

The Development Pathway

ACTIVE START - (Age U7)

Focuses on daily, physical activity in unstructured and semi-structured environments emphasizing basic movement **skills**.



FUNDAMENTALS - (Age U9)

Focuses on the **ABC'S of athleticism** in a fun, participatory environment. Basic movement **skills** and general **development** leading to **physical literacy** are most important.



LEARNING TO TRAIN - (Age U11, U13)

Begins integration of physical, emotional, cognitive and affective **development**; emphasis on **skill** development. For the purposes of Judo we have found it necessary to sub-divide this category into two stages, based on age.

TRAINING TO TRAIN - (Age U15)

Consists of sport-specific **skill** development with emphasis on **aerobic** and **strength development** according to **Peak Height Velocity** indicators.



TRAINING TO COMPETE - (U17, U20)

Emphasizes sport-specific technical, tactical and fitness preparation.

TRAINING TO WIN - (Age 18+/-)

Maximizes all physical, mental, emotional, and ancillary capabilities with a view to succeed competitively on an international stage.

ACTIVE FOR LIFE - (enter at any age)

Provides an opportunity to remain in or move into an active, recreational or age-group competitive lifestyle with increased participation in other facets of the sport experience (refereeing, coaching, instructing, administration).

