# Long Term Athlete Development framework

By having an appreciation that everyone develops differently, the LTAD framework is based around a set of phases which monitor maturity, growth & ability managing an individual’s progression towards sustainable development via training, competition and recovery aspects throughout their life in sport.

In delivering the framework a set of guiding principles are set out:

* The programs direct athletes toward doing the right thing at the right time.
* Athletes are encouraged to achieve stage specific outcomes prior to undertaking activities associated with the subsequent stage.
* Training Programs are tailored to the individual based on the nature of their development and considers their physical, psychological and social characteristics.

As such these principles place more emphasis on core skill training in the early stages of a person’s development and recognise that full potential may not be reached until the mid to late 20’s. This however does not signify that being competitive and seeking to win are not important but looks to retain interest in sport over the long term.

It should also be recognised that the framework is not looking or seen as aiming to develop and produce ‘elite’ standard future athletes but assist in providing everybody with an opportunity to realise their own potential.

There is an importance within the framework laid on the encouragement to develop good basic skills that will allow a young person to participate in wide variety of sports as well as laying a solid foundation for the elements within the tradition of Lincsquad.

For our coaches this framework has the potential to assist them in ensuring development programmes are centric around the athlete allowing for individual needs and not that of those who happen to be within the same age group. In so doing identifying the particular growth stages and development will form the basis of effective training programmes.

A number of UK sports along with BTF are exploring this approach but is most prevalent within the Canadian Triathlon scene at this time. As a club we have also tapped into the expertise and the knowledge network at North Lindsey College to understand what putting this framework in place would mean.

An accompany video has been made available of the full workshop held on the 12th May in order to provide further information and understanding of the LTAD framework.

[Link to Workshop Video](https://drive.google.com/folderview?id=0BwJxoDx8otd2NDNSYnFkYTlQd2M&usp=sharing)

## Basic LTAD Framework development stages

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| Stage | Age Range | Key Points |
| Fundamentals | 7-9 boys 7-8 girls | * Fun and Participation * Overall Athletic Development including a wide range of movement activities * Development of the ABC’s – Agility, Balance, Coordination * Introduction to the basic skills * Introduction to simple rules through simple games |
| Learn To Train | 9-12 boys+\* 8-11 girls+\* | * Introduction to general physical conditioning * Shaping & patterning of more specific skills * Continue developing athletic skills including ABC’S as part of programme * Modified games to teach understanding (incl. decision making & tactic awareness) increasing the training to competion ratio * Development of positive attitudes to self, others and activities engaged in |
| Training To Train | 12-16 boys\* 11-15 girls\* | * Individualised training programmes with special emphasis on developing speed, strength and stamina * Learning to become independent * Development of more specific skills * Increased training and competing |
| Training To Compete | 16-18 boys\* 15-17 girls\* | * Structured physical, technical, tactical & mental skill programmes * Sport specific technical & tactical work in simulated competitive situations * Mentoring & guidance * Performance Lifestyle Support * Ancillary fitness awareness ( Diet, Nutrition, Hydration etc) |
| Training To Win | 18+ men 17+ women | * Maintenance of Physical capacities * Further development of event-specific skills * Focus on peaking for particular events * Remedial Programme support * Performance Lifestyle support |

Development Model for Cricket