

Long Term Athlete Development Implications for coaches at each level

1. General patterns of optimum periods of trainability

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Age	5	6	7	8	9	10	11	12	13	14	15	16	17	18
Coordination capacities														
Motor learning			G	G	G	E	E				G	E	E	E
Motor control			G	G	G	G	E				G	G	G	G
Reaction to audiovisual clues			G	E	E	G								
Rhythmic/cadence capacity			G	G	E	E	G	G						
Spatial awareness			G	G	G	G	G	E	E	E				
Kinaesthetic awareness					G	E	E	G	G					
Physical capacities														
Endurance	G	G	G	G	G	G	G	E	E	E	E	E	E	E
Strength					G	G	G	G	E	E	E	E	E	E
Speed		G	E	E	E	E	E	E	E	G	G	G		

2. Five Stages of athlete development

Five Stages of athlete development

Recycle (Coaching!)
Training to Win (21+ years)
Training to Compete (15-20 years)
Training to Train (10-14 years)
FUNdamentals (6-10 years)

The FUNdamental Stage :

Practical applications:

- Introduction of ABCS: Agility, Balance; Coordination, Speed
- Large repertoire of drills & activities
- Speed & power training essential at this stage (low volumes with lots of recovery)
- Use medballs & bodyweight
- All capacities developed through fun, games & play
- Technical & tactical progress from simple to complex

The FUNdamental Stage :

Practice plan for 6-8 year-olds

(about one hour)

- Warm-up 5-10 minutes
- Overall technical skills 15-20 minutes, including the ABCS of athleticism
- Modified games of various team sports and simple tactics 25-30 minutes
- Cool down 5 minutes

The FUNdamental Stage :

Practice Plan for 9-10 year-olds (about 90 minutes)

- Warm-up 5-10 minutes
- Combined overall technical skills & fitness development 20-30 minutes
- Modified games of various team sports including simple tactics 30-40 minutes
- Cool-down with stretching 5-10 minutes

The FUNdamental Stage :

Ideals

- Young athletes need at least four activity sessions a week to optimise development (two emphasising baseball plus two other sport participation sessions)
- Six a week would be optimal (two on baseball, plus four others)

Fundamental Stage (6-10 years):

Summary

- FUN & participation
- General overall development
- Athleticism: ABCs of running, jumping, throwing
- KGBS: kinaesthesia, gliding, buoyancy, striking
- Speed, power & endurance through FUN & games
- Proper running, jumping & throwing technique
- Med ball, swiss ball & BW exercises for strength
- Intro of simple rules & ethics of sport
- **Talent ID**
- **No periodisation, but well structured programs**
- Sport participation 5-6 times per week

Train to Train (10-14 years):

Summary

- Emphasis on general physical conditioning
- Shoulder, elbow, core, spine & ankle stability
- FUNdamental technical skills progressing toward more specific skills
- FUNdamentals of tactical preparation
- Participation in complementary sports (similar energy systems & movement patterns)
- Individualisation of fitness & technical training
- Introduction to mental preparation
- FUNdamentals of ancillary capacities
- **Recruitment**
- **Single periodisation**
- Sports-specific training 4 times per week, with participation in other sports

Training to Train Stage :

Simplified summary

- Crucial phase
- Optimal motor learning, fitness and technical/tactical preparation should be the focus; not winning.
- Lots of preparation followed by a short season of competition.
- If basic physical, technical and tactical components (including perceptual motor skills) are not optimised, they can not be fully recaptured later on

Training to Compete Stage (14-18 years):

Summary

- Sport & individual-specific physical conditioning
- Shoulder, elbow, core, spine & ankle stability
- Sport-specific technical & playing skills under competitive conditions
- Advanced tactical preparation
- Individualisation of technical, tactical skills
- Advanced mental preparation
- Sport & individual-specific "ancillary capacities"
- **Specialisation**
- **Double or multiple periodisation**
- Sport-specific technical, tactical & fitness training 6-9 times per week

Training to Compete Stage :

Simplified summary

- Provide high intensity & specificity of training year round
- Build on & optimise previous learning
- Teach athletes to perform under a wide range of competitive conditions
- Maximise the athletes preparation to compete
- Ensure full integration of athlete's program

Training to Win Stage (18+ years):

Summary

- Maintenance (or possible improvement) of physical capacities
- Shoulder, elbow, core, spine & ankle stability
- Further development of technical, tactical and playing skills
- Modelling all possible aspects of training & performance
- Frequent preventative breaks
- All aspects of training individualised
- Develop ancillary capacities (no limit)
- **High Performance**
- **Triple or multiple periodisation**
- Sport-specific technical, tactical & physical training 9-15 times per week

Baseball Queensland Age Level Key Area Progression & Priorities

Level	Pitching	Hitting	Defense	Baserunning	Conditioning	Mental
U14	<ul style="list-style-type: none"> •Focus •Balance & direction •70% of FB are strikes •Basic pickoff •Holds: 1 sec & 2 sec •PFP: comebackers & covers •Bullpen Routine (see Pitching Plan) 	<ul style="list-style-type: none"> •“Balance, rhythm & aggression” •Good balance •Load •Track the ball •Explosive swing down through the ball 	<ul style="list-style-type: none"> •GB fundamentals: the Six “F”s. •FB fundamentals & priorities •Throw to a target •DP drill •Everybody moves on every hit ball •Communication •Drills & drills only 	<ul style="list-style-type: none"> •Give the number of outs to the coach •Know where the ball is •Run hard, always •Take two bases unless stopped •Leads & returns •Stealing fundamentals 	<ul style="list-style-type: none"> •“Sound Structures”: •Flexibility •Bodyweight squat •Skater jumps •Basic ab routine •Shoulder stability •Running speed •Agility 	<ul style="list-style-type: none"> •Hustle on & off, pick one another up, jog off after making an out •Routines -pre-game -between innings/AB -between pitches -post-game 1. Analyse 2. Self-coach 3. Plan & visualise 4. Focus 5. Execute
U16	<ul style="list-style-type: none"> •50% of 2nd pitch are strikes •break zone into 4 •learn 5 series •PFP: bunts •1.5 sec release time •Pitching Plan Phase Two 	<ul style="list-style-type: none"> •Situational hitting: learn the routine •2-strike approach •Know the FB counts 	<ul style="list-style-type: none"> •Cutoffs •Basic bunt defence •6”F”s Phase Two •Understanding positional fundamentals •Basic individual skills 	<ul style="list-style-type: none"> •Learning the offensive cycle •Situations & percentages •Drills •Know the running counts 	<ul style="list-style-type: none"> •“Fundamental Strength”: •Full leg circuit (bodyweight) •Chinups & rows •Ab strength & stability •Acceleration & quickness 	<ul style="list-style-type: none"> •Concentrate on your own game •Play hard (knowing the limits)
U18	<ul style="list-style-type: none"> •Know the Pitching Plan •50% 3rd pitch are strikes •1.35 sec release •controlling runners •understanding situations 	<ul style="list-style-type: none"> •Understanding & adjusting to situations •Learning the individual battle: hitter vs pitcher •Start to know yourself as a hitter 	<ul style="list-style-type: none"> •Positional adjustments •Understanding the individual challenges 	<ul style="list-style-type: none"> •Know the times 	<ul style="list-style-type: none"> •“Explosive power” •Progressive resistance •Advanced ab strength •Plyometric leg work •Anaerobic endurance 	<ul style="list-style-type: none"> •Know your game •Study the opposition: know their strengths & weaknesses •Think with the manager
Claxton Shield	execute consistently according to the situation					