

## 8 - Train to Win

### Chronological Age 21+

### Training Age 10+ years

#### Objectives: Starting Professional and National Team

- **GENERAL:** Fully specialized into position but with flexibility to adapt as needed
- Master of the game but always looking for ways to improve and expand skills
- Role model for other athletes
- Professional Football career
- **PHYSICAL:** Focus on maintaining speed, strength and power  
Ensure rest and recovery, healthy lifestyle and ethical participation
- **SKILLS:** Refinement and mastery of all position-specific skills
- Continuous work to maintain highest level of skills

#### Development Opportunities:

##### Technical Skills:

- Perfecting all technical skills

##### Tactical Skills:

- Perfecting all previous skills

##### Physical Skills:

- Build and maintain physical skills

##### Mental Skills:

#### Continue to consolidate previous skills

- Refine positive mental strategies
- Game preparation and planning
- 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

**The stage** is the highest levels, including Professional Football and International team starters. In this 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

