

# Physical Considerations



- Biological vs Chronological age or Biological vs Real age
- PHV (Peak Height Velocity) – different for every player
- Sensitive Periods or Windows of Optimal Trainability

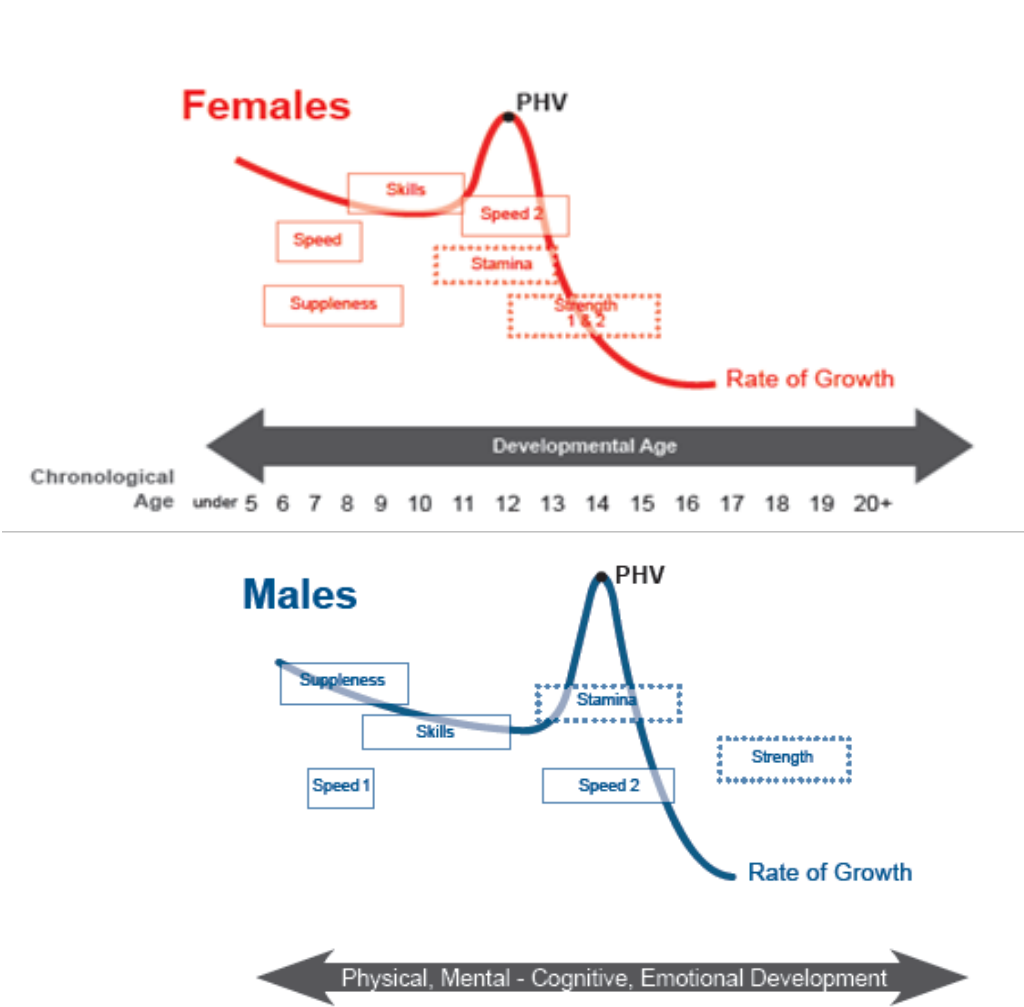
# Sensitive Periods / Windows of Optimal Trainability



	CHRONOLOGICAL AGE (BIOLOGICAL AGE +/- 2 YEARS)												
	6	7	8	9	10	11	12	13	14	15	16	17	18
SOMATIC CHARACTERISTICS													
HEIGHT													
WEIGHT													
COORDINATIVE QUALITIES													
SKILL - TECHNIQUE													
MOTOR LEARNING													
MOTOR CONTROL													
CO-ORDINATION													
AGILITY													
REACTION													
RHYTHM/CADENCE													
BALANCE													
ORIENTATION													
DIFFERENTIATION													
SPATIAL AWARENESS													
KINAESTHETIC AWARENESS													
PHYSICAL QUALITIES													
ENDURANCE													
STRENGTH													
MAXIMUM STRENGTH													
SPEED													
SPEED ENDURANCE													
POWER													
AEROBIC ENDURANCE													
ANAEROBIC ENDURANCE													
FLEXIBILITY													

NOTES:  
Peak Height Velocity will determine the onset of sensitive periods of weight, strength and speed development

KEY:                      **Trainable**                      **Highly trainable**                      **Very highly trainable**



REFERENCE:  
1: ADM – USA Hockey: <https://www.admkids.com/page/show/990393-w-windows-of-trainability>  
2: ITF Coaching Beginner and Intermediate Tennis Players – ITF: Page 57





# Mental Considerations

- Behaving cordially
- Dealing with Adversity
- Finding Ideal Performance state
- Creates routines

## Emotional control

- Learning to focus
- Being attentive
- Using visualisation

## Concentration

## Control of thoughts

- Loving the game
- Competitive
- Giving 100%
- Sustain effort
- Developing responsibility

## Motivation

- Positive attitude
- Self confident
- Setting goals
- Developing independence

# Mental Characteristics for Developing Players

4-6 years

- Wants instant gratification
- Egocentric
- Learns by imitating
- Loses interest quickly
- Needs constant praise

7-9 years

- Growing capacity to concentrate
- Greater interest in group interaction
- Responsive to new information
- Wants praise from authoritative figures

10-12 years

- Can establish medium and long term goals
- Shows greater enthusiasm towards participation in activities
- Socially oriented towards peer approval
- Less accepting of what you tell them



# Thank you

