

BE YOUR BEST ®											
Chronological Age (Years)	12	13	14	15	16	17	18	19	20	21	
Age Periods	Adolescence							Adulthood			
Growth Rate	<adolescent growth="" spurt=""> <decline growth="" in="" rate<="" th=""><th></th></decline></adolescent>										
Maturation Status	<peak height="" th="" velocity<=""><th colspan="5">&gt; Post Peak Height Velocity</th></peak>					> Post Peak Height Velocity					
Training Adaptation	<adolescent awkwardness=""> Combination of Neural and Hormonal (Maturity Related)</adolescent>										
Physical Qualities	Constant Reinforcement and mastery of Fundamental Movement Skills (Agility, Balance, Co-ordination, Speed, Stability, locomotor skills)										
	Sport Specific Skills Sport Specific Skills										
	Mobility - Range of motion about Ankle, Hip, Shoulder complex										
	Stability - Ankle, Hip. Special focus on landing mechanics with ref. to knee stability in multi-plane environment.										
	Agility					Agility					
	Speed					Speed					
	Power - Explosiveness					Power- Explosiveness					
	Strength - Primarily Anatomical Adaptation and systemic strength in key movement patterns					Strength - Gain training age and experience in external resistance					
	Hypertrophy					Hyper	ertrophy Hypertrophy				
	Endurance & Metabolic Conditioning				ing	Endura Meta Condi	bolic Conditioning				
Physiological Assessment	1 per year				2-3 pe	er year	3 per year		3-4 times	s per year	
Movement/ Mobility Competence Screening	Height/Weight monitor ref PHV x 2 per year					3-4 occasions per year using a ressive age/stage relevant screening process					
Session Structure				High Structure - rformance Orien						ghly Structured - Results Oriented	
Player Needs		Fun/Play/ Exploi Progression Develo			Focus/Progress from baseline to developing		towards mas		master	tes and develops y towards career 1 and Senior IC	
Pre-dominant Coaching Style	Guide/Steer Tutor/I		Instruct Fos Chall		ulate/ ster/ enge/ gate	Enable/Aid/Fac Expedite/Endow			Validate/ Support/ Release/ Empower/ Entrust		
Personal/ Character Development Areas					sible; Selfless; Independent; Learner; Humility; Sense & Pride of ace; Courage; Resilience; Positive; Confidence; Passionate; Ambitious; Balanced; Sense of Self/Identity						
Lifestyle	Evolving and continuing education on nutrition, hydration, recovery, monitoring, performance management as appropriate for player age & stage										
Stakeholders	Continuing developing communications & relations with parents, county board officials, schools/colleges, clubs and coaches from other sports/teams										
Specialisation	Play and sample different sports Narrow					Sporting Consider and commit to specialising in one ices sport					
Continuous Improvement	With a focus on the Player/Personal Development being at the heart of everything we do we will foster a Performance and Development Culture underpinned by continual reflection and evaluatio with a firm commitment towards "finding a better way"										
Coach Education	Foundation Award 1 for all coa involved with Pane					Each Panel must have at least one Award 2 coach on their coaching team.					
Coach CPD		All Coaches must attend at least two CPD events over the course of the season									
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