



# USSA Club Excellence Conference

*USSA Training System Revision:  
Explanation and Application to Your Programs*



# Long Term Athlete Development



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- Concept first developed by Istvan Bayli, et al in 1999
- Thousands of articles, books and other resources on the topic
- Dozens of countries have implemented in many different sports.(Canada, Australia, UK, Ireland, Norway, US, etc.)



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“The Long-Term Athlete Development (LTAD) model is a physiological framework proposed to manage the focus, volume and type of training applied to athletes as they develop through adolescence into adulthood.”



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- Provides a guide for Clubs to base their programming
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- Helps parents understand what clubs and coaches are doing and why



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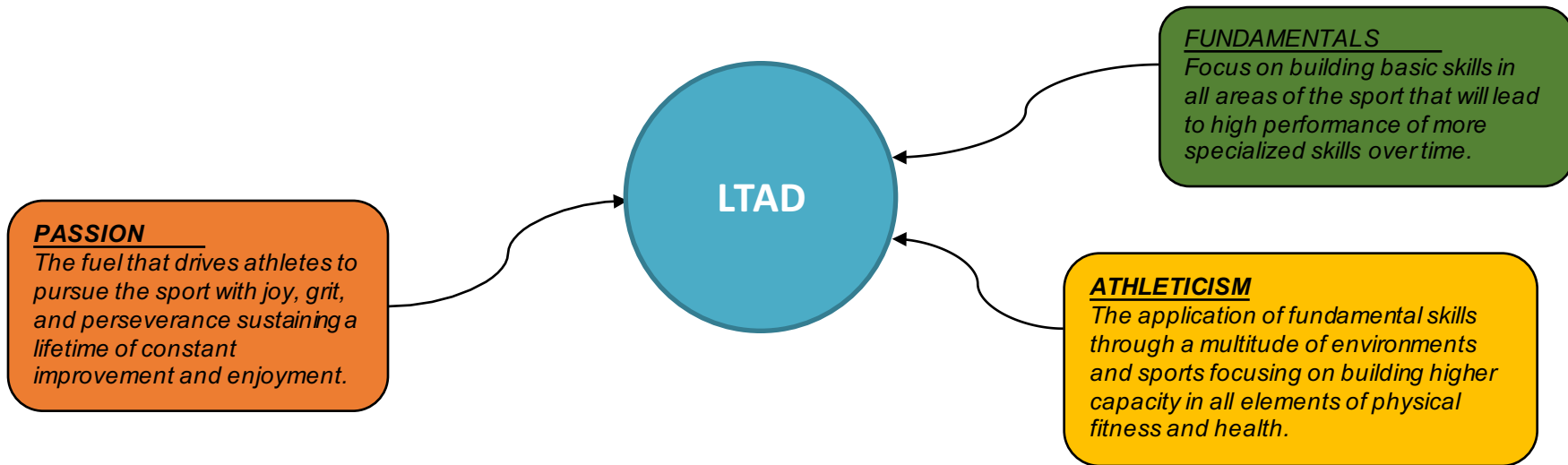


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- Divided into 7 Domains (LTAD, Physical Fitness, Technical, Tactical, Equipment, Mental and Social, Competition)
- Each domain has several sport-specific elements

# Foundations of Athlete Development

The training system details athlete development in all phases and domains. Before anything else, the following 3 concepts are the foundation for everything we do as clubs, coaches, athletes, and parents. Increased capacity in these areas, necessary for performance at the highest levels, builds over a long period of time.





# Elements in the Domains

Development	<b>Ph</b> Phase	<b>BA</b> Biological Age	<b>CA</b> Chronological Age	<b>TiS</b> Time in Sport	<b>WT</b> Weekly Training	<b>ST</b> Seasonal Training	<b>TF</b> Training Focus	<b>CS</b> Complimentary Sports
Physical Fitness	<b>GF</b> General Focus	<b>GD</b> Growth and Development	<b>En</b> Endurance	<b>Mo</b> Mobility	<b>St</b> Strength	<b>Po</b> Power	<b>MS</b> Motor Skills	<b>NHR</b> Nutrition, Hydration and Recovery
Technical	<b>GF</b> General Focus	<b>SD</b> Skill Development	<b>TsT</b> Turn shape and Technique	<b>ASB</b> Athletic Stance and Balance	<b>ASM</b> Alignment and Separation of Movements	<b>REP</b> Rotary, Edging and Pressure	<b>TpF</b> Terrain Park and Features	
Tactical	<b>GF</b> General Focus	<b>T</b> Terrain	<b>HP</b> Halfpipe	<b>SS</b> Slopestyle	<b>SBX</b> Snowboard Cross	<b>CP</b> Competition Planning		
Equipment	<b>Bd</b> Board	<b>Bt</b> Boots	<b>Pr</b> Protection					
Mental and Social	<b>EM</b> Environment and Motivation	<b>PsMi</b> Positive self-talk and Mental Imagery	<b>GS</b> Goal Setting	<b>SG</b> Social Grouping				
Competition	<b>GF</b> General Focus	<b>NC</b> Number of Competitions	<b>E</b> Events	<b>O</b> Organizations	<b>D</b> Disciplines			

# The Training Systems



<http://ussa.org/ussa/training-systems-overview>





# Applying the TS to your programs

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- Staff Training

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## *Example---- The late entrant*

- Age: 25
- Years riding: 12
- Focused Training Years: 0, rides 20-30 days per year
- Competition Experience: 0
- Technical Phase: 3
- Tactical Phase: 2
- “I beat all my friends down the mountain and I saw SBX in the Olympics. I can do that!”

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## Alignment- The Late Entrant

- Objectively assess across Domains
- Create individualized plan with specific benchmarks
- Give control to athlete to manage progress
- Set realistic expectations, goals and timelines
- Frequent feedback, evaluation and revisit of goals

This is an extreme example, but this happens often on a smaller scale.

You never know what you might find.....



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## *Example---- The young phenom*

- Age: 6
- Years Skiing: 4 (according to the parents)
- Focused Training Years: 5, skis 100+ days per year
- Competition Experience: 0
- Technical Phase: 5
- Tactical Phase: 5
- “My kid is the next big thing and needs the best coaching to make the 2018 Olympics at age 6! He’s already had 1 million views on YouTube and is sponsored by (a popular bovine) energy drink”

**What’s a coach to do???**

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## Alignment- The Young Phenom

- Objectively assess across all Domains.
- Recognize accelerated Technical development.
- Create Individualized, long term plan with specific benchmarks.
- Educate parents on the process and all factors in LTAD
- Set realistic expectations, goals and timelines
- Frequent feedback, evaluation and revisit of goals

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  - Structured, coached freeskiing/riding
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  - Playing with family and friends (passion for the sport...as much as is fun)

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- It is NOT meant to tell you how to run your program or coach your athletes. It IS meant to help you develop a structure that compliments and enhances your programs.
- The TS can set the foundation for your coach training and parent education. Helps everyone understand WHY you do that voodoo that you do so well.







Questions?

Thoughts?

Comments?

Concerns?

