



Play to Win

AGE: Girls 18+ | Boys 19+

Athletic skills:

Agility, footwork, dynamic balance, strength, endurance, speed and flexibility. At this stage the athlete should have a solid foundation in place.

Technical skills:

Full mastery of technical skills; set game plan and understanding of personal strengths and weaknesses.

Psychological Development:

Accepts the need for rules, regulation, planning and structure. Also sees long-term pay off of hard work and goal setting.

Social Development:

Self-actualization and self-expression are important. Major decisions about life are of significant importance during this time.

Practice:

44-48 weeks per year.
40 hours per week.
4-6 hour sessions.

Competition:

Periodized planning based on the personal athlete.
Professional – 20-35 multi round events per year.
Amateur – 13-20 multi round events per year.

Equipment:

Ongoing review and fitting based on sport science

Where to play:

N/A