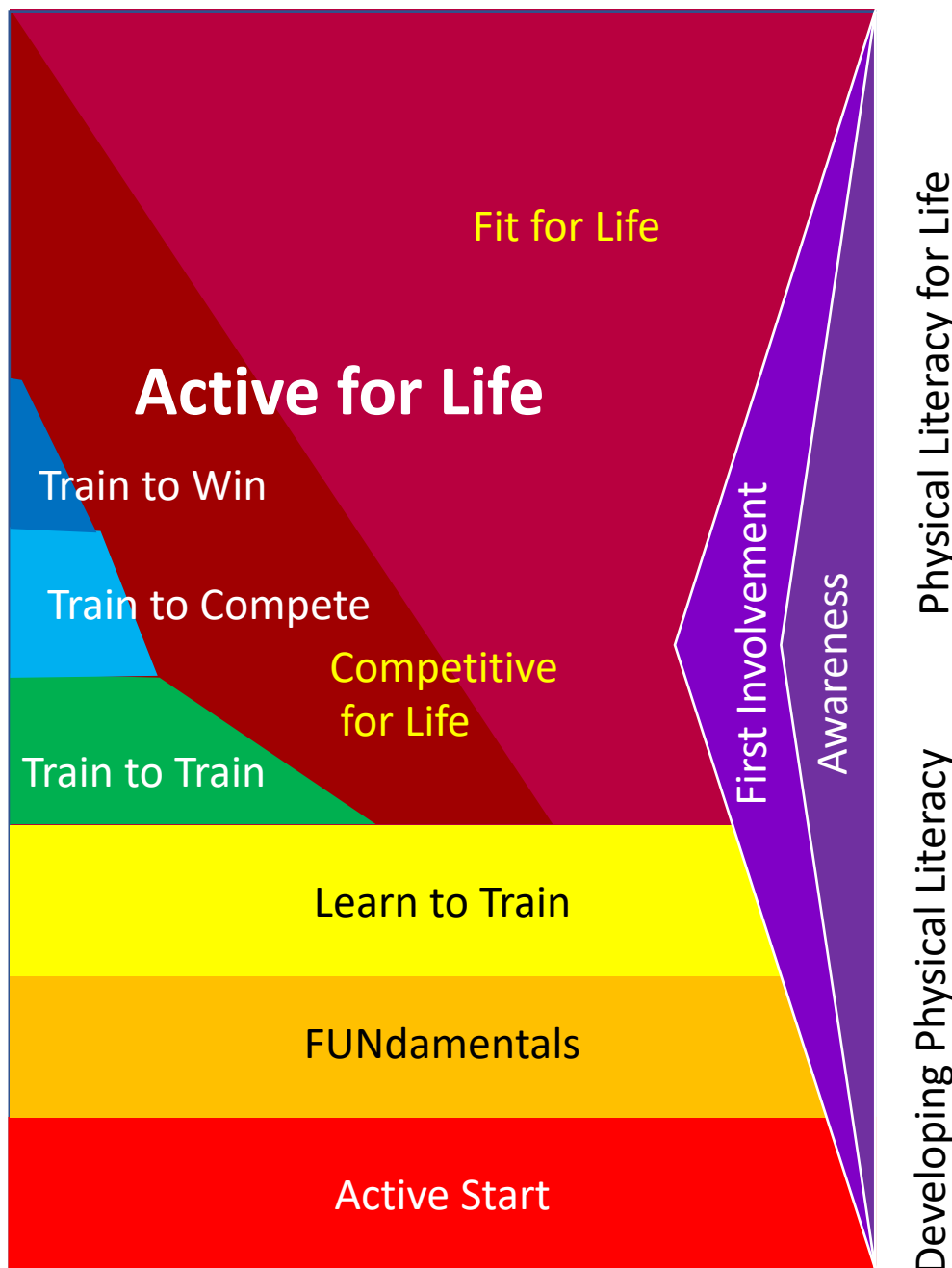
Active Start

Boys and Girls: 0-6 years of age

Slide 7



Sport for Life



The Big Picture

Covers everyone from birth to death:

7 stages

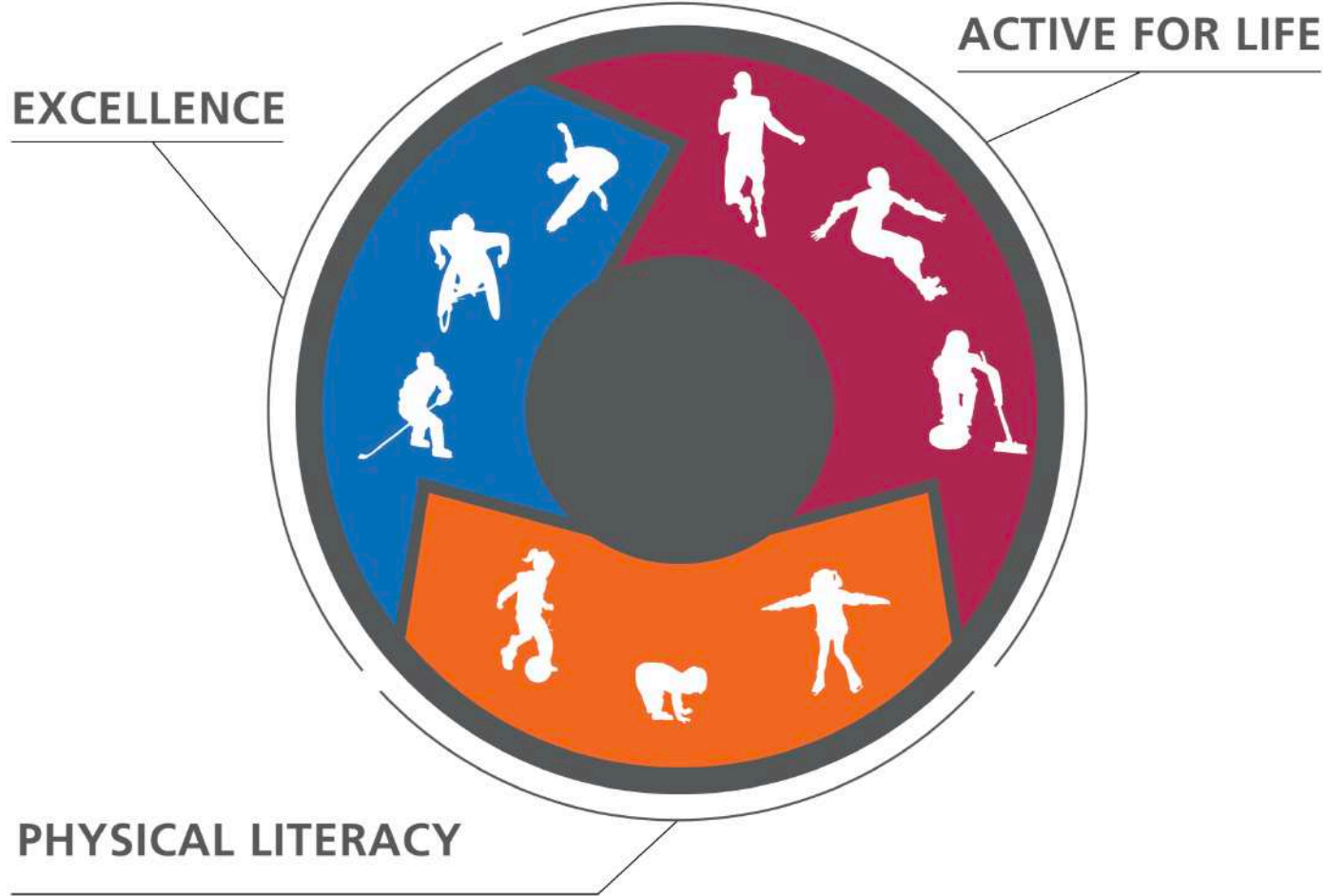
2 pre-stages

2 sub-stages





**Stage-by-Stage
Details**



Plus attracting and keeping participants

Awareness and First Involvement

Awareness:

1. You can't play a sport you **don't know** about.
2. You can't start playing the sport if you don't know **where** the sport is played.
3. You likely won't take a chance to try the sport if you don't see **others like you** playing.



Awareness and **First Involvement**

First Involvement:

1. Important for every potential athlete – **essential** for **athletes** with **a disability**.
2. Many potential athletes **DO NOT return** after their first try because the experience was **not enjoyable**.
3. Sport organizations and local clubs need **a clear plan** for how they will **greet and involve potential athletes** on their first visit.



Active Start

What's happening

1. Development of the body and brain – myelination of nerves.
2. Development of neural pathways that reinforce patterns of action.
 1. “Cells that Fire together wire together”
 2. Variations in body orientation are important.
3. Early habits are developed – and these early habits are **STRONG**.



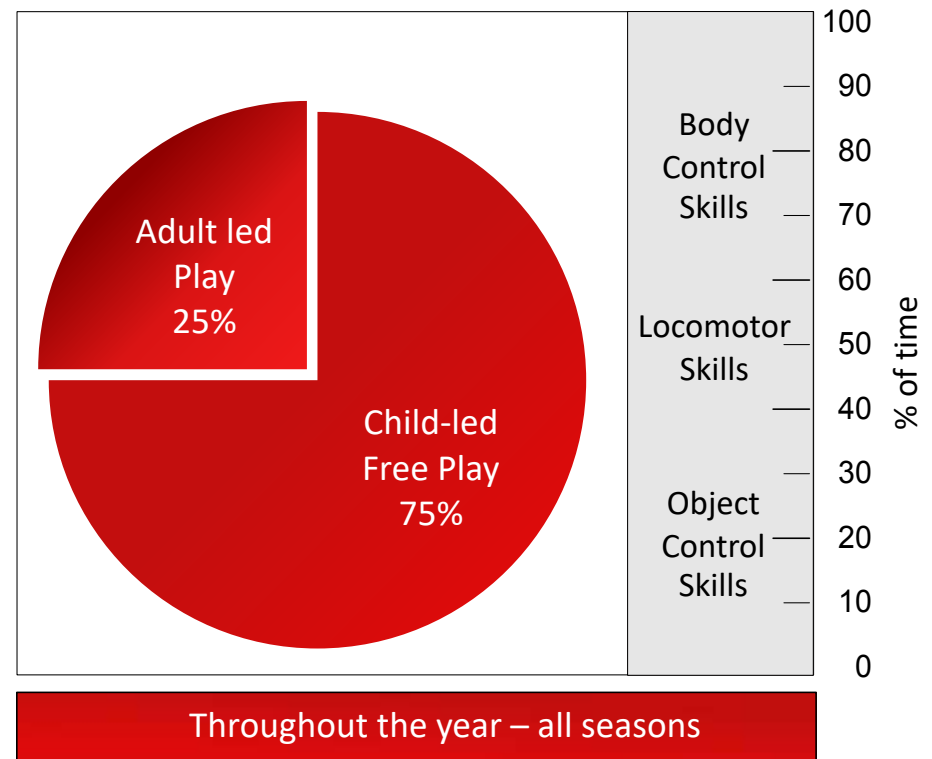
Active Start



Males and Females: Birth to approximately 6 years

Begin the physical literacy journey.

- Make activity FUN and part of the child's daily routine
- Activity and movement skills development
- Focus on developing locomotor, object manipulation and balance skills on land, water, ice/snow and in the air in a variety of movements.
- Meet the 24-hour movement guidelines for young children of being active for 180 minutes/day.



Active Start



Encourage play

- Structured – adult led,
- Unstructured – child led, and
- In the natural environment

Include activities that build Executive Function

- Working memory,
- Cognitive Flexibility
- Self-control

- Provide a series of challenges with both successes and failures to help develop better confidence. Exploration of risks and limits in a safe environment—including outdoor play in nature.
- Active movement environment combined with well-structured gymnastics and swimming programs. Outside play on snow and ice.
- Create mini-challenges to extend children's comfort range. Ensure activities are fun and allow for social connectedness.

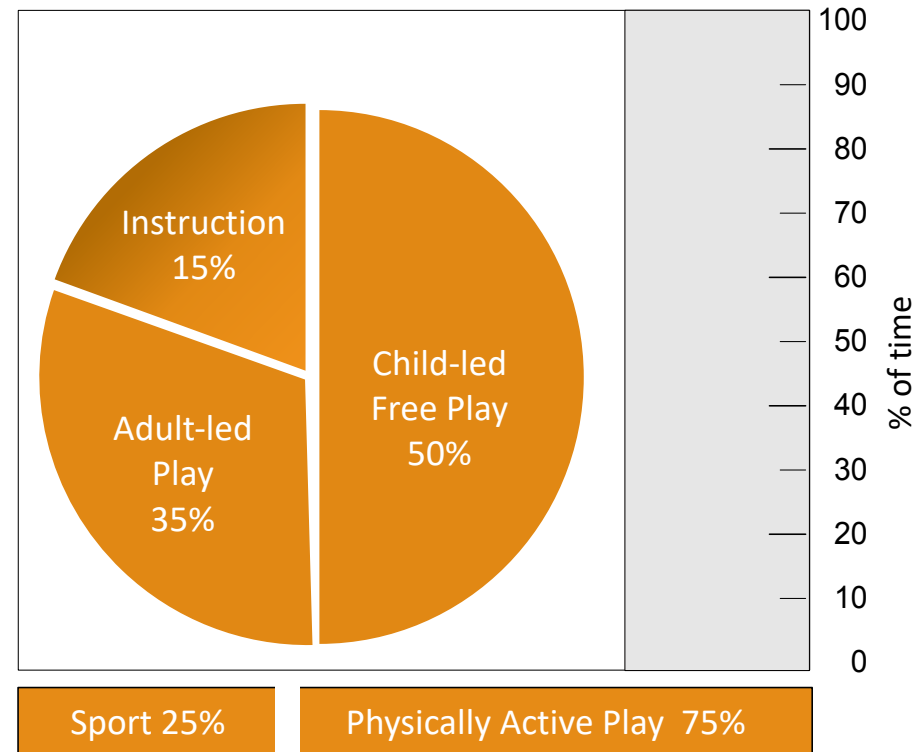
FUNdamentals



Boys approximately six to nine years, and girls approximately six to eight years.

- Develop fundamental movement skills, with emphasis on participation and having FUN on a daily basis.
- Emphasize activities that develop agility, balance, coordination and speed – The ABCs. The building blocks for more active citizens.
- Encourage running, jumping wheeling, throwing and catching, as well as swimming, and activities on ice and snow.
- Build up physical capacities through medicine ball, Swiss ball, and own body-weight strength exercises.
- Introduce simple rules and etiquette of sport, with a focus on fair play and respect for others.
- No periodization, but well-structured programs.

Continue to build physical literacy



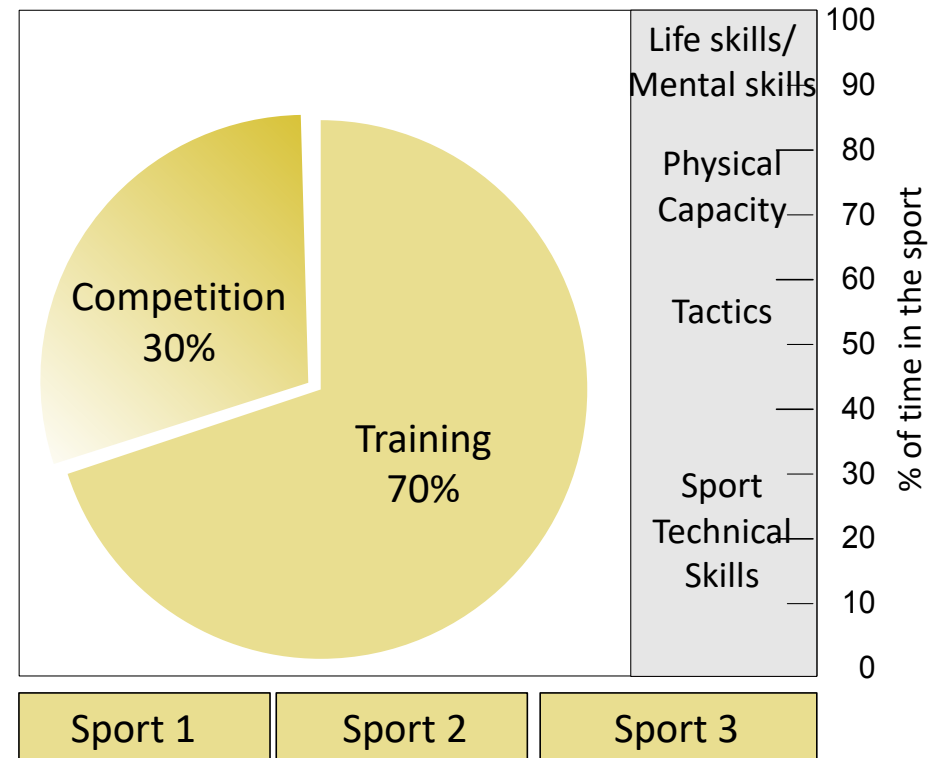
Learn to Train



Boys approximately 9 and girls approximately 8 years - To onset of adolescent growth spurt.

Continue to develop physical literacy

- Brain and body primed for skill acquisition. Build **fundamental skills in a wide range of sports** and activities—on the ground, in water, in air and on ice/snow—before entering Train to Train stage.
- Ensure environment promotes and supports fun and friendship.
- **Avoid early over-specialization.**
- Take into account **individuals' variations** in physical, psychological, cognitive, emotional, and moral development.
- Build up physical capacities through medicine ball, Swiss ball, and own body-weight strength exercises, with additional focus on building flexibility and arm/ leg speed.



Different sports in different seasons

Learn to Train



Boys approximately 9 and girls approximately 8 years - To onset of adolescent growth spurt.

- Introduce ancillary capacities: warm up/cool down, nutrition, hydration, and recovery including sleep and mental
- preparation such as anxiety control. Informal talent identification with opportunity to move participants to an enriched training environment.
- Introduction to formal local competition, with emphasis on fair play, and opportunities to try different events or positions.
- Single or double periodization. Sport-specific training three times per week plus participation in other sports or activities three times a week.



Theory into Practice: First three stages

Bolivia – Mini Athletics



Train to Train

Females and Males – **the duration of the adolescent growth spurt.**



- A **critical stage** in athlete development.
- The stage of the emergence of **high performance** athletes.
- Also a time when MANY athletes **drop out** of sport.



Train to Train Athletes



....feel that sport is	report that they	lack balance	Other issues
Too focused on results	Don't feel welcome	Demands by multiple sports	Unqualified coaches
Too expensive, too far away	Have poor leadership	Demands from multiple teams	Training not developmentally appropriate
Not athlete centred	Feel psychologically unsafe	Academic and life demands not considered	Training not periodized
Too easy or too hard	Lack of support	Meaningless competition	Training load increases too rapidly
Takes up too much time	Can't balance sport, school friends and part-time work	Conflict between school team, club, regional	Not making sufficient progress

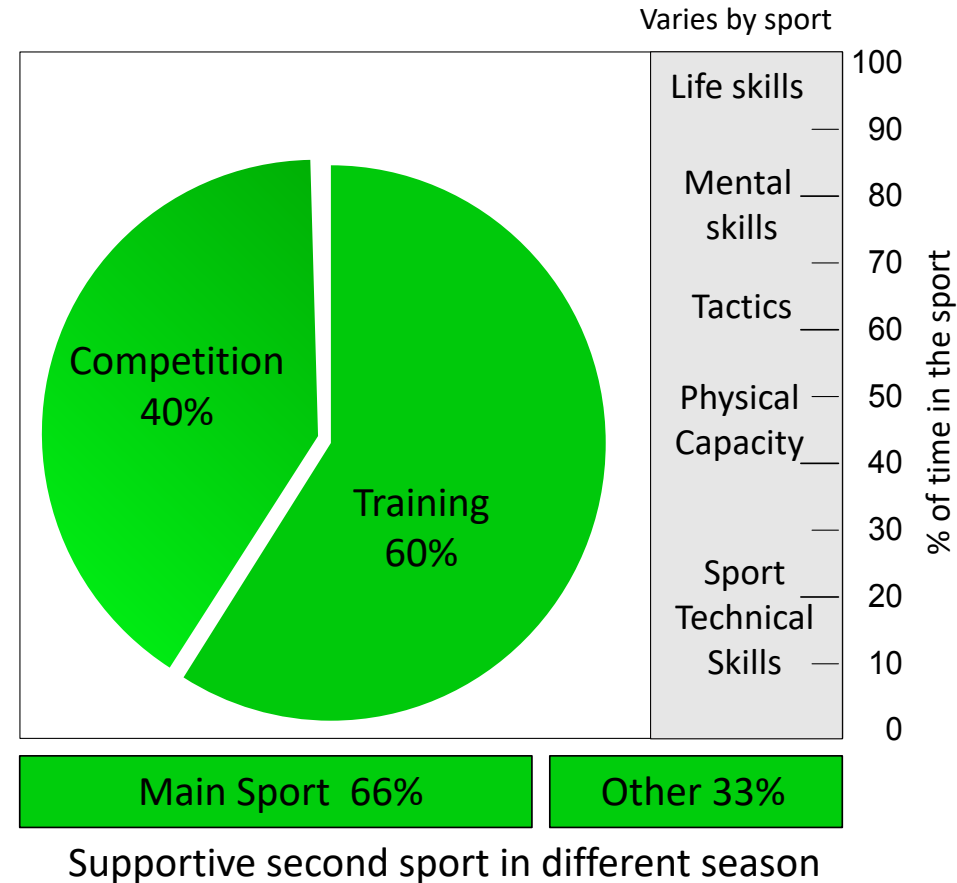
Train to Train



A critical stage in the development of high performance athletes, who:

- commit to high performance and begin their journey on their sport's Podium Pathway, or
- enter Competitive for Life or Fit for Life in their sport or sports of choice, or
- drop out of sport.

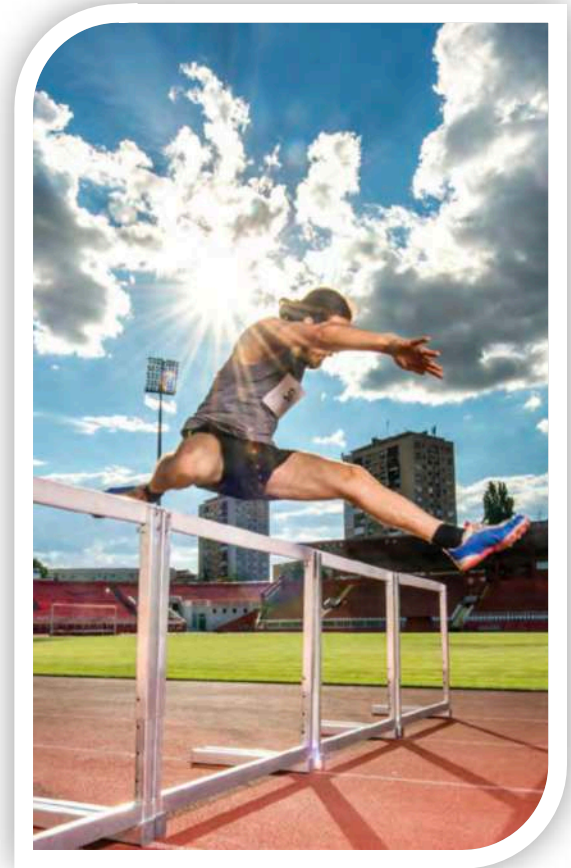
For those on their sport's Podium Pathway, this is the stage for tremendous skill refinement, and for greater position/event specialization.



Train to Train



- **Major fitness development stage:** aerobic and strength. The onset of the adolescent growth spurt and the time of Peak Height Velocity (PHV) are key markers and growth must be tracked. Stage for development of whole body speed.
- Cultivate **life skills**.
- Introduce **free weights** with emphasis on correct technique.
- Greater attention to **mental preparation**.
- Develop **ethical approach to sport** including respect for opponents and fair play and commitment to doping- free sport.
- **Formalized competition** and standings/rankings.
- Build **ancillary capacities** and sport-life balance.
- Single or double **periodization**.
- Sport-specific **training six to nine times per week** including complementary sports



Theory into Practice: Adolescent sport

Argentine Basketball Confederation: Youth development Programme



Train to Compete

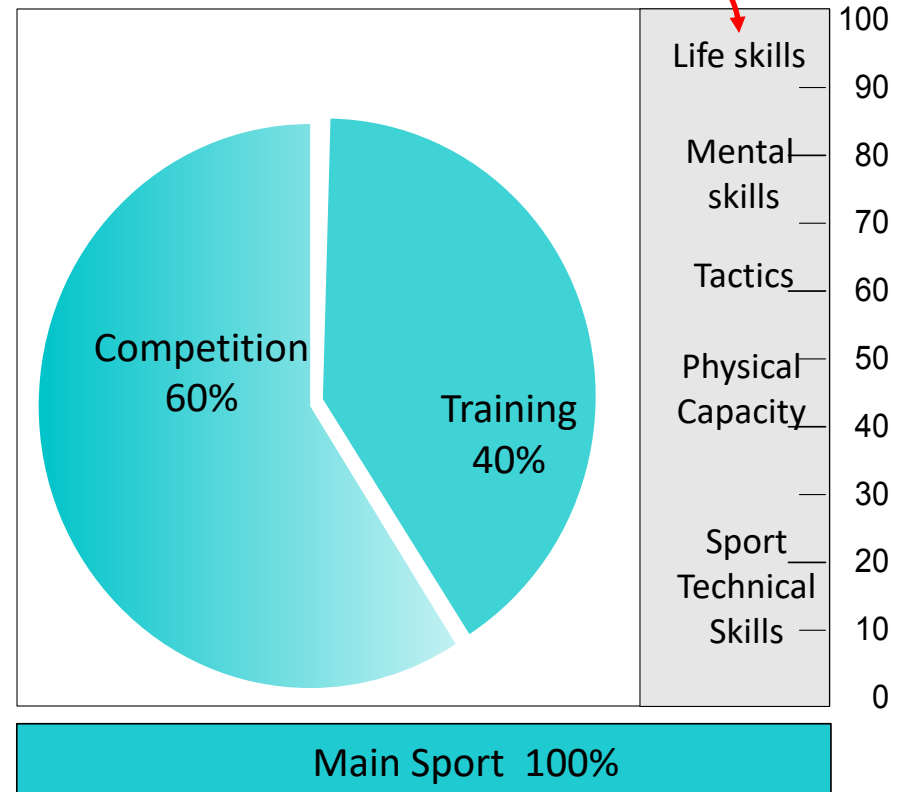


Dependent on sport progress – beyond end of adolescent growth spurt.

Requires specialized coaching in a specialized training environment.

- The stage for specialization in sport, position or event then specific training design for physical conditioning and technical/tactical preparation to maximize development.
- Test tactics and practice under competitive conditions.
- Evidence-based training built on testing to identify strengths and weaknesses.
- Optimize ancillary capacities, and balance sport, work/school, and family/friend life obligations.
- Advanced mental preparation, and practice under highly competitive conditions.

Based on individualized testing and performance



Train to Compete



- Strengthen **ethical approach** to sport including respect for opponents, fair play, and commitment to doping-free sport.
- Single, double or triple **periodization**.
- Sport-specific technical, tactical and physical capacity training **9 to 12 times per week**.
- For team sports, training geared to the Nations' **Winning Style of Play**.



Train to Win

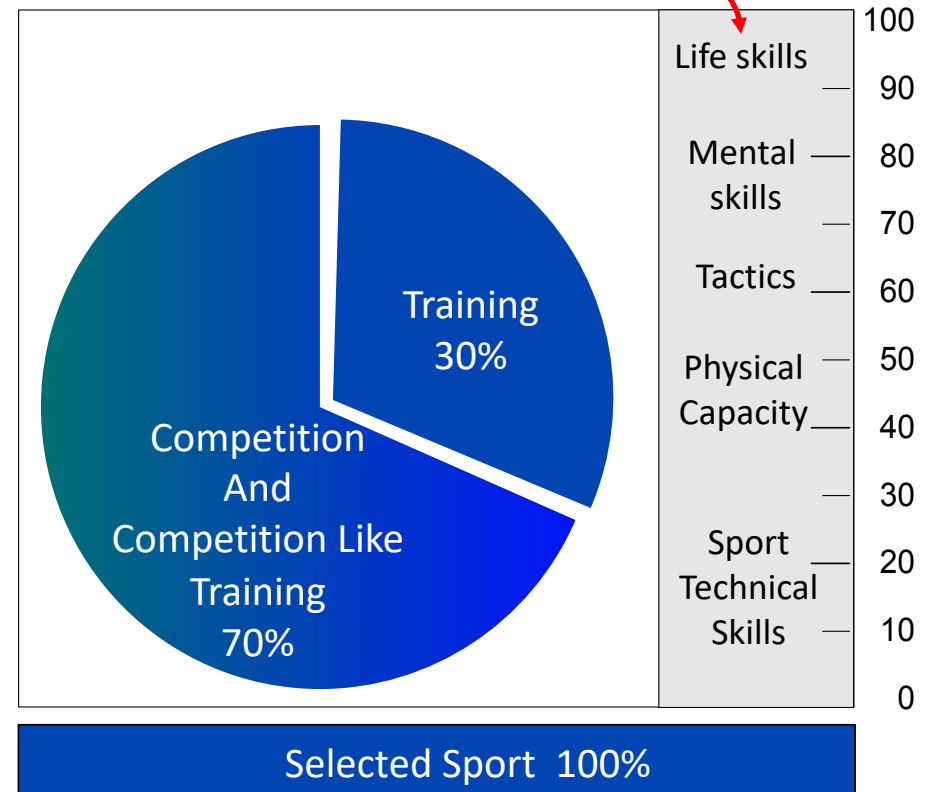


Dependent on sport progress – around the age of optimum performance in the sport.

Focus is on podium performances at highest- level international events.

- Improvement or maintenance of all physical capacities required for optimum performance through evidence- based training prescription; aligned with Winning Style of Play.
- Further development of technical, tactical, and performance skills, with modelling of all aspects of training and competition performance.
- Frequent prophylactic breaks for recovery and regeneration.

Based on individualized testing and performance





Train to Win

You are not in **Train to Win** unless you are a medal threat at the highest level!

- **Maximize ancillary capacities**, with support from knowledge specialists.
- Single, double, triple, or **multiple periodization** with focus on the most important events.
- Sport-specific technical, tactical, and fitness **training 9 to 15** times per week.



Theory into Practice: Podium Pathway



Usain Bolt



2002



2016

Active for Life



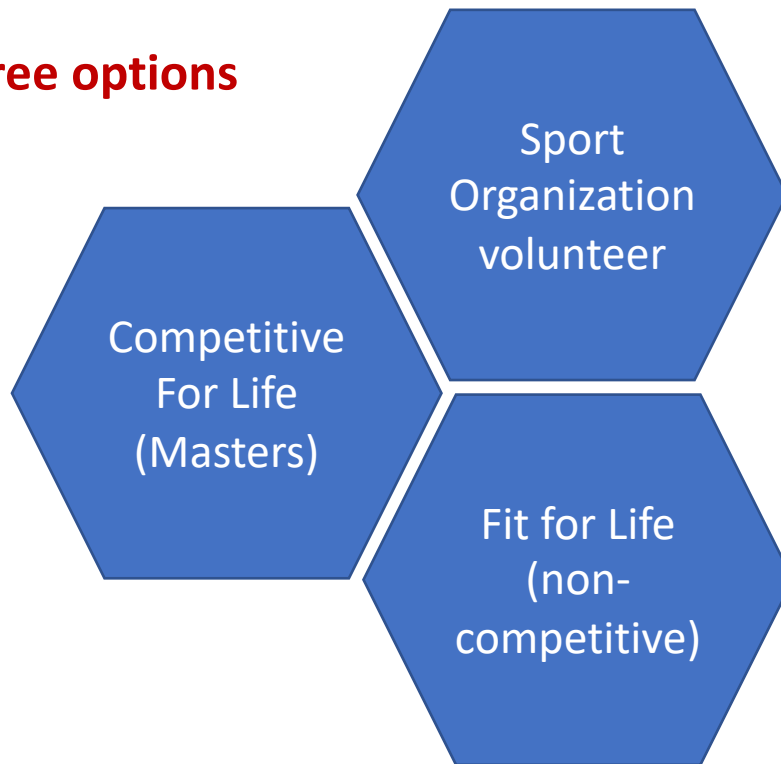
- The overwhelming majority of people playing almost all sports fall into the **Active for Life** stage.
- Having built a **solid foundation in the first three stages** of the framework, they progress to playing the sport or sports of their choice for enjoyment, satisfaction or for the health benefits they obtain.
- Some **compete in organized sport**, while **others do not**.
- As adults age - their **physical and social needs change**, and different activities may provide the greatest boost to health and wellness.



Active for Life



Three options



Theory into Practice: Active for Life

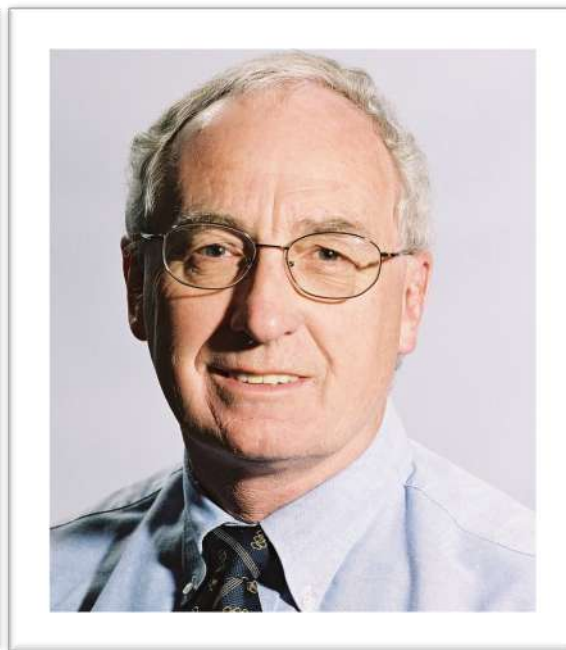


A “solid foundation” from playing numerous sports assisted me to adapt to movement on ice quite quickly.

Thank You: Are there any questions?



Kabir Hosein



Colin Higgs

