



**EWF North Europe Training Camp and Scientific Seminar
Ventspils, Latvia. August 2017,**

Funded and Supported by the IWF Development Program

PowerPoint Summary

The 'Improvement' Paradigm

1. Observe and analyse
2. Remove the Negative – “Don’t build strength on dysfunction!”
3. Establish Functional Mobility -“Patterning”
4. Establish Functional Stability - “Control”
5. Establish Functional Performance – “Execution”
6. Train the new motor action –“Progressive overload”
7. Implement in ‘competition’

<http://www.coachlearn.eu/european-sport-coaching-framework.html>



**European
Sport
Coaching
Framework**

  Co-funded by the
Erasmus+ Programme
of the European Union

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<http://www.coachlearn.eu>



**Enhancing Coaches' Learning, Mobility and Employability
in the European Union**



Co-funded by the
Erasmus+ Programme
of the European Union



EUROPEAN WEIGHTLIFTING
FEDERATION

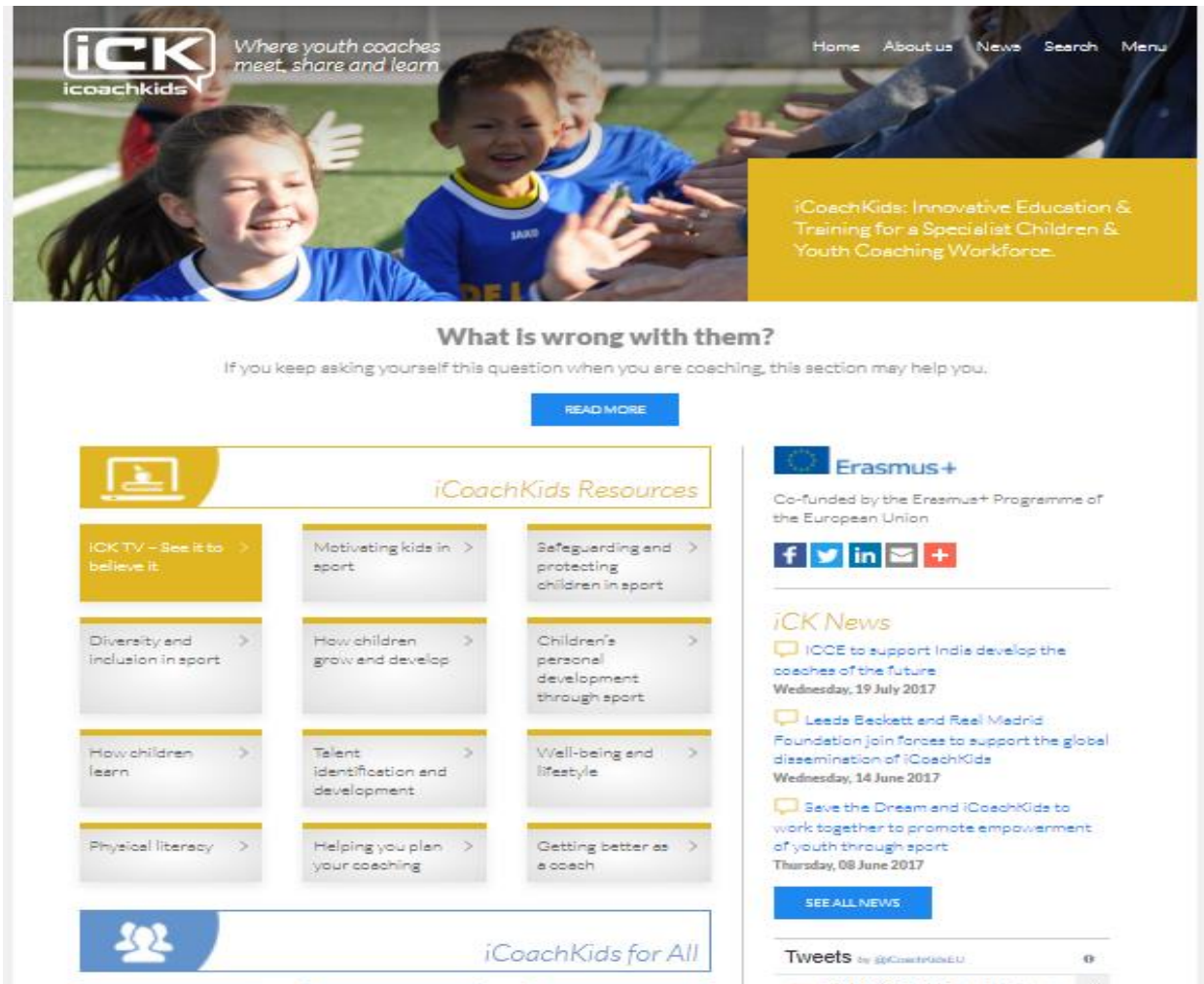
L.T.A.D.P.

EWF North Europe Training Camp and Scientific Seminar
August 2017, Ventspils, Latvia

Kids are not small Adults



http://www.icoachkids.eu



The screenshot shows the iCoachKids website. At the top left is the iCK logo with the tagline "Where youth coaches meet, share and learn". To the right is a navigation menu with "Home", "About us", "News", "Search", and "Menu". The main header features a photo of children and a yellow box with the text: "iCoachKids: Innovative Education & Training for a Specialist Children & Youth Coaching Workforce."

What is wrong with them?

If you keep asking yourself this question when you are coaching, this section may help you.

[READ MORE](#)

iCoachKids Resources

iCK TV – See it to believe it.	Motivating kids in sport	Safeguarding and protecting children in sport
Diversity and inclusion in sport	How children grow and develop	Children's personal development through sport
How children learn	Talent identification and development	Well-being and lifestyle
Physical literacy	Helping you plan your coaching	Getting better as a coach

iCoachKids for All

Erasmus+
Co-funded by the Erasmus+ Programme of the European Union

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iCK News

- [iCCE to support India develop the coaches of the future](#)
Wednesday, 19 July 2017
- [Leeds Beckett and Real Madrid Foundation join forces to support the global dissemination of iCoachKids](#)
Wednesday, 14 June 2017
- [Save the Dream and iCoachKids to work together to promote empowerment of youth through sport](#)
Thursday, 08 June 2017

[SEE ALL NEWS](#)

Tweets

by @iCoachKidsEU

<http://www.icoachkids.eu/the-fundamentals-of-movement.html>



MAINTENANCE



Training Adaptation

MALE YOUTH PHYSICAL DEVELOPMENT MODEL

Chronological Age (Years)	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21+		
Maturation Status	Pre-pubertal				Pubertal (Growth Spurt)										Post-pubertal								
Training Adaptation	Predominantly Neuromuscular										Combination of Neuromuscular and Hormonal												
Physical Qualities	FMS	FMS		FMS												FMS							
	AG	AG		AG												AG							
	AGILITY	AGILITY		AGILITY												AGILITY							
	AGILITY	AGILITY		AGILITY												AGILITY							
	SPEED	SPEED		SPEED												SPEED							
	POWER	POWER		POWER												POWER							
	STRENGTH	STRENGTH		STRENGTH												STRENGTH							
		NEUROMUSCULAR		NEUROMUSCULAR												NEUROMUSCULAR	HYPERTROPHY						
		ENDURANCE AND MC		ENDURANCE AND MC												ENDURANCE AND MC	ENDURANCE AND MC						
	Training Structure	Unstructured	Low Structure		Moderate Structure		High Structure		Very High Structure														

FEMALE YOUTH PHYSICAL DEVELOPMENT MODEL

Chronological Age (Years)	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21+		
Maturation Status	Pre-pubertal				Pubertal (Growth Spurt)										Post-pubertal								
Training Adaptation	Predominantly Neuromuscular										Combination of Neuromuscular and Hormonal												
Physical Qualities	FMS	FMS		FMS												FMS							
	AG	AG		AG												AG							
	AGILITY	AGILITY		AGILITY												AGILITY							
	AGILITY	AGILITY		AGILITY												AGILITY							
	SPEED	SPEED		SPEED												SPEED							
	POWER	POWER		POWER												POWER							
	STRENGTH	STRENGTH		STRENGTH												STRENGTH							
		NEUROMUSCULAR		NEUROMUSCULAR												NEUROMUSCULAR	HYPERTROPHY						
		ENDURANCE AND MC		ENDURANCE AND MC												ENDURANCE AND MC	ENDURANCE AND MC						
	Training Structure	Unstructured	Low Structure		Moderate Structure		High Structure		Very High Structure														

Chronological Age (years)	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21+
Maturational Status	Pre-pubertal			Pubertal (Growth Spurt)						Post-pubertal										
Training Adaption	Predominantly Neural						Combination of Neural and Hormonal													
Physical Qualities	FMS	FMS			FMS			FMS												
	SSS	SSS			SSS			SSS												
	Mobility	Mobility						Mobility												
	Agility	Agility			Agility			Agility			Agility									
	Speed	Speed			Speed			Speed			Speed									
	Power	Power			Power			Power			Power									
	Strength	Strength			Strength			Strength			Strength									
		Hypertrophy						Hypertrophy			Hypertrophy			Hypertrophy						
	Endurance and MC	Endurance and MC						Endurance and MC			Endurance and MC									
Training Structure	Unstructured		Low Structure			Moderate Structure			High Structure			Very High Structure								

FEMALE YOUTH PHYSICAL DEVELOPMENT MODEL

Chronological Age (Years)	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21+	
Maturational Status	Pre-pubertal								Pubertal (Growth Spurt)								Post-pubertal				
Training Adaption	Predominantly Neural								Combination of Neural and Hormonal												
Physical Qualities	FMS	FMS		FMS		FMS		FMS		FMS		FMS		FMS		FMS		FMS		FMS	
	SSS	SSS		SSS		SSS		SSS		SSS		SSS		SSS		SSS		SSS		SSS	
	Mobility	Mobility		Mobility		Mobility		Mobility		Mobility		Mobility		Mobility		Mobility		Mobility		Mobility	
	Agility	Agility		Agility		Agility		Agility		Agility		Agility		Agility		Agility		Agility		Agility	
	Speed	Speed		Speed		Speed		Speed		Speed		Speed		Speed		Speed		Speed		Speed	
	Power	Power		Power		Power		Power		Power		Power		Power		Power		Power		Power	
	Strength	Strength		Strength		Strength		Strength		Strength		Strength		Strength		Strength		Strength		Strength	
		Hypertrophy		Hypertrophy		Hypertrophy		Hypertrophy		Hypertrophy		Hypertrophy		Hypertrophy		Hypertrophy		Hypertrophy		Hypertrophy	
		Endurance and MC		Endurance and MC		Endurance and MC		Endurance and MC		Endurance and MC		Endurance and MC		Endurance and MC		Endurance and MC		Endurance and MC		Endurance and MC	
Training Structure	Unstructured			Low Structure			Moderate Structure			High Structure			Very High Structure								

Development Pathway

Athlete

Coach

LEVEL

LEVEL

4

ELITE

Focus on Representative Teams

3

COMPETITION

Focus on National Standards

COMPETITION

Focus on Personal Goals

&

2+

2

PARTICIPATION

Focus on Future Achievement

PARTICIPATION

Focus on Present Enjoyment

1

FOUNDATION

Focus on Mastering Basic Techniques and Tactics

1

COMPOSITE YOUTH DEVELOPMENT (CYD) MODEL FOR FEMALES

CHRONOLOGICAL AGE (YEARS)	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21+
AGE PERIODS	EARLY CHILDHOOD			MIDDLE CHILDHOOD						ADOLESCENCE							ADULTHOOD			
MATURATIONAL STATUS	YEARS PRE-PHV ←								PHV	→ YEARS POST-PHV										
TALENT DEVELOPMENT	Investment Years				Sampling Years						Recreation Years									
											Specializing Years									
PSYCHO-SOCIAL DEVELOPMENT	Exploration and social interaction				Peer relationships, empowerment, self-esteem						Self-worth, self-confidence									
											Sport-specific psychological skills									
	←								<i>Motivation for lifetime engagement in sports and physical activity</i>								→			
PHYSICAL DEVELOPMENT	FMS			FMS			FMS			FMS										
	sss			SSS			SSS			SSS										
	Mobility			Mobility						Mobility										
	Agility			Agility			Agility			Agility										
	Speed			Speed			Speed			Speed										
	Power			Power			Power			Power										
	Strength			Strength			Strength			Strength										
	Hypertrophy			Hypertrophy			Hypertrophy						Hypertrophy							
	Endurance & MC			Endurance & MC			Endurance & MC						Endurance & MC							