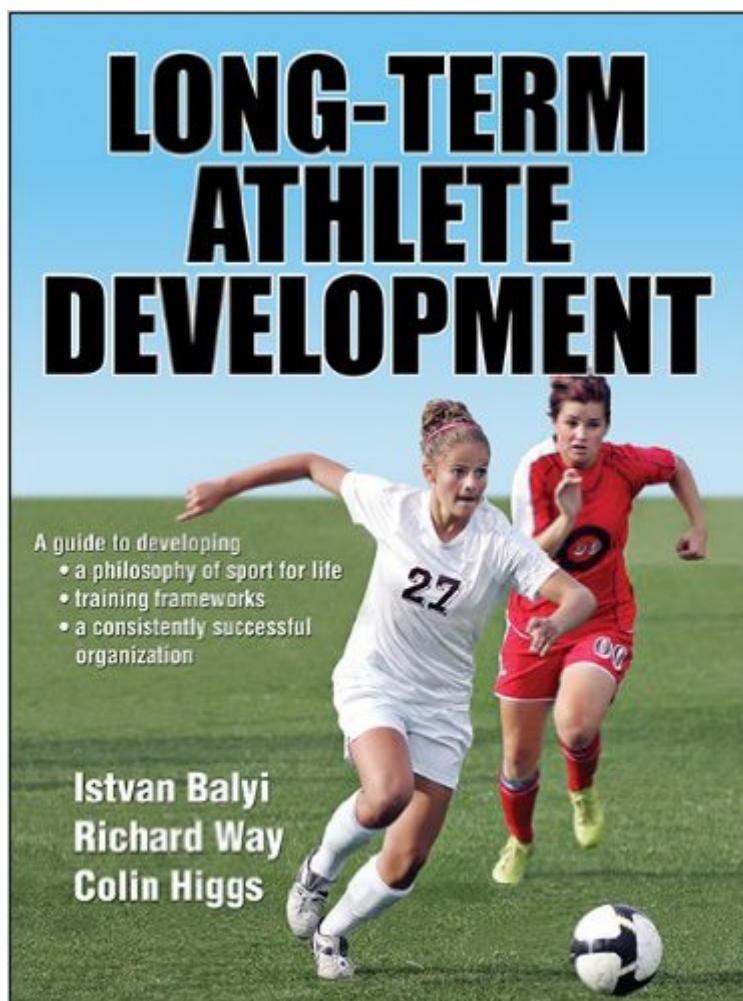


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# Long-Term Athlete Development



## Synopsis

Long-Term Athlete Development describes how to systematically develop sporting excellence and increase active participation in local, regional, and national sport organizations. This resource describes the long-term athlete development (LTAD) model, an approach to athlete-centered sport that combines skill instruction with long-term planning and an understanding of human development. By learning about LTAD, sport administrators and coaches will gain the knowledge and tools to enhance participation and improve performance and growth of athletes. This text offers the first in-depth and practical explanation of the LTAD model. Long-Term Athlete Development integrates current research on talent development and assessment into practice to help sport leaders plan athletic development across the life span or design detailed programs for a particular group, including those with physical and cognitive disabilities. Authors Balyi, Way, and Higgsâ "pioneers and veteran LTAD facilitatorsâ "critique current talent development models, discuss the limitations of the LTAD model, and demonstrate the benefits of LTAD as a new approach. By integrating knowledge of these models, readers are able to analyze their own programs and take steps to improve sport and coaching philosophies and reach adherence and performance goals.

Explanations and visuals of concepts help readers understand the state of knowledge in talent identification and long-term athlete development. Chapter-opening vignettes offer examples of how the LTAD model can be used to alleviate common issues. Listings at the end of each chapter offer sources for further study, and reflection questions guide readers in applying the content. The text offers a logical presentation of current research: 

- â €¢ Key factors that guide and shape the LTAD model, such as physical literacy, the differences between early- and late-specialization sports, and variations in trainability across the life span
- â €¢ Information on the time needed to develop excellence in sport and how periodization of training is related to the developmental stage of the athlete
- â €¢ The seven stages of LTAD, from development of fundamental movement skills to training for elite competition and the transition to lifelong physical activity
- â €¢ Considerations in the development of optimal programs for participants passing through each of the seven stages

Long-Term Athlete Development is an essential guide to improving the quality of sport, developing high-performance athletes, and creating healthy, active citizens. It offers parents, coaches, and sport administrators a deeper understanding of the LTAD model, helping them create an enjoyable, developmentally appropriate environment for both competitive athletes and enthusiastic participants.

## Book Information

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## Customer Reviews

When I was introduced to the LTAD concept for the first time, I was impressed, I knew instantly and intuitively that this is the right way to go. It is the Zeitgeist movement of sport! Money and fame are secondary, irrelevant, health, wellbeing and full development of human potentials are priorities.

Truly inspiring and philanthropic view on sport. However, this book is a waste of time. It is written like a political manifest, a local political campaign or orientation book. Not that I have something against it, but I have expected more practical suggestions, something concrete, a book full of "take home messages". This is just common sense, without many true advices that could be applied in everyday practice. I guess they expect us to attend their courses to learn something that could be truly applied?

I started wondering why Canada has risen so rapidly in the Winter Olympic stage and learned that they have incorporated Long-Term Athlete Development in their school curriculum. This study gives excellent stages on how children develop in athletics not just to compete but to be life long athletes. Well studied and well written.

A well thorough discussion of Long Term Athlete Development with rationale, practical examples and relevant issues offered that are facing the sport. Some of the theory lacks peer reviewed evidence but as the author(s) suggests, where the model lacks evidence they attempt to be "...roughly right...". A must read for physical educators and coaches.

This book had a lot of good ideas for when to begin different aspects of training, but it did become political although that is completely irrelevant to the main topic of the book.

great book and shipping was expediant

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