



Active Start Stage

Chronological Age
Males and Females 0-6

- FUN and part of daily life
- Fitness and movement skills development
- Focus on learning proper movement skills such as running, jumping, wheeling, twisting, kicking, throwing, and catching
- Not sedentary for more than 60 minutes except when sleeping
- Some organized physical activity
- Exploration of risk and limits in safe environments
- Active movement environment combined with well-structured gymnastics and swimming programs
- Daily physical activity



FUNdamentals Stage

Chronological Age
Males 6-9 and Females 6-8

- Overall movement skills
- FUN and participation
- General, overall development
- Integrated mental, cognitive, and emotional development
- ABC's of Athleticism: agility, balance, coordination, and speed
- ABC's of Athletics: running, jumping, wheeling, and throwing
- Medicine ball, Swiss ball, own body strength exercises
- Introduce simple rules of ethics of sport
- Screening for talent
- No periodization, but well-structured programs
- Daily physical activity



Learning to Train Stage

Chronological / Developmental Age
Males 9-12 and Females 8-11

- Overall sport skills development
- Major skill learning stage: all basic sport skills should be learned before entering Training to Train
- Integrated mental, cognitive, and emotional development
- Introduction to mental preparation
- Medicine ball, Swiss ball, own body strength exercise
- Introduce ancillary capacities
- Talent Identification
- Single or double periodization
- Sport specific training 3 times week; participation in other sports 3 times a week



Training to Train Stage

Chronological / Developmental Age
Males 12-16 and Females 11-15

- Sport specific skill development
- Major fitness development stage: aerobic and strength. The onset of Peak Height Velocity (PHV) and PHV are the reference points
- Integrated mental, cognitive, and emotional development
- Develop mental preparation
- Introduce free weights
- Develop ancillary capacities
- Frequent musculoskeletal evaluations during PHV
- Selection
- Single or double periodization
- Sport specific training 6-9 times per week including complementary sports



Training to Compete Stage

Chronological / Developmental Age
Males 16-23 +/- and Females 15-21 +/-

- Sport, event, position-specific physical conditioning
- Sport, event, position-specific technical tactical preparation
- Sport, event, position-specific technical and playing skills under competitive conditions
- Integrated mental, cognitive, and emotional development
- Advanced mental preparation
- Optimize ancillary capacities
- Specialization
- Single, double, or triple periodization
- Sport specific technical, tactical and fitness training 9-12 times per week



Training to Win Stage

Chronological / Developmental Age
Males 19 +/- and Females 18 +/-

- Ages are sport specific based on international normative data
- Maintenance or improvement of physical capacities
- Further development of technical, tactical, and playing skills
- Modelling all possible aspects of training and performance
- Frequent prophylactic breaks
- Maximize ancillary capacities
- High Performance
- Single, double, triple, or multiple periodization
- Sport specific technical, tactical, and fitness training 9-15 times per week



Active For Life Stage

Enter At Any Age

- Minimum of 60 minutes moderate daily activity or 30 minutes of intense activity for adults
- Transfer from one sport to another
- Move from highly competitive sport to lifelong competitive sport through age group competition
- Move from competitive sport to recreational activities
- Move to sport careers or volunteering
- There is a better opportunity to be Active for Life if physical literacy is achieved before the Training to Train stage