

GUIDELINES FOR THE TRAINING OF ATHLETIC ABILITIES AND ATHLETES' AGE

Athletic Abilities	F	PRE-GROWTH SPURT					GROWTH SPURT			POST-GROWTH SPURT						
		6 yrs	7 yrs	8 yrs	9 yrs	10 yrs	11 yrs	12 yrs	13 yr	14 yrs	15 yrs	16 yrs	17 yrs	18 yrs	19 yrs	20yr+
		Fundamentals			Learn to Train		Train to Train			Train to Compete		Compete to Win/Active for Life				
Athletic Abilities	M	PRE-GROWTH SPURT					GROWTH SPURT			POST-GROWTH SPURT						
		6 yrs	7 yrs	8 yrs	9 yrs	10 yrs	11 yrs	12 yrs	13 yr	14 yrs	15 yrs	16 yrs	17 yrs	18 yrs	19 yrs	20yr+
		Fundamentals			Learn to Train		Train to Train			Train to Compete		Compete to Win/Active for Life				
Agility/Balance/Coordination	F			☺								☺				
	M			☺								☺				
Flexibility	F								☺							
	M								☺							
Speed of limb movement – short intense bursts	F		☺								☺					
	M		☺								☺					
Basic Techniques	F	Introduce			☺							☺				
	M	Introduce				☺							☺			
Anaerobic Speed efforts of 8 sec or less – Fast FUN	F	☺				☺							☺			
	M	☺					☺							☺		
Aerobic Endurance – FUN Fitness	F	☹				Introduce			☺					☺		
	M	☹					Introduce		☺					☺		
Tactics and Decision-making	F	☹		☹	☹		Introduce					☺				
	M	☹		☹	☹	☹		Introduce					☺			
Aerobic Power	F	☹					Introduce				☺				☺	
	M	☹						Introduce				☺				☺
Strength-Endurance	F	☹					Introduce				☺				☺	
	M	☹						Introduce				☺				☺
More Advanced Techniques	F	☹	☹	☹	☹	☹	☹		Introduce			☺				☺
	M	☹	☹	☹	☹	☹	☹	☹		Introduce			☺			☺
Speed-Endurance	F	☹						Introduce			☺				☺	
	M	☹							Introduce			☺				☺
Maximum Strength	F	☹							Introduce			☺				☺
	M	☹										Introduce		☺		☺
Speed-Strength (muscle power)	F	☹							Introduce				☺			☺
	M	☹										Introduce		☺		☺

Legend: ☹ Should be avoided ☹ Not a priority ☐ Introduce ☺ Optimal training age ☺ Coach should individualize for athletes