



# SPORTS DEVELOPMENT



0 - 6 years ↔ ± 6 - 8 years ↔ ± 8 - 11 years ↔ ± 11 - 15 years ↔ ± 15 - 18 years ↔ ± 18+  
 ↔ ± 6 - 9 years ↔ ± 9 - 12 years ↔ ± 12 - 16 years ↔ ± 16 - 19 years ↔ ± 19+

Active Start

Fundamentals

Learning to Train

Training to Train

Training to Compete

Training to Win

Initiation

Development

Perfection

Climbing Skills

*Windows of opportunity for development motor movement*

Fundamental climbing & movement skills  
Play & Fun

Intro in comps  
(rules and tactics)

Advanced climbing techniques, tactics,  
movement diversity and creativity

Perfecting climbing movement  
techniques and tactics

Physical Development

*Windows of opportunity for physical development*

General condition

Fundamental movement patterns

Aerobic

Athletic skills

Strength

Power endurance

Anaerobic

Power & Max Strength

Specific strength and endurance  
training for perfection

Psychological Development

Commitment and confidence grows

Fundamental sport skills

Intrinsic motivation

Sports lifestyle Awareness

Psychological & Mental development

Can deal with setbacks

Sport lifestyle focused on training

Full focus

Disciplined and high intrinsic  
motivation

Mental skills and lifestyle  
for perfection

Conditions

elementary school

schoolchild

parents < brother / sister < age generation

puberty

PHV

high school

adolescent

age generation < trainer < parents

student

adult

partner < coach < teammates

Start training for having a lifetime injury free and a balanced climbing life.