Where’d this come from?

History of LTAD: Ancient Greece (circa 400 BC)

Agōgē

the rigorous education & training program mandated for all male Spartan citizens

- Aim ➤ produce strong and capable warriors to serve in the Spartan army
- Stages
  - the païdes (about ages 7–17) – initial training w/ further subdivisions
  - the paidískoi (ages 17–19) – reserve member of army
  - the hēbōntes (ages 20–29) – full service in army

(Eisenmann, 2018)
Where'd this come from?

Ready for Labour and Defence of the USSR
Gotov k trudu i oborone - GTO

- Complement to the Unified Sports Classification
- Physical culture training programme for all Soviet people of almost all ages, introduced on March 11, 1931
- “enhance the physical education and readiness for mobilization of the Soviet people, primarily the younger generation”

(Eisenmann, 2018)
The basic premise is that LTAD provides a framework by which we can train athletes based on their physical, cognitive, and psychological development.

**What’s the big idea?**

Coach the athlete you have, not the one you don’t.
Why’s it important

1. Young athletes in team sports are over-competing and under-training.
2. Adult training and competition models are being superimposed on developing athletes.
3. Competition and training methods for males are being superimposed upon females.
4. Preparation is often geared towards short term goals over long term development.
5. Fundamental movement skills and sport skills are taught incorrectly or not at all.
6. Youth Sport stops being fun.
Kid: Mom, Add the lettuce. Add the lettuce. ADD THE LETTUCE!!!
Mom: Silently turns around and grabs a pepper.
Kid: No, No, No. Not the peppers. I said LETTUCE!!!
Mom: Silently adds salt.
Kid: Mix it clockwise. No the other way. Keep mixing!!
Mom: (in her head) Let me make the damn salad.
1 Week Later
Kid: Mom can we have salad?
Mom: Sure, how do I make one?
Kid: WE JUST WENT OVER THIS! Why don’t you listen?
Mom: I give up. Let’s just go to McDonalds.
Cognitive Development

Struggle is not only desirable, it is a biological requirement...
(Hardiman, 2012)
## Cognitive Development

<table>
<thead>
<tr>
<th>Stage</th>
<th>Ego</th>
<th>Me</th>
<th>We</th>
<th>Team</th>
</tr>
</thead>
<tbody>
<tr>
<td>2-7</td>
<td></td>
<td></td>
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<tr>
<td>7-11</td>
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<td>11+</td>
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</tbody>
</table>

### Ego
- **Me**
- **We**
- **Team**

### Cause and Effect
- **IDK**
- **If/Then**
- **This might, but also could**

### Time
- **“Over all ready?”**
- **How long until...?”**
- **“Not much time left”**

### Comparison
- **“I am awesome!”**
- **“(s)he is faster than me...”**
- **“(s)he is faster, but I can...”**

### Abstract / Hypothetical
- **“Huh?”**
- **Give and Go**
- **A to B, B to C and then back to A**
What’s the role of fun in learning?

- Intrinsic motivation
- Reduce social inhibitions
- Reduce stress
- Relaxed alertness

The Role of Fun in Learning; (Bisson & Luckner),
http://journals.sagepub.com/doi/pdf/10.1177/105382599601900208
Physical Development
What’s going on inside that kid?

(Scammon, 1930)
Different performance traits are more receptive to development at different times.

Key to development is making sure your child is working on the appropriate window.

Too much or not enough emphasis on the proper window stunts performance.
The windows are never really open or closed.

It’s more about what training should be emphasized.