

Stephen Green Consultancy

# MATURATION. WAYS TO MANAGE TRANSITIONS EFFECTIVELY

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# UNDERSTANDING GROWTH & DEVELOPMENT

Understanding the complex area of growth and development in young sports athletes presents many challenges for the coach. The main hurdle in following a recognised path of action is that each sports athlete is an individual. Rates of growth and maturation occur at different times. It is believed that there can be up to four years physical difference in some cases between two individuals of the same age. This begs the question **HOW DO COACHES PLAN AN EFFECTIVE PROGRAMME AND HOW DO THEY KNOW AT WHAT STAGE OF MATURATION THEIR ATHLETE IS AT ?**

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In order to understand the general path of growth and maturation I have produced a resource which has been written by one of the worlds leading track and field coaches. Dave Johnson lays out a clear path and highlights the gender differences in growth and maturation. Using his long coaching experience he maps a teaching path that takes into account the physical and psychological considerations that apply to each stage of development.



**David Johnson is high performance coach in athletics. He has vast experience at competing and coaching at the highest level of sport. He worked as the national coach for jumps and lectures on mentoring as well as coaching his own group of high performance athletes.**

Copies of understanding development can be downloaded from the Middlesex Tennis performance section of the website or by emailing me.

# SIMPLE WAYS OF MANAGING AGE BAND TRANSITIONS

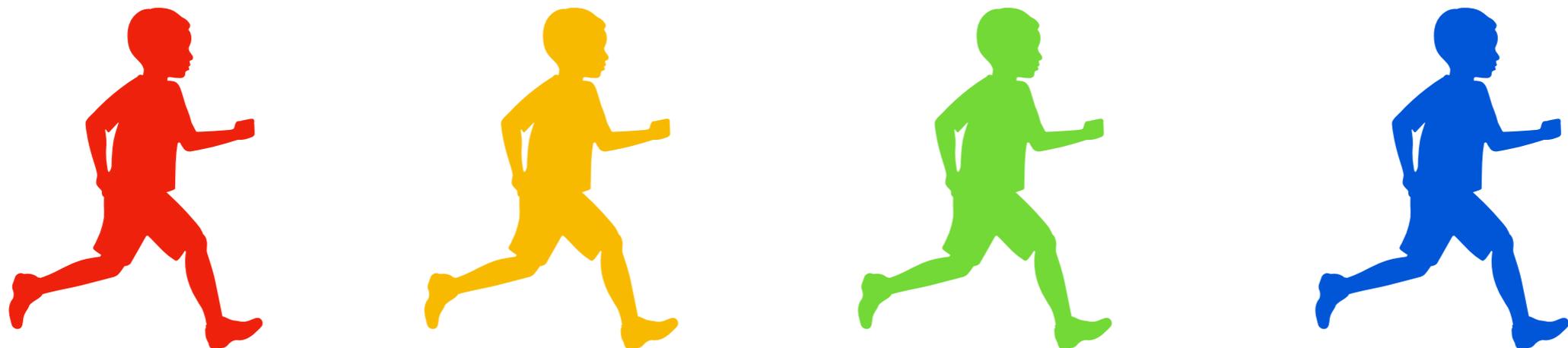
There are many simple ways in which a performance coach can manage their programme and still provide inclusivity and individualisation. These areas include;

Environment

Equipment

Individual training programmes

By setting a strong and clear plan in these areas it is possible to provide much of what is required to support both a high performance sports athlete and a general recreational participant in their sport.



# ENVIRONMENT

Setting the stage. This is particularly important for the new arrival to the sport venue. IS YOUR ENVIRONMENT ?

Welcoming

Friendly

Relaxed or tense

Are parents welcome ?

Are parents allowed to watch sessions ?

Is information clearly displayed and easy to understand?

Are the basics in place ; heat, light. water,changing and shower facilities, food, first aid. In other words A SAFE AND CLEAN ENVIRONMENT.

A good training environment plays a key part in sports athletes staying with your programme.

# EQUIPMENT

What equipment do you have on site?

Is it safe and well maintained?

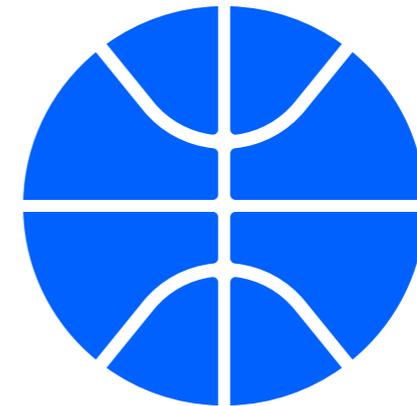
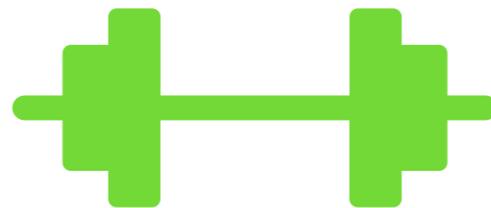
Is it stored and locked away?

Is it checked and counted regularly?

Is it age appropriate? Do you have a wide range of loads ( Eg. medicine balls. 1kg to 6 kg)

Does it provide variety?

In other words. CAN YOU DO THE JOB WITH WHAT YOU HAVE AVAILABLE ?



# TRAINING PLANS

A well planned and regularly updated training plan provides a clear pathway for everyone involved.

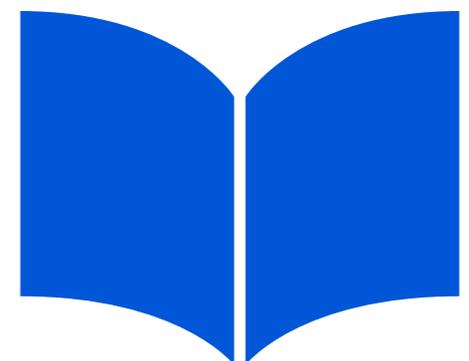
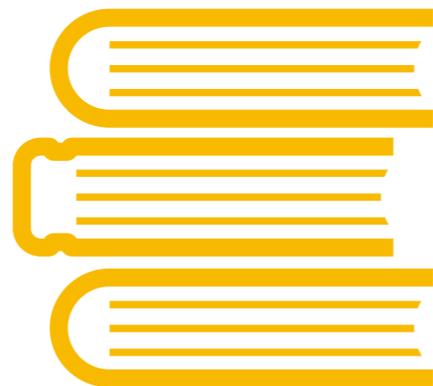
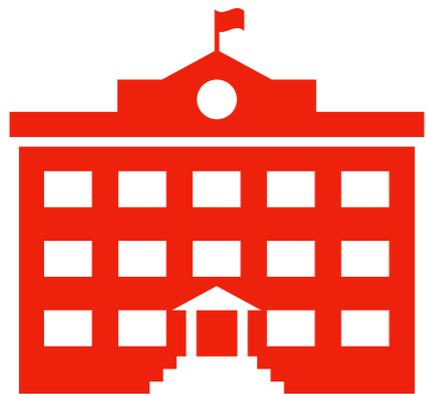
How is your pathway planned ?

Are all the coaches at your venue aware of the plan?

Are different parts of the programme synchronised.?

Is communication good between all those involved in the programme ?

Are the goals of the programme clear and understood by all involved.



# SIMPLE GUIDELINES FOR MANAGING TRANSITIONS

3 years old to 8 years old. Fun, multi sport and activities. Simple measures for run jump kick throw. A welcoming environment. Discovery learning style. Good parental inclusion. Co ordination, balance.

7 to 9 year olds. As above

8 to 10. Year olds As above. It is possible to introduce light circuits and basic running. More adherence to warm ups and cool downs. Introducing more formal stretching and flexing routines.

10 to 12 year olds. Increase co ordination work. Develop circuits. Introduce weight training patterns using light loads such as dumbbells and bars.

13 to 15 year olds. Reinforce routines through the teenage years. Increase strength training. There are many distractions for this age band. Strong and regular routines provide physical and mental stability. Training load is gradually increased. Growth spurts need careful management.

16 +. Individualisation of the programme in preparation for senior sport.



Stephen Green has been involved in high performance sport for over fifty years. Both as an international sprinter and a strength and conditioning coach. His vast experience has guided many people to the very top of their chosen sport.