

6 RECOMMENDATIONS FOR COACHES OF FUTURE CHAMPIONS

1 UNDERSTAND

how growth and maturation influence performance to inform athlete evaluation and development (e.g., training, competition exposure).



2 COLLABORATE

with parents to obtain and track growth and maturation status information.

3 ENCOURAGE

sampling a wide range of sports with diverse technical skills pre- and during PHV.



4 MONITOR

training load, competition exposure and psycho-social wellbeing around peak growth periods (i.e., PHV) to reduce potential injury and dropout.

5 EMPHASISE

technical and tactical skill development irrespective of developmental stage, and prioritise skill re-learning and injury prevention during PHV.



6 LIGHTEN UP

physical training loads and competition during PHV - MAKE IT FUN!

In relation to strength (gym) training, prescribe 'lighter' body mass loads and focus on functional movement skill development.

Higher loads can be introduced post-PHV (e.g., >1 YPHV).

