

Pan Am Long-Term Development in Sport and Physical Activity

2020

Presented by:

Richard Way,
Sport for Life



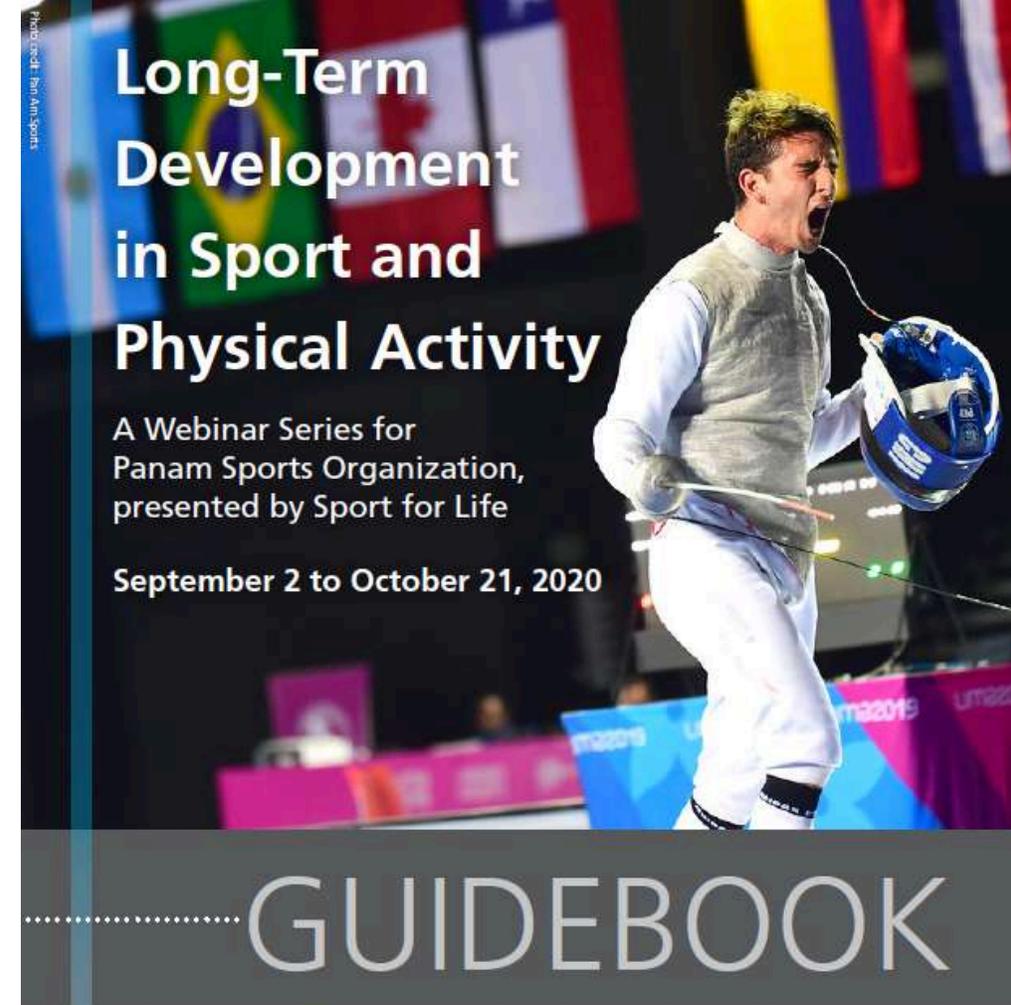
Recap of the Webinar Series

1. LTD series for PanAm Sports Organization
2. 8 webinars over the next 8 weeks
3. 300+ participant from over 40 nations
4. Guidebook and Homework
5. Midterm exam for weeks 1-4 (LTD overview, Key Factors, 7 Stages, Quality Sport)
6. Final exam for weeks 5-8 (Training & Competition, PL, Coaching and National Systems, LTD Implementation and Summary)
7. eLearning (Intro to LTD; Intro to PL)
8. Well done - bien hecho



Guidebook

1. Module 1 / Overview of LTAD / Matrix
2. Module 2 / Key Factors of LTAD
3. Module 3 / Seven Stages of LTAD
4. Module 4 / Quality Sport (LTAD e-learning)
5. Module 5 / Training and Competition
6. Module 6 / Physical Literacy (PL e-learning)
7. Module 7 / Coaching and National Sport
8. Module 8 / Bringing it Together



Today's Webinar

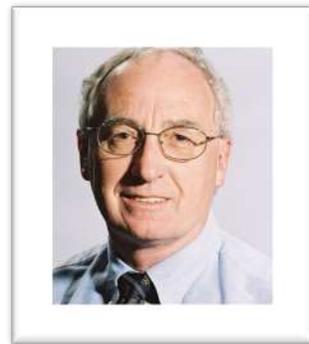
Implementing Long Term Development in Sport and Physical Activity & Summary of the LTD Webinar series

Presenters:

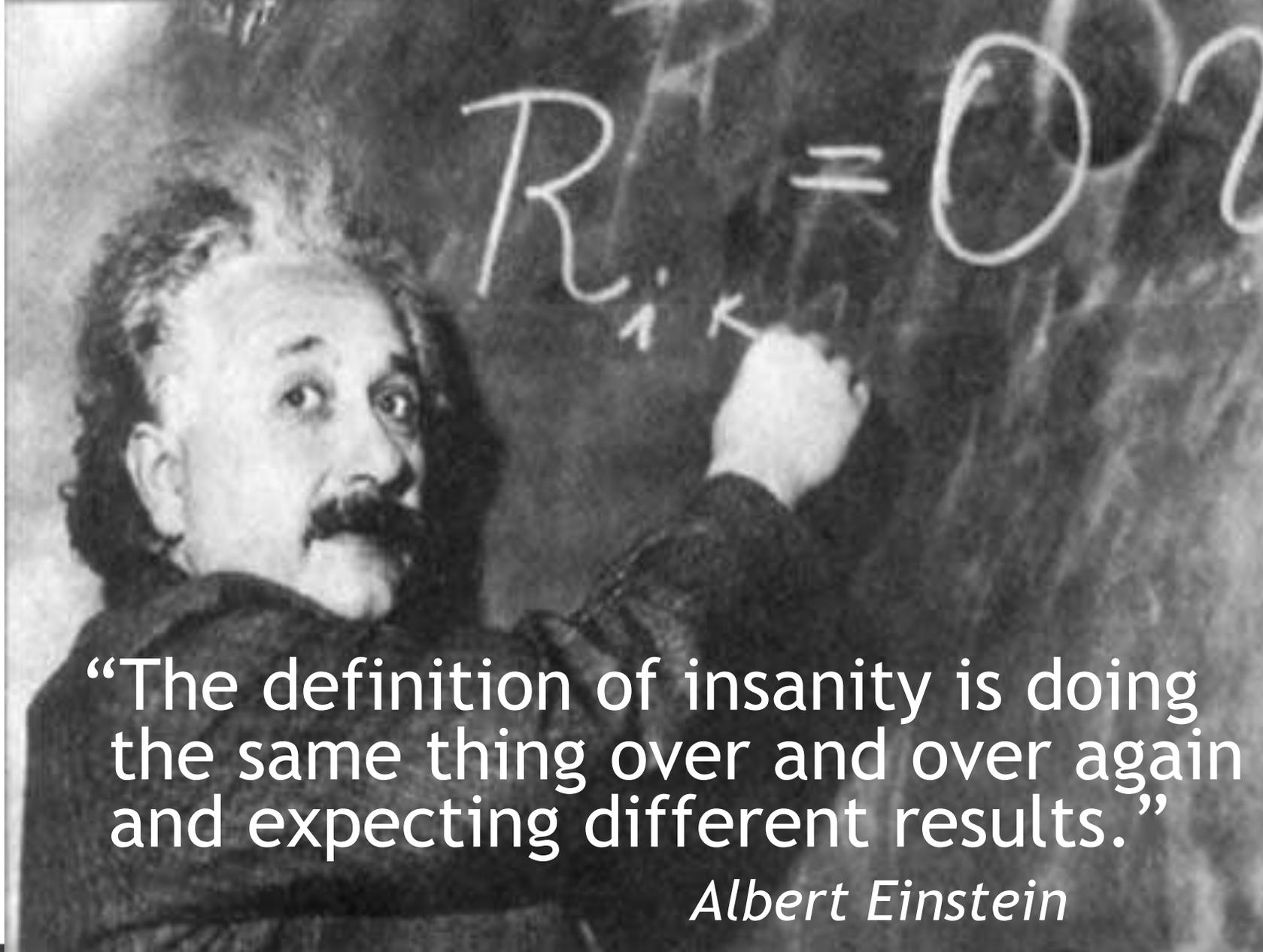
Richard Way (CEO of Sport for Life) and a range of experts and guest speakers from previous LTD sessions in this series



Presenters and Guest Speakers



Think and Do Different



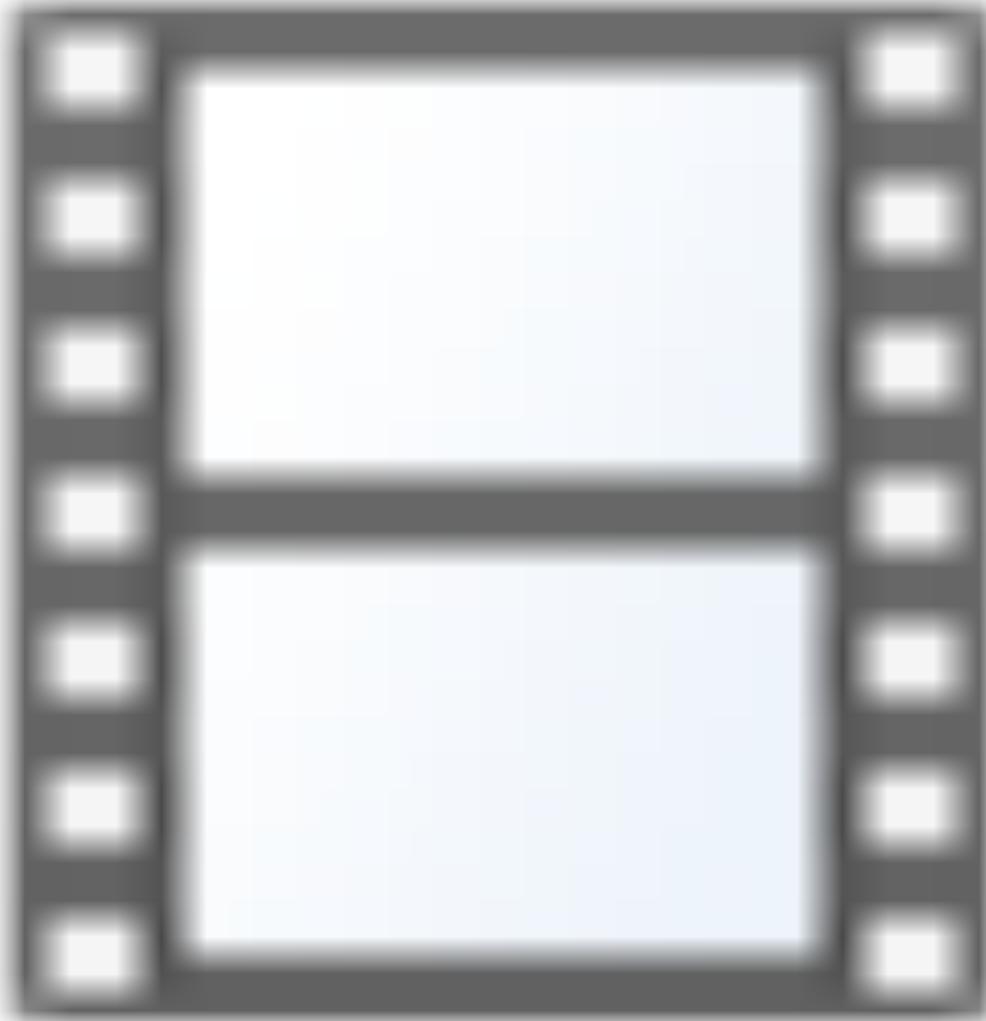
“The definition of insanity is doing the same thing over and over again and expecting different results.”

Albert Einstein

Canadian Long-Term Development in Sport and Physical Activity Pathway



VIDEO





New WHO-led study says majority of adolescents worldwide are not sufficiently physically active, putting their current and future health at risk

22 November 2019 | News release | Geneva, Switzerland

Building Pathways in Irish Sport

Towards a plan for the sporting health and well-being of the nation

تطوير اللاعبين طويل المدى



الرياضة البحرينية من أجل الحياة

Bahrain Sport for Life

LIFELONG INVOLVEMENT IN SPORT AND PHYSICAL ACTIVITY (LISPA) FRAMEWORK

ACTIVE LIVING

ACTIVE RECREATION

ORGANISED SPORT

HIGH PERFORMANCE

Training to Win

Training to Compete

Training to Train

Learning to Play & Practice

SPORT FOR LIFE

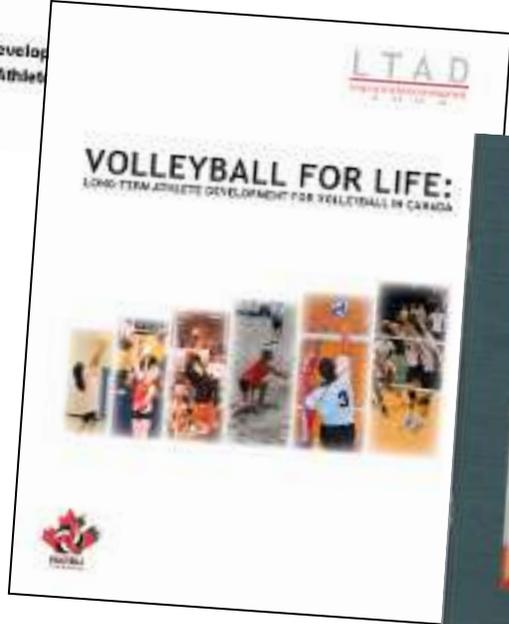
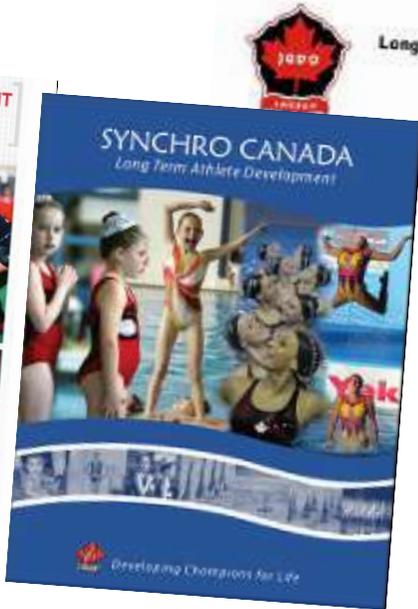
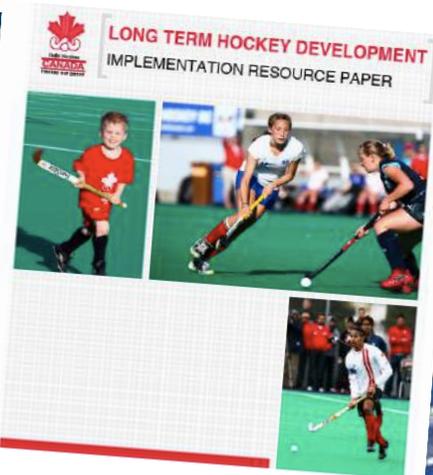
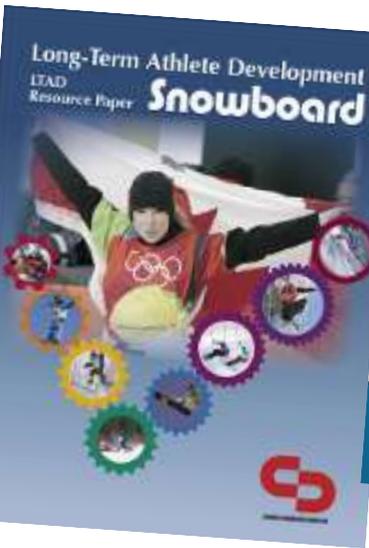
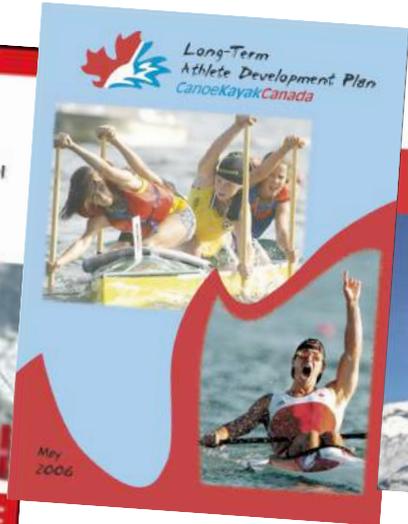
South African Model for LONG-TERM PARTICIPANT DEVELOPMENT



5 STAGES TO A BETTER SPORT EXPERIENCE

SPORT FOR LIFE THREE KEY OUTCOMES





A PATHWAY FOR OUR SPORT

	MALES	FEMALES
TRAIN TO WIN	19*	18*
TRAIN TO COMPETE	16-23*	15-21*
TRAIN TO TRAIN	12-16	11-15
LEARN TO TRAIN	9-12	8-11
FUNDAMENTALS	6-9	6-8
ACTIVE START	0-6	0-6

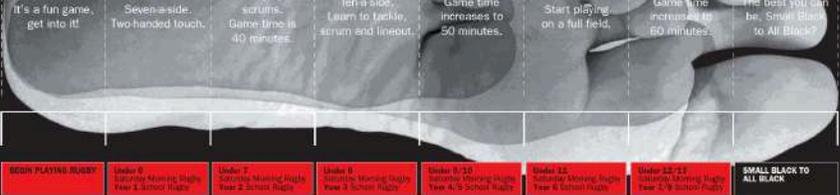
GOLF FOR LIFE

MEERJARENOPLEIDINGSPLAN INLINE-SKATEN



KNISB
kpn

Small Black to All Black : as you grow your skills grow



Long Term Athlete Development

The Football Association of Ireland
Technical Development Plan 2004-2008

ONE SPORT...ONE VISION...ONE SYSTEM

USA Basketball
USA Men's Teams USA Women's Teams Youth Development



Player Development Curriculum

The USA Basketball **Player Development Curriculum** has been established to guide players, and the people that coach them, through a level-appropriate system of basketball development. Using scientific guiding principles developed by coach educators Istvan Balyi and Richard Way, and found in their book Long-Term Athlete Development (2013), USA Basketball has designed a practical, functional and sequential development model to properly impart the game to a player.

The **Player Development Curriculum** consists of four levels of development: **Introductory, Foundational, Advanced and Performance**. Each level serves the player through a series of development objectives, designed to...

Pathway

Talent Development Information Book

Incorporating Long Term Athlete Development



England Netball



RFU LONG TERM ATHLETE DEVELOPMENT MODEL

SPORT ENGLAND
RUGBY FOOTBALL FOUNDATION

Planning for Long Term Success The Long Term Athlete Development Model for Cricket



Guidelines and Principles

www.ecb.co.uk

BASEBALL CANADA

LONG TERM ATHLETE DEVELOPMENT



Canadian Leader in Throwin

Long Term Athlete Development Plan for the Sport of Tennis in Canada

A SPORT FOR LIFE

TENNIS CANADA

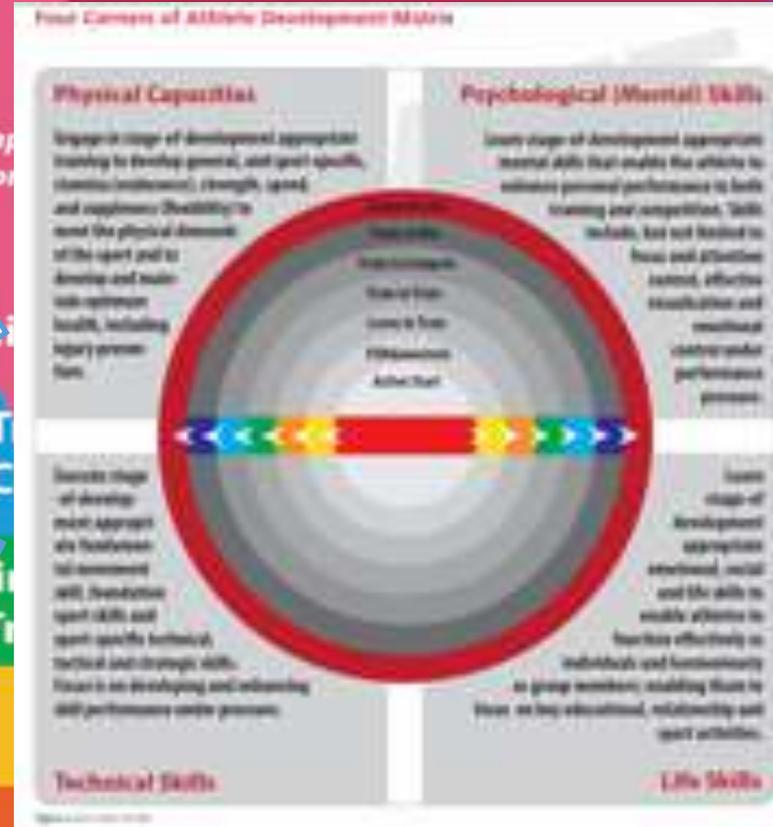


CANADIAN BASKETBALL

ATHLETE DEVELOPMENT MODEL



Active for Life



FUNDamentals

Active Start

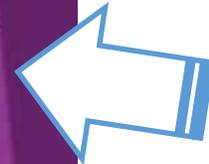
Physical Capabilities



Technical Skills



Technical Skills



Life Skills

Awareness

VIDEO

https://www.youtube.com/watch?v=CB_Ygapyl7c&feature=youtu.be

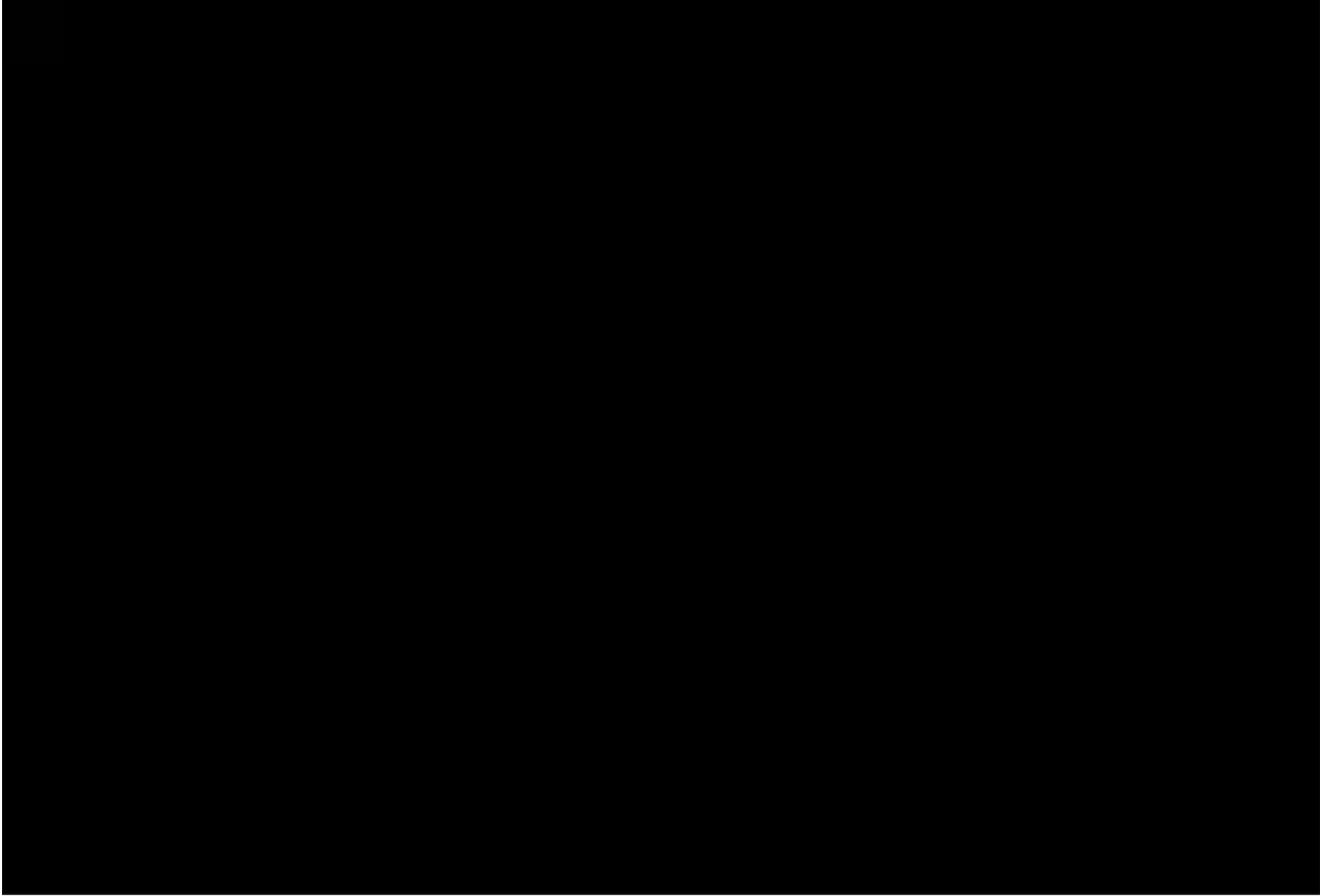
VIDEO

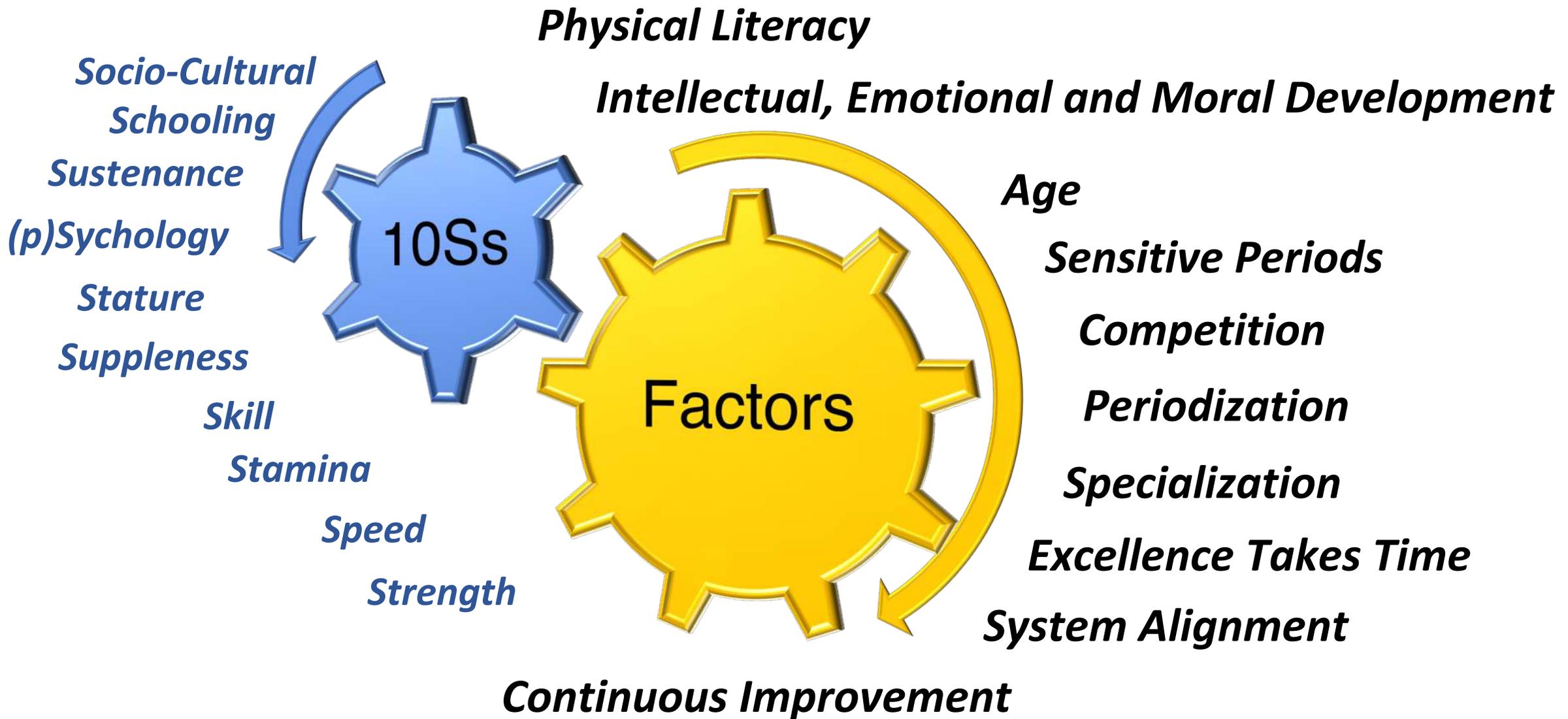
https://www.youtube.com/watch?v=X9Pc1vf_tlg

- Peaking by Friday and every Friday after...
- Overemphasis on defensive systems to limit “mistakes” at expense of offence & creativity
- Creativity is punished

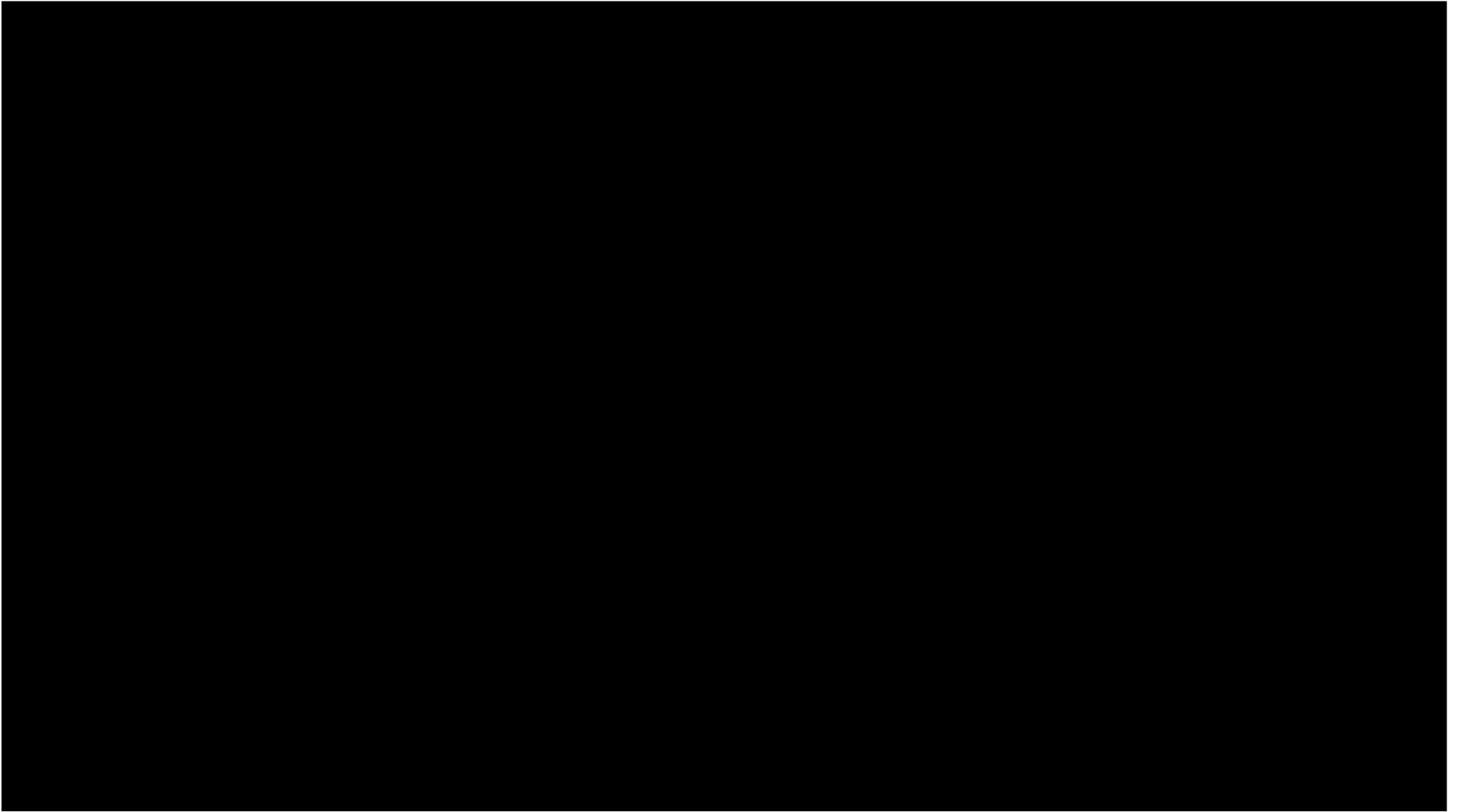


VIDEO





VIDEO



Stages of the Pathway



Figure 1: Seven Stages of Long-Term Development

From Sport to Quality Sport





Physical Literacy Evolving

1. From early stages to across the lifespan
2. Connecting sport, recreation, education and health
3. Research proving the value



active kids learn better



physical activity at school is a win-win for students and teachers

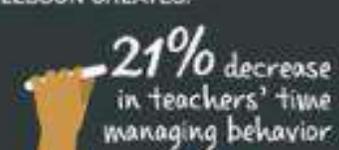
GRADES:



STANDARDIZED TEST SCORES:

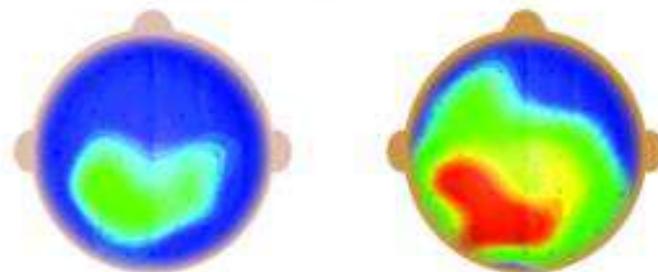


JUST ONE PHYSICALLY ACTIVE LESSON CREATES:



physically active kids have more active brains

BRAIN SCANS OF STUDENTS TAKING A TEST:



after 20 minutes of sitting quietly

after 20 minutes of walking

Red areas are very active; blue areas are least active.

MORE RESULTS:

after 20 minutes of physical activity:
students tested better in reading, spelling & math and were more likely to read above their grade level.

after being in a physically active afterschool program for 9 months:
memory tasks improved 16%

SOURCES: Donnelly J.E. and Lambourne K. (2013). Classroom-based physical activity, cognition, and academic achievement. *Prev Med*, 53(Suppl 1):S36-S42. Wilman C.H. et al. (2006). The effect of acute treadmill walking on cognitive control and academic achievement in preadolescent children. *Neuroscience*, 139(3):1044-1054. Kariya K. et al. (2011). The effects of an afterschool physical activity program on working memory in preadolescent children. *Dev Sci*, 14(5):1045-1058. Kibbe D.L. et al. (2011). Ten years of TAKE 10: integrating physical activity with academic concepts in elementary school classrooms. *Prev Med*, 52(Suppl 1):S43-S50. Nelson M.C. and Gordon-Larson P. (2004). Physical activity and sedentary behavior patterns are associated with selected adolescent health risk behaviors. *Pediatrics*, 113(4): 1291-1296.

Learn more about why active kids learn better and how schools can help at activelivingresearch.org/activeeducationbrief

Don't Walk in the
Hallways



Coaches Will Always Coach to The Competition System



VIDEO



VIDEO

<https://www.youtube.com/watch?v=cXhxNq59pWg&feature=youtu.be>

A Catalyst for Cultural Change

Who	Responsibility	To Promote	Leading to	Resulting in	Outcomes	Long-Term Development Impact More physically literate population, more excellent athletes, and more people active for life
Governments (F-P/T)	Long-Term Development pathway and physical literacy policies	Sport for Life Framework at F-P/T levels	Sector and system alignment	Sport for development and physical literacy strategies	Sport for Life contributing to community health and wellness	
Organizations	Long-Term Development frameworks (for all participants)	Good: leadership governance policy staffing	Quality programming	Developmentally appropriate activity and competition	Greater retention of athletes and participants	
Leaders and coaches	Long-Term Leadership and Coaching Development framework and education strategy	Stage-based coach/ leader training curriculum	Stage-based periodization and training	Developmentally appropriate training and physical activity	Planned meaningful competition	

Table 3: A Catalyst for Cultural Change

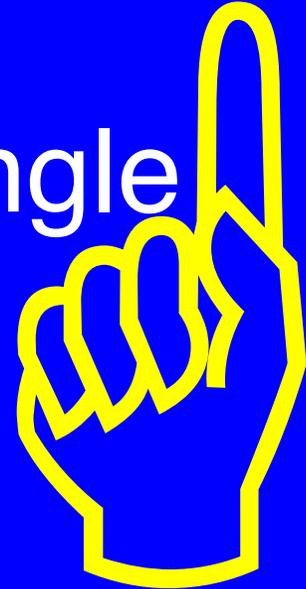
Frameworks

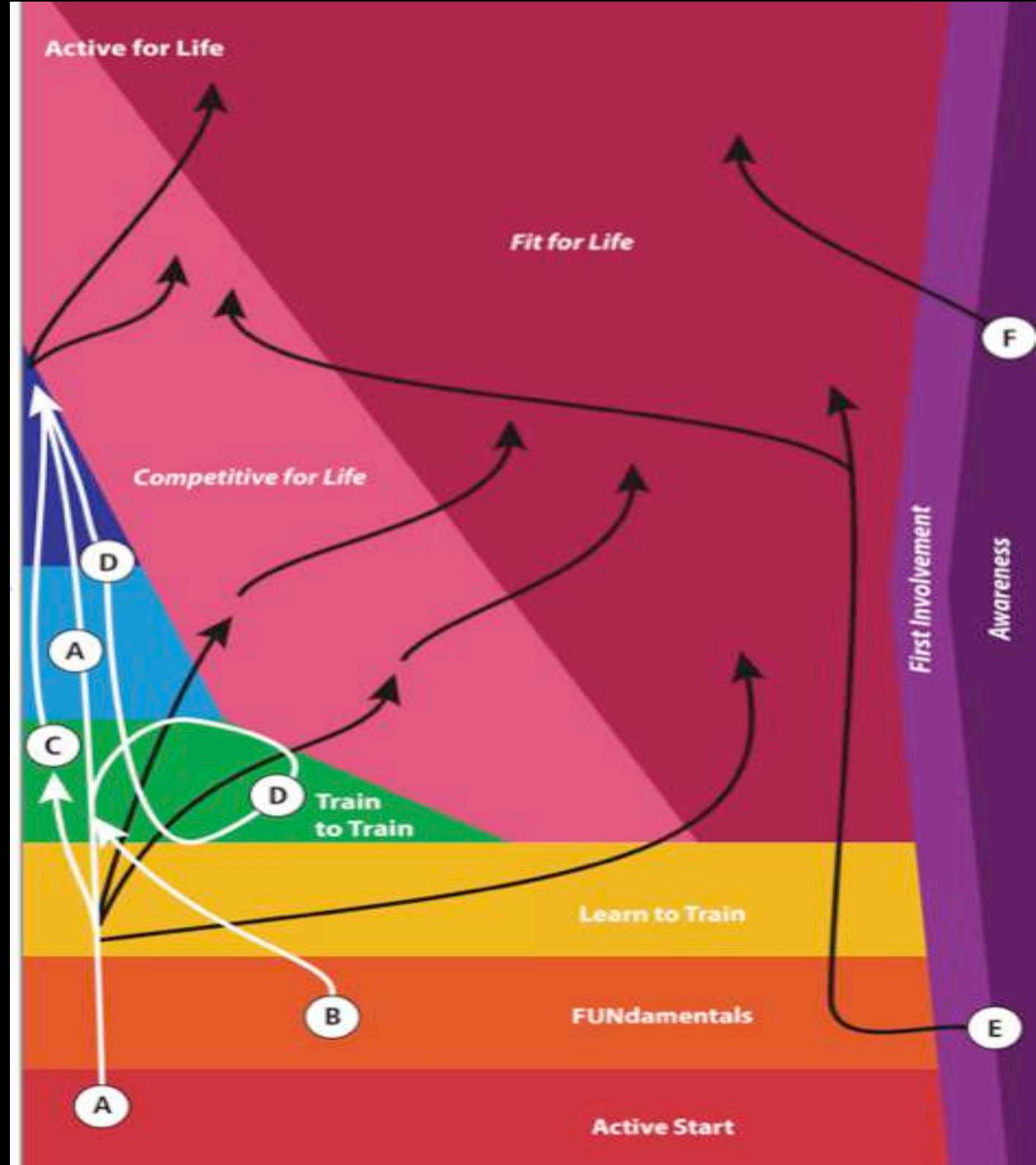
Start with new thinking!



vs.

Rectangle





The Change We Need

Lead	From	To
System (governments, NOCs, Multisport Service Organizations etc.)	Exclusionary development models (pyramid)	Inclusive development framework (rectangle)
System	Goals for sport	Goals for society
System	Separate systems	System alignment
System	Physical activity	Physical literacy
System	Working alone	Working together
Organizations (refers to National, Provincial/Territorial, and Local Sport Organizations)	Chasing wins	Meaningful competition
Organizations	Exclusion/cutting	Inclusion/transfer/tiering
Organizations	Age-based coaching, training and competition	Stage-based coaching, training and competition
Organizations	National team single-sport periodization	Stage-based periodization



Table 5: The Change We Need

Think and Do Different



Gracias

Thank You

Merci

