



**SCOTTISH  
WRESTLING**

# **Long Term Athlete Development Model**

## Scottish Wrestling - Long Term Athlete Development Model

Categories	Elements	Foundation	Learning to Train	Training to Train	Training to Compete	Training to Win
<b>Age Girls</b>		6-8	8-11	11-15	15-17	17+
<b>Age Boys</b>		6-9	9-12	12-16	16-18	18+
<b>Focus</b>		<p>Talent development begins with the FUNdamental stage, in which the emphasis is on developing fundamental movement skills. Participants in the FUNdamental stage should:</p> <p>learn a wide range of movement activities in fun, playful and creative environments take a multi-skills approach to development, rather than sport-specific specialisation be encouraged to develop basic movement skills, instead of building towards formal competitive events develop speed, power and endurance through fun games and challenges benefit from the involvement and support of parents, who encourage participation.</p>	<p>In this stage, participants begin to develop sport-specific skills. They should:</p> <p>develop basic skills and fitness through preferred activities reduce the number of sports/activities that they engage in (leaving a minimum of three) focus on mastery of basic sport skills through regular practice in fun-based environments, using discovery learning technique of inquiry-based learning) learn for the sake of training, rather than for a performance outcome be given some element of competition (such as 25% of training programme).</p>	<p>In this stage, a more serious commitment to training and skill development needs to be made. Participants should:</p> <p>have an individualised programme designed to meet their needs develop technical, tactic and mental capacities potentially, be split into small groups of participants at a similar level for physical conditioning and fitness work depending on the nature of the activity, undergo potential segregation into male and female groups undergo regular height checks to identify key periods for appropriate training and optimum benefit undergo appropriate and sensitive medical monitoring and musculo-skeletal screening (with care taken to support participants through this process) avoid an excessive amount of repetitive, weight-bearing aerobic</p>	<p>In this stage, participants are likely to be involved in substantial, long-term training programmes. Participants should:</p> <p>have an individualised programme in place relating to their strengths and weaknesses for a selected event/position attend all-year-round training that is high in intensity and specific to their sport be involved in training that simulates competitive event conditions have individualised support structures in place, including in relation to fitness, psychology and nutrition be encouraged to learn from all experiences as well as striving to win.</p>	<p>In this stage, the focus is ordinarily on preparing participants for selected competitive events. Participants should:</p> <p>focus on optimising performance for selected competitive events have planned rest breaks in place to avoid burnout and injury have decreased general training but increased sport-specific training develop a multi-periodisation approach, in which training is divided into 'blocks' with individual goals.</p>
<b>Wrestling</b> - The specific skills required to perform in the sport of wrestling	Readiness & Safety	Acquire	Consolidate	Refine	Master	Innovate
	Wrestling Knowledge					
	Warm Up & Cool Down					
	Wrestling Skills					
	Technique					
<b>Physical</b> - The skills and fitness a person acquires and applies through movement	Movement skills	Acquire	Consolidate	Refine	Master	Innovate
	Moving with equipment					
	Object manipulation					
	Coordination					
	Stability, Balance					
	Flexibility					
	Agility					
	Strength					
	Muscular endurance					
	Cardiovascular endurance					
Reaction time						
Speed						
<b>Psychological</b> - The attitudes and emotions a person has towards movement and the impact they have on their confidence and motivation to move	Engagement and enjoyment	Acquire	Consolidate	Refine	Master	Innovate
	Confidence					
	Motivation					
	Connection to places					
	Self-perception					
	Self-regulation [emotions]					
Self-regulation [physical]						
<b>Social</b> - A person's interaction with others in relation to movement	Relationships	Acquire	Consolidate	Refine	Master	Innovate
	Collaboration					
	Ethics					
	Society and culture					
<b>Cognitive</b> - A person's understanding of how, why and when they move	Reasoning	Acquire	Consolidate	Refine	Master	Innovate
	Strategy and Planning					
	Perceptual Awareness					
	Tactics					
<b>Lifestyle</b> - The skills required to manage life outside and around sport	Life Skills	Acquire	Consolidate	Refine	Master	Innovate
	Education, Career, Business					
	Nutrition & Weight Management					
<b>Programmes</b>		NA	U14	U14, Talent Development	Talent Development, Performance Programme	Performance Development, Performance Programme
<b>Camp Sessions</b>		Introduction TD camps (1-4)	TD camps (1-4)	TD camps + external camps (4-6)	TD camps + external camps (4-6)	PP camps + external camps (6-10)
<b>Training Matches - Weekly</b>		NA	0-2	2-4	3-5	4-6
<b>Training Partners</b>		NA	Internal	Internal, External	Internal, External	Internal, External
<b>Competitions</b>		NA	1-2	2-4	3 - 6	4 - 6
<b>Weekly Sessions (Mat + S&amp;C)</b>		1-2	1-3	2-5	6 - 10	6-10
<b>Support Network</b>		Parents & Carers, Teachers, Session Coach, Club Coach	Parents & Carers, Teachers, Club Coaches, Performance Coach	Parents & Carers, Teachers, Club Coaches, Performance Coach	Parents & Carers, Teachers, Club Coaches, Performance Coach	Club Coaches, Performance Coach, Athlete Performance Support
<b>Resources</b>		Wrestling Mats, Facility	Wrestling Mats, Facility	Wrestling Mats, Facility, S&C Facility	Wrestling Mats, Facility, S&C Facility	Wrestling Mats, Facility, S&C Facility
<b>Staffing</b>		Wrestling Coach	Wrestling Coach, Assistant Coach, Manager	Wrestling Coach, Assistant Coach, Manager	Wrestling Coach, Assistant Coach, Manager	Wrestling Coach, Assistant Coach, Manager
<b>Recreational Pathway</b>		Technical Awards				
<b>Minimum Coach Qualification</b>		UKCC Level 1	UKCC Level 2			UKCC Level 2 & UWW Qualifications
<b>Retainment</b>		<p>Participants enter this stage when they withdraw from competitive sport but not from sport altogether. As such, the age at which they enter it varies for each individual and according to the sport. Participants should:</p> <p style="text-align: center;">take up alternative activities (such as coaching; administration; mentoring; other sports/hobbies, or competition at masters level) consider reducing their training load if they are used to competing at a high level</p>				



**Scottish Wrestling**  
**Company No. SC548142**  
**Caledonia House, 1 Redheughs Rigg,**  
**Edinburgh EH12 9DQ**

**[www.wrestling.scot](http://www.wrestling.scot)**  
**[mail@wrestling.scot](mailto:mail@wrestling.scot)**  
**0131 339 8785**