

Age stages

What are children learning at each age group on their way through their early sports career

Game & Skill Stages (Technical Continuum)

5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
Basic techniques						Improving technique					Technically proficient				
Ball and wall activities						Skill execution					Improved decision making				
Improving basic skills						Understanding the role in the team					Complex problem solving				
Games as teacher						Attacking principles					Understanding the defending and attacking strategies				
Rotation of positions						Defending principles					11 v 11 / Small sided games				
Playing other sports						Individual units and groups									
Small sided games						9 v 9 and 11 v 11 games									

Mental Stages (Psychological Continuum)

5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
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Enthusiasm
 Imagination
 Exploration
 Avoiding anxiety and boredom
 Progressive introduction to mental skills
 Progressive group activities

Self concept
 Awareness
 Responsibility
 Goal setting
 Confidence
 Coping strategies

Lifestyle skills
 Developing a stable temperament
 Understanding Communication
 Advanced coping strategies are developed

Physical & Body Stages
 (Physical Continuum)

5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20

Agility
 Balance
 Co-ordination
 Speed
 Kinesthesia
 Catching, Passing, Kicking, Running, Jumping
 Changing direction
 Motor control
 Mixed activities
 Multi skills

Adolescent growth spurt
 Aerobic development
 Changing shape
 Early/late maturation
 Athleticism changes

Muscle mass gains
 Strength improves
 Power increases
 Lactate training
 Improving recovery
 Full potential is progressively achieved

Social Stages
 (Social Continuum)

5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20

Fun and
enjoyment
Support from
parents and
schools
Inclusion and
participation
Form
relationships
Safe
environments
Simple rules
and ethics

Accept
responsibility
Fair play
Peer group
features
Values and
beliefs
Appropriate
behaviours

Developing
emotional
stability
Being
socially
responsible
Recognising
cultural
differences
Dealing with
conflict
Appreciating
others