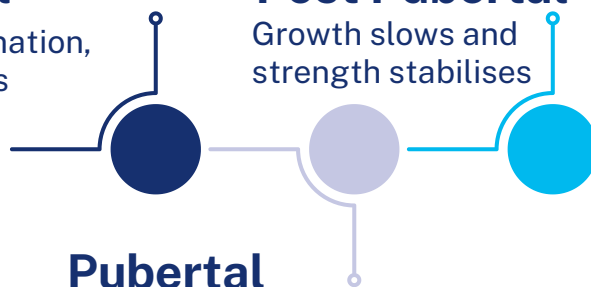


GROWTH AND MATURATION: THE JOURNEY



Pre Pubertal

Focus is on coordination, fun and basic skills



Pubertal

Growth spurts, body composition changes and potential increased injury risk

Post Pubertal

Growth slows and strength stabilises



Early Maturer

- Initial physical advantages which may lead to early success in competition
- Playing up age groups may be beneficial for development
- Ensure focus on technical development
- Results may plateau when peers catch up physically - high levels of support required.

On Time

- Focus on own development as other players performance may fluctuate around them
- Focus on developing a well rounded game both technically and physically

Late Developer

- Mature later than their peers which may impact initial performance
- Focus on long term goals & mindset
- Focus on developing technique and tactical awareness

The Growth Spurt (pubertal)

- Avoid spikes in training volume
- Prioritise recovery
- Energy demands are high so fueling well is essential
- Consistency with mobility routines
- Quality not quantity is key to scheduling
- Cautious approach to injuries

Parental Support

- Be **supportive** throughout the ups and downs
- **Communicate** with coaches about your child's growth stage
- Watch out for **signs** of overtraining, burnout or emotional stress
- Focus on **long term development** not short term gains
- **Avoid comparisons** between children

