English FA Women’s Soccer - Long-Term Athlete Development - Periodization
(Balyi, Hills, Simmons and Way 2005)

Chronological Age
Developmental Age +/-
Specific Training Age +/-
General Training Age +/-
Individual Tempo development varies with each athlete’s capabilities and maturation
Based on testing and monitoring

FunDamental Learning to Train Training to Win
Age 6 - 9 Age 8 - 11

Training to Train Training to Compete 1 & 2
U15 U17 U19

Training to Win 1 & 2
U21 Age 22 +

Double Periodisation Double Periodisation Multiple Periodisation
6 7 8 Schools / Clubs 9 10 11 Schools / Clubs 12 13 14 Clubs / National Player Development pool

Centres of Excellence
National Player Development Centre Regional Player Development Centres (TASS)

Ancillary Capacities
Warm-up Cook-down Environment
Cool-down Stretching Health
Regeneration Equipment
Taper & Peak Mental
Nutrition-Hydration Socio-cultural
Integration of sport science and sport medicine, as well as sport specific activities

Basic Components of Training
(Stamina, Strength, Speed, Skill, Suppleness)
Planning, Quantification and Implementation
Percentage distribution of the Five S’s of training and performance

Periods
Preparation
Competition
Transition

Phases
General
Specific
Pre-Competitive
Competitive Transition

Meso Cycles
1: 1, 1: 2, 1: 3

Micro Cycles
3: 1, 2: 1

Sessions
15 12 9 6 4

Individual Sessions
Warm-up
Main Component (five 5s)
Complimentary
Cool down
Long-Term Athlete Development Plan - Speed Skating

(Way, Holmik and Balyi 2005)

Chronological Age

Based on testing and monitoring
Optimizing training competition and recovery loads

Training Age

Developmental Age +/-

Specific Training Age +/-

Active Start

FUNdamental
Learning to Train
Training to Train
Learning to Compete
Training to Win

Age 0 - 6
Under 10
U11
U13
U15
U17
Junior
Senior Elite

Girls
Boys

Movement skills
Speedskating skills
Building the Engine

Optimizing the engine and skills speedskating specific

Maximizing Podium

Note in Learning and Training to Win male and female ages are the same. At that stage chart depicts short and long track.

Ancillary Capacities

Warm-up
Cool-down
Stretching
Regeneration
Taper & Peak
Nutrition-Hydration

Environment
Health
Equipment
Mental
Socio-cultural

Integration of sport science and sport medicine, as well as sport specific activities

Basic Components of Training

(Stamina, Strength, Speed, Skill, Suppleness)
Planning, Quantification and Implementation
Percentage distribution of the Five S’s of training and performance

Annual Plan

Single • Double • Multiple

Periodization

Sessions

Individual Sessions

Warm-up
Main Component (five Ss)
Complimentary
Cool down

Warm-up

Periods

Preparation
Competition
Transition

Phases

General
Specific
Pre-Competitive
Competitive Transition

Meso Cycles

1:1, 1:2
1:3

Micro Cycles

3:1 - 2:1

6:1, 5:1, 4:1

4:1, 3:1, 2:1

Active for Life

Based on international and national normative data

Environment
Health
Equipment
Mental
Socio-cultural

Integration of sport science and sport medicine, as well as sport specific activities

Environment
Health
Equipment
Mental
Socio-cultural
Appendix 2

Long-Term Athlete Development - System
(Cagg-Jackson, Balyi, Soligo and Way 2005)

**Chronological Age**
- Under 5
- 6 to 8
- 9 to 10
- 11 to 12
- 13 to 14
- 15 to 16
- 17 to 18
- 19 to 20
- 21 to 22
- 23 to 24+

**Active for Life**

**Training Age**
- 1 to 2
- 3 to 4
- 5

**Specific Training Age + / -**
- 1 to 2
- 3 to 4
- 5

**General Training Age + / -**
- 1 to 2
- 3 to 4
- 5

**Physical, Mental - Cognitive, Emotional Development**

**Female**
- Age 6 - 8
- Age 8 - 11
- Age 9 - 12

**Male**
- Age 6 - 9
- Age 9 - 12

**Learn to Play**
- Age 6 - 8
- Age 8 - 11

**Learning to Train**
- Age 8 - 11
- Age 9 - 12

**Training to Train**
- Age 11 - 15
- Age 12 - 16

**Training to Compete 1 & 2**
- Age 15 - 17
- Age 16 - 18
- Age 18 - 20

**Training to Win 1 & 2**
- Age 21 - 25
- Age 26+

**ADM**
- Optimizing training, competition and recovery loads

**PDM**
- Recreation Strand
- Clubs based
- Active for Life

Individual Tempo development varies with each athlete’s capabilities and maturation.

Based on international and national normative data.

Based on testing and monitoring.