



# development of the athlete in practice

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# ASSESS THE ATHLETE

- AGE – TRAINING YEARS
- ABILITY
- APTITUDE - DESIRE
- DEVELOPMENT – PROGRESS
- AIMS
- TIME AVAILABLE
- EVENT

# TRAINING PROGRAMME

- DEVISE A PROGRAMME:-
- RELEVANT TO ATHLETE'S DEVELOPMENT
- ABILITY
- TIME
- EVENT
- PROGRESSIONS
- REALISTIC GOALS

# COAST AT SPEED

- CONCENTRATION
- OBSERVATION
- ANTICIPATION
- SPACE
- TIME



# TRAINING PROGRAMME

- **BESPOKE**

