

**A CHALLENGING PROCESS**  
LONG-TERM ATHLETE DEVELOPMENT

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**2000 - 2003**  
**2005**  
**2014**

**ORIGINS**

**LONG-TERM SPORT MASTERY**

↑  
**MAXIMAL REALIZATION OF PERFORMANCE CAPACITY**

↑  
**FUNDAMENTAL PREPARATION**

Viru, 1995

**Train to Win**

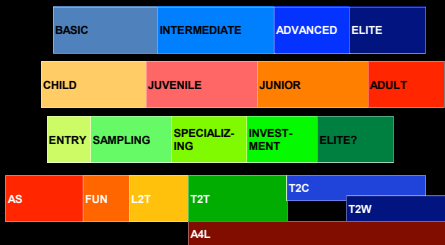
↑  
**Train to Compete**

↑  
**Train to Train**

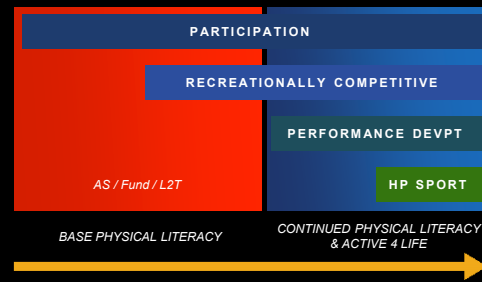
↑  
**FUNDamental**

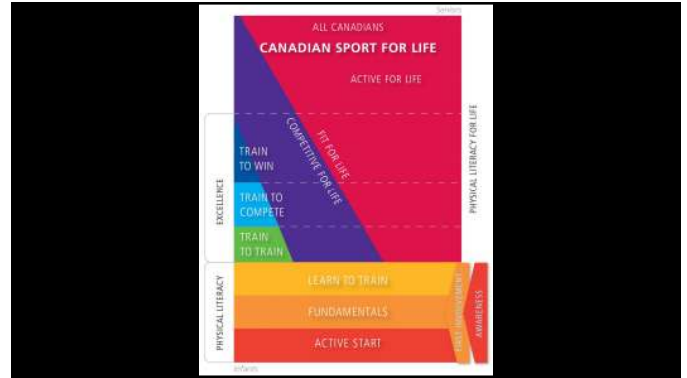
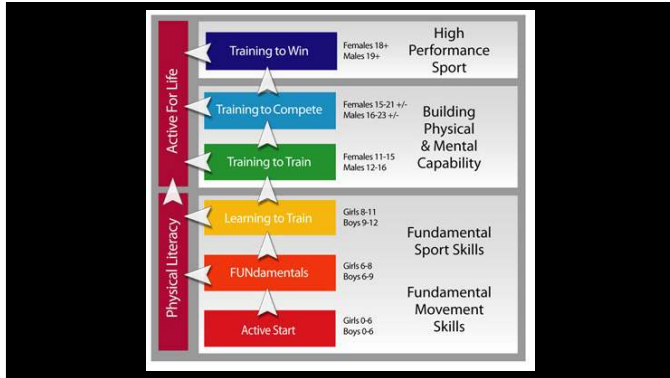
AIM: Balyi et al., (ATP), 1999

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 **YEARS**  
1 2 3 4 5 6 7 8 9 10 11 12 **GRADE**



AGE 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 YRS





**CHALLENGES**

**SYSTEM INERTIA**  
**RESENTMENT**  
**HOSTILITY**

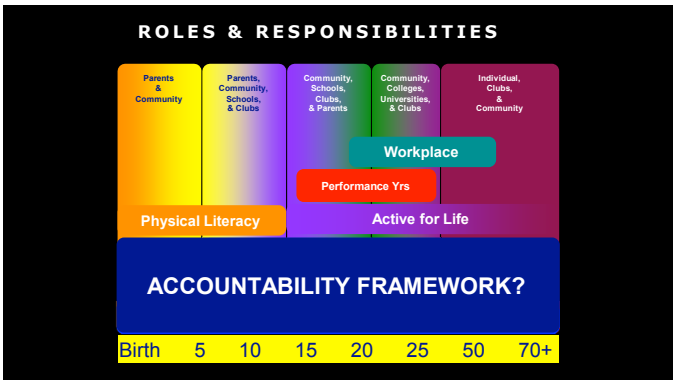
**TOP-DOWN APPROACH**  
**PARENTS**  
**COMPETITION**

**POSITIVES**

**MOMENTUM &  
MOVEMENT FOR CHANGE  
CROSS-AGENCY  
CRITICAL REVIEW**

**CONTINUAL IMPROVEMENT  
SPUR TO RESEARCH  
RESOURCES**

**COMMUNITY  
Starts & ends here**



**PEOPLE  
PROGRAMS  
PLACES**

**COMPLEX  
PROCESS**

## A DISCIPLINED APPROACH

For adults (parents, coaches, administrators  
... and the rest!)

yet challenging!

## A FUN APPROACH

For children & youth

## PARENTING 101... & AGE GROUP COACHING

## CHRONOLOGICAL AGE VS BIOLOGICAL AGE

## RAE

Relative Age Effect

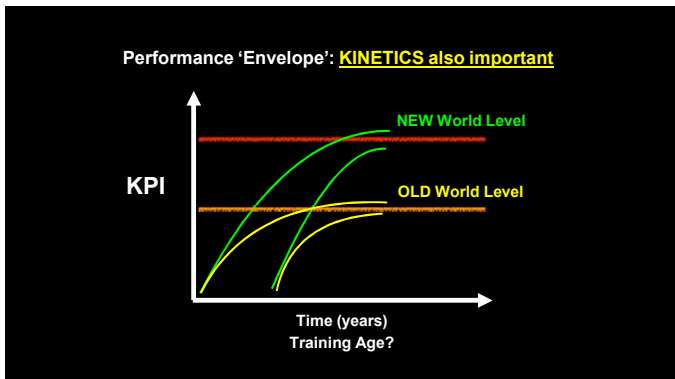
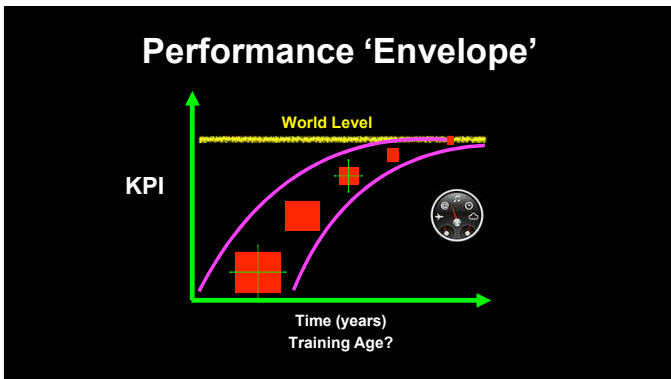
## PHYSICAL LITERACY

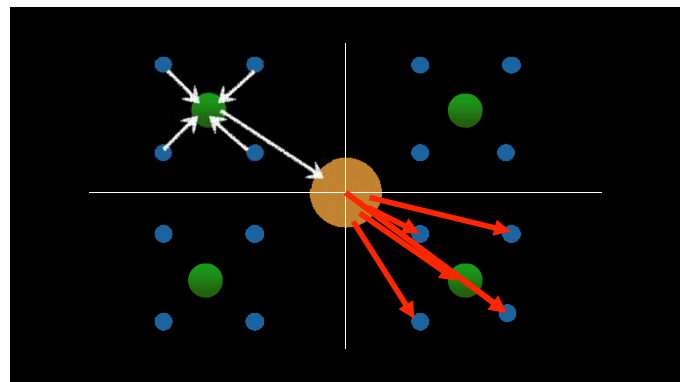
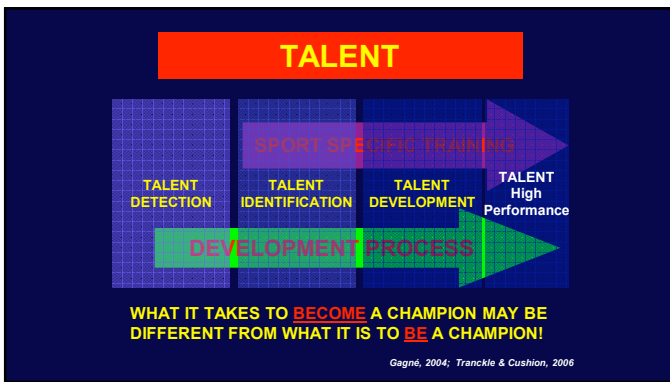
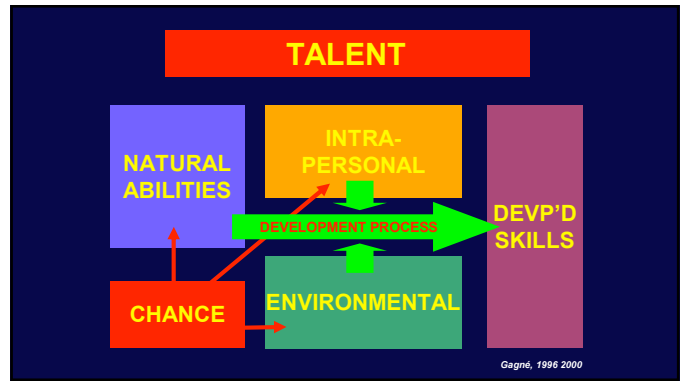
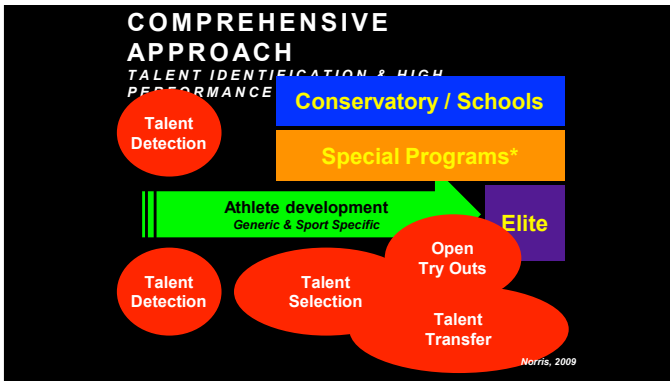
**SPORT**  
**RECREATION**  
**HEALTH**  
**EDUCATION**

**SCHOOL PE**  
**SCHOOL SPORT**

**BENCHMARK**  
**WORLD LEADING**  
**WORLD CLASS**  
**HIGH PERFORMANCE**

**STREAMING**  
**ENVELOPES**  
**& FUNNELS**





**THANK YOU FOR LISTENING**

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