

The 8 Stages of Development

Identified stages of development from child to adult

Stage 1	Stage 2	Stage 3	Stage 4	Stage 5	Stage 6	Stage 7	Stage 8
Fundamentals	Learning to Train	Training to Train	Training to Compete 1	Training to Compete 2	Training to Win 1	Training to Win 2	Retention
5-8 years	8-11 years	11-14 years	14-16 years	16-18 years	18-20 years	20 + years	Any age

Physical

Stage 1	Stage 2	Stage 3	Stage 4	Stage 5	Stage 6	Stage 7	Stage 8
Agility, balance, coordination		Growth sports		Muscle mass gains			
Kinaesthetic, gliding, buoyancy		Aerobic development		Strength improves			
Running, jumping, throwing		Changing shape		Power increases		ALL OF THE PREVIOUS	
Motor control		Early/late maturation		Lactate training			
Basic screening		Athleticism		Improving recovery			
5-11 years		11-16 years		16-20 years		20 + years	

Psychological

Stage 1	Stage 2	Stage 3	Stage 4	Stage 5	Stage 6	Stage 7	Stage 8
Learning		Self concept		Lifestyle skills			
Enthusiasm		Awareness		Developing a stable temperament			
Imagination		Responsibility		Understanding		ALL OF THE PREVIOUS	
Exploration		Goal setting		Communication			
Avoiding anxiety and boredom		Confidence		Advanced coping strategies			
Intro. to mental skills		Coping strategies					
Intro. to group activities							
5-11 years		11-16 years		16-20 years		20 + years	

Social

Stage 1	Stage 2	Stage 3	Stage 4	Stage 5	Stage 6	Stage 7	Stage 8
Fun and enjoyment		Accept responsibility		Emotional stability			
Parental support		Fair play		Socially responsible			
Inclusion and participation		Peer group features		Recognising cultural differences		ALL OF THE PREVIOUS	
Form relationships		Values and benefits		Dealing with conflict			
Safe environment		Appropriate behaviour		Appreciating others			
Simple roles and ethics							
5-11 years		11-16 years		16-20 years		20 + years	

Technical

Stage 1	Stage 2	Stage 3	Stage 4	Stage 5	Stage 6	Stage 7	Stage 8
Techniques		Individual roles		Attacking roles			
Practice		Attacking principles		Defending roles			
Basic Skills		Defending principles		Tracking opponents		ALL OF THE PREVIOUS	
Games as the teacher		Groups and units		Pressurising skills			
Ball and wall activities		Skill execution under pressure		Team play – space and time			
Group practice		Rotation		Understanding combination play			
Alternative game plan							
Invasion games							
5-11 years		11-16 years		16-20 years		20 + years	