

7 - Learn to Win

Chronological Age 18+

Training Age: 8-10 years in sport

Objectives: Earning a Starting Position in the Pros

- **GENERAL:** Fully specialized into position but with flexibility to adapt as needed
- Refining and perfecting physical and mental skills to master the game
- High-performance path for Tackle Football including CIS International play, professional recruitment
- **PHYSICAL:** Focus on building speed, strength and power. Ensure rest and recovery, healthy lifestyle and ethical participation
- **SKILLS:** Refinement and mastery of all position-specific skills

Development Opportunities:

Technical Skills:

- Consolidate all technical skills

Tactical Skills:

- Consolidate all previous skills

Physical Skills:

- Build on earlier stages' physical skills

Mental Skills:

Continue to consolidate previous skills

- Identifying Performance restrictions
- Build and implement positive mental strategies
- Dealing with the pressures of success
- Lifestyle management

Character - Life Skills:

- Communication Verbal & Non-verbal
- Partnership/Teamwork, Problem-solving, Discipline/work ethic, Fitness/Healthy Living
- Mental Strength/ Coping Skills, Confidence/Risk Taking, Respect/ Fair Play
- Pursuit of Personal Excellence
- Accepting Diversity

Game Options to Consider:

- Tackle, Flag or Touch

This stage takes the advanced athlete from a high level, CIS, Junior starters and non-starting professionals to starting professionals. In the Succeed stage athletes work to excel in highly competitive programs, aiming for the highest level of performance and success. Guiding principles are:

- Every program and every athlete is committed to excellence
- All athletes are provided with optimal annual training, competition and recovery programs of the highest level
- Each athlete strives for the highest level of performance in the context of fair, drug-free living, training and competition
- Athletes, coaches, officials and administrators are role models, mentors and ambassadors of the sport
- Experience in high-level games develops and refines tactical skills, anticipation and reading the game in a variety of situations

Figure 11 - Allocation of time in practice

