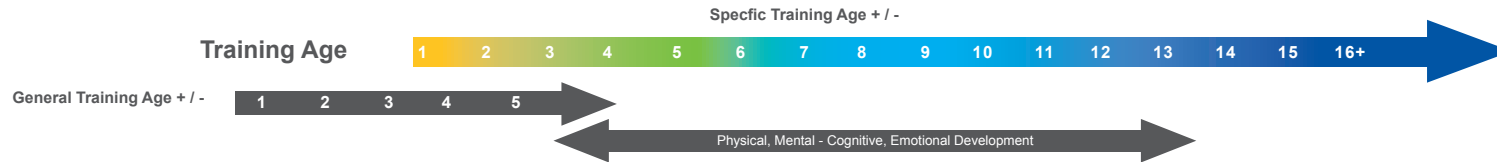


English FA Women's Soccer - Long-Term Athlete Development - Periodization (Balyi, Hills, Simmons and Way 2005)

Chronological Age

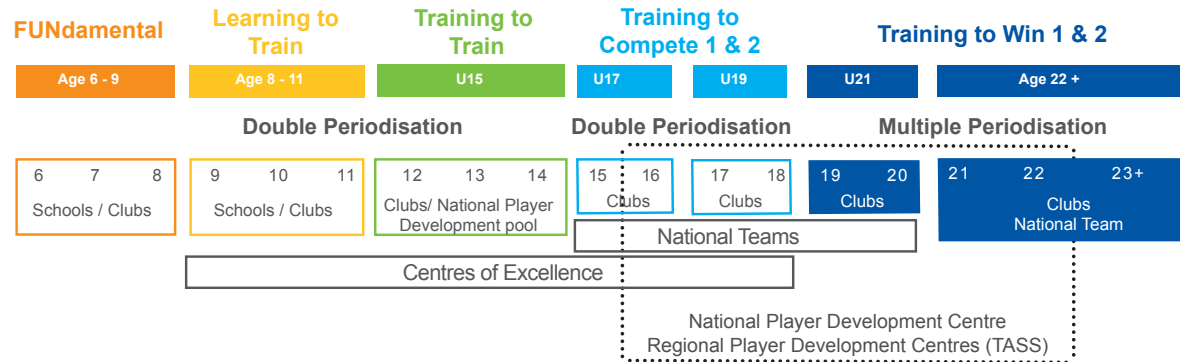


Training Age



Individual Tempo development varies with each athlete's capabilities and maturation

Based on testing and monitoring



Based on international and national normative data

Optimizing training competition and recovery loads

Ancillary Capacities

Warm-up	Environment
Cool-down	Health
Stretching	Equipment
Regeneration	Mental
Taper & Peak	Socio-cultural
Nutrition-Hydration	

Integration of sport science and sport medicine, as well as sport specific activities

Basic Components of Training
(Stamina, Strength, Speed, Skill, Suppleness)
Planning, Quantification and Implementation
Percentage distribution of the Five S's of training and performance

Periods

Preparation
Competition
Transition

Phases

General
Specific
Pre-Competitive
Competitive
Transition

Meso Cycles

4 : 1,
3 : 1, 2 : 1,
1 : 1, 1 : 2,
1 : 3

Micro Cycles

6 : 1,
5 : 1, 4 : 1,
3 : 1 - 2 : 1

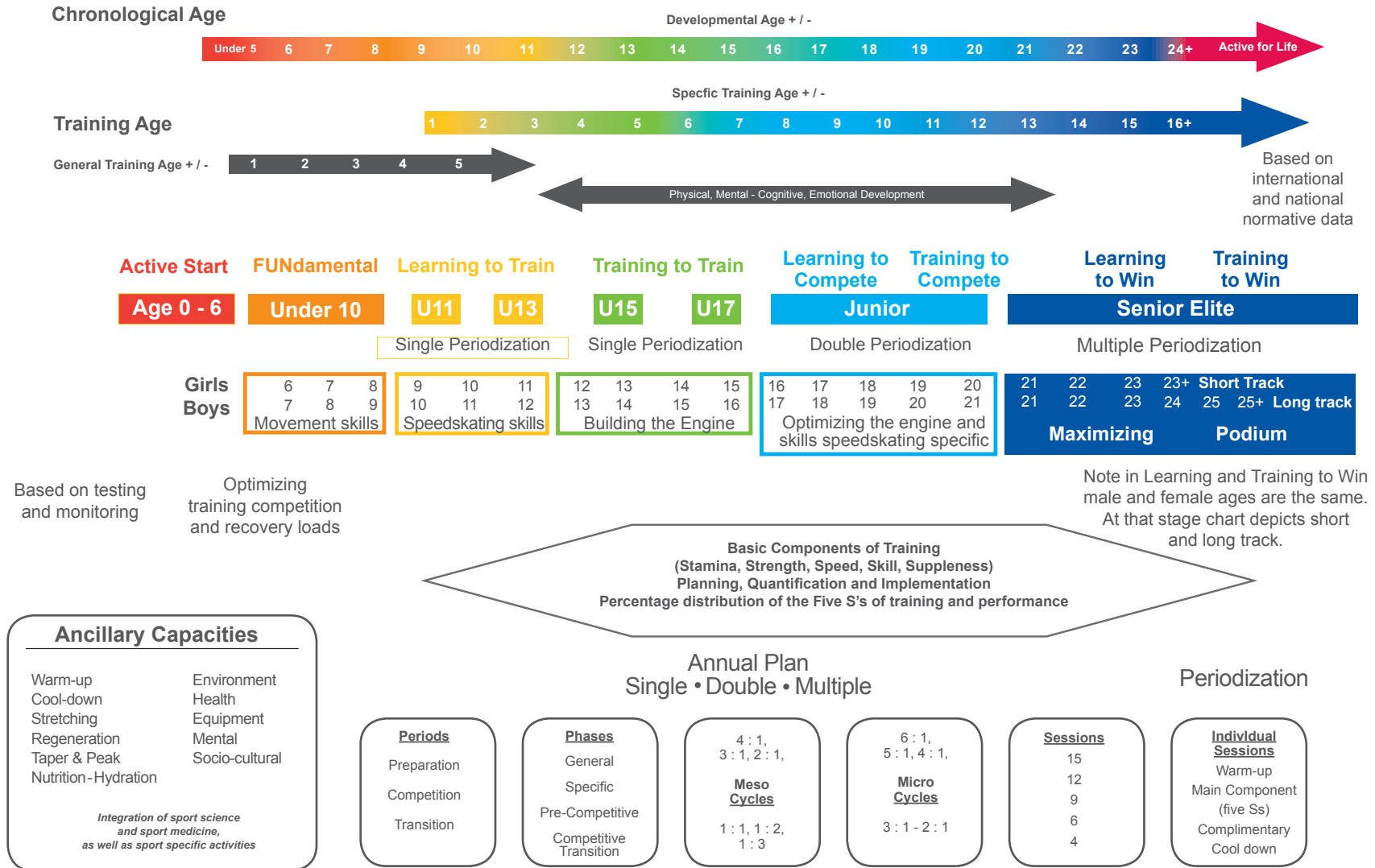
Sessions

15
12
9
6
4

Individual Sessions

Warm-up
Main Component (five Ss)
Complimentary
Cool down

Long-Term Athlete Development Plan - Speed Skating (Way, Holmik and Balyi 2005)



Canadian Curling Association - Long-Term Athlete Development - System (Dagg-Jackson, Balyi, Soligo and Way 2005)

