

Some stages of the development for the athlete

Foundation phases		Performance phases			Recreation phase
Fundamentals (5-10)	Paddle-sport Start and development (8-14)	Training to train (11-17)	Training to Perform (14-21)	Training to Excel (over 17)	Personal Choice
Focus on					
<ul style="list-style-type: none"> • FUN! • Learning to move. 	<ul style="list-style-type: none"> • Fun! • Introducing and developing paddle sport skills. 	<ul style="list-style-type: none"> • Developing physiological and technical abilities. 	<ul style="list-style-type: none"> • Optimizing physiological and technical skills. 	<ul style="list-style-type: none"> • Producing high-level performances. 	<ul style="list-style-type: none"> • Individual needs
This stage is important for					
<ul style="list-style-type: none"> • Ability, balance and coordination • Movement skills • Speed work • Joint stability • Strength through own body weight • Swimming and water skills • Confidence in movement and in water • At least 3 other sports. 	<ul style="list-style-type: none"> • Motor-skill learning in flat and moving water • Endurance • Flexibility and joint stability • Speed work • Strength using own body weight • 2-3 other sports 	<ul style="list-style-type: none"> • Aerobic conditioning • Speed work • Strength • Flexibility and joint stability • Discipline-specific skills • Other sports as appropriate • Basic mental skills • Specific tactics. • Be aware of growth sport. 	<ul style="list-style-type: none"> • Speed work • Maximum strength and power • Endurance • Flexibility and joint stability • Discipline-specific skills • Consistency of performance • Mental skills • Effective use of tactics. 	<ul style="list-style-type: none"> • Speed work • Strength • Flexibility and joint stability • Endurance • Advanced mental skills 	<ul style="list-style-type: none"> • Injury-free fitness • Injury-free technical skills • Physiological, mental, technical and tactical skills
Volume / intensity of training					
<ul style="list-style-type: none"> • High volume • Low intensity 	<ul style="list-style-type: none"> • According to growth - likely to be high volume with increasing intensity 	<ul style="list-style-type: none"> • According to growth - likely to be low volume with increasing intensity 	<ul style="list-style-type: none"> • High volume with increasing intensity 	<ul style="list-style-type: none"> • High volume • High intensity 	<ul style="list-style-type: none"> • To suit individual but likely to be low volume with medium intensity
Number and length of sessions per week					
<ul style="list-style-type: none"> • 4-6 sessions of physical activity • 1 water session every 3 other sport sessions • 30 to 60 min per session 	<ul style="list-style-type: none"> • 3 hours of paddling in total • 3 hours of other sports • 30 to 90 min per session 	<ul style="list-style-type: none"> • 3 to 8 paddling sessions (specific discipline) • 45 to 120 min per session 	<ul style="list-style-type: none"> • 7 to 14 specific training sessions • 45 to 120 min per session 	<ul style="list-style-type: none"> • Individualized • 45 to 120 min per session 	<ul style="list-style-type: none"> • Individualized to suit for life style