

# 10 PILLARS OF SUCCESSFUL LONG-TERM ATHLETIC DEVELOPMENT

Lloyd et al. J Strength Cond Res. 2016

1. Long-term athletic development pathways should accommodate for the highly individualized and non-linear nature of the growth and development of youth
2. Youth of all ages, abilities, and aspirations should engage in long-term athletic development programs that promote both physical fitness and psychosocial wellbeing.
3. All youth should be encouraged to enhance physical fitness from early childhood, with a primary focus on motor skill and muscular strength development.
4. Long-term athletic development pathways should encourage an early sampling approach for youth that promotes and enhances a broad range of motor skills.
5. Health and wellbeing of the child should always be the central tenet of long-term athletic development programs.
6. Youth should participate in physical conditioning that helps reduce the risk of injury to ensure their on-going participation in long-term athletic development programs.
7. Long-term athletic development programs should provide all youth with a range of training modes to enhance both health- and skill-related components of fitness.
8. Practitioners should use relevant monitoring and assessment tools as part of a long-term physical development strategy.
9. Practitioners working with youth should systematically progress and individualize training programs for successful long-term athletic development.
10. Qualified professionals and sound pedagogical approaches are fundamental to the success of long-term athletic development programs.