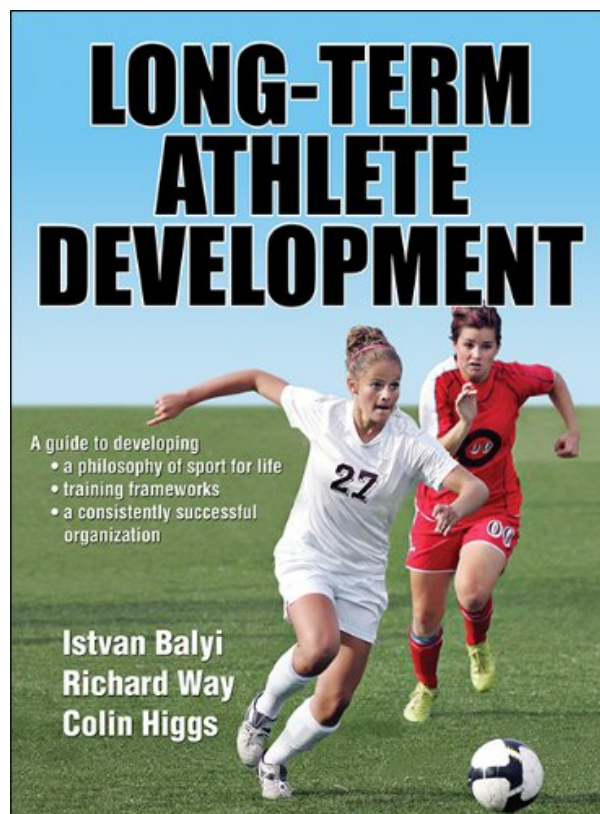


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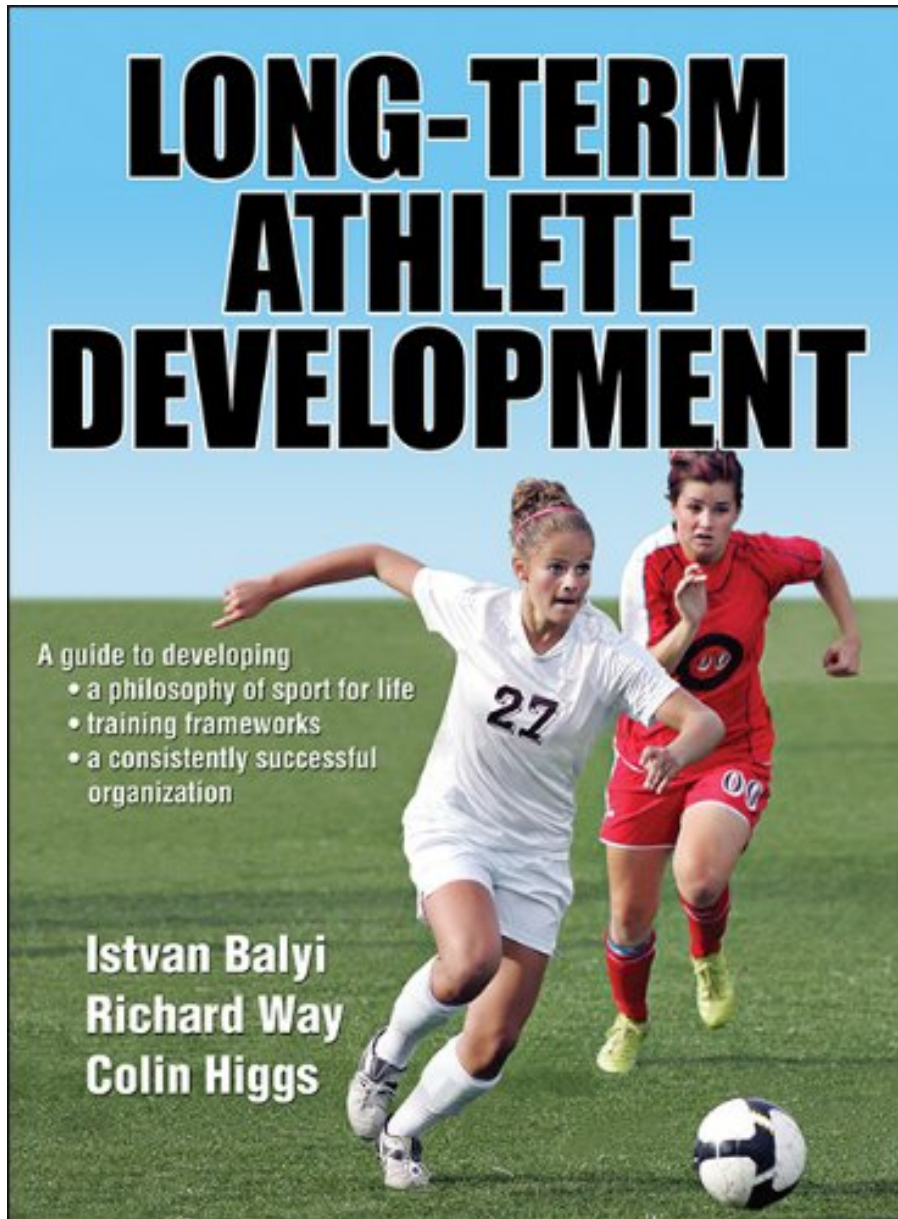


LONG-TERM ATHLETE DEVELOPMENT

A guide to developing

- a philosophy of sport for life
- training frameworks
- a consistently successful organization

Istvan Balyi
Richard Way
Colin Higgs



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Review

“An indispensable guide for any coach or parent concerned with making sport healthier and more ethical. This book brings fresh ideas to the practice of sport and truly represents thinking outside the box. As human beings, we only have one body so we need to treat it well. Too many athletes leave sport with long-term injuries and a record of underperformance. The ideas in this book can change that and allow everyone in sport to get the most out of talents and ambitions.”

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About the Author

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As one of the architects of the long-term athlete development model, Balyi has served as an LTAD advisor for 50 sports in 7 countries and facilitated the use of LTAD for more than 20 countries. Balyi has worked with 17 Canadian national teams as a high-performance consultant and been responsible for athletic development planning and periodization for multiple Olympic medalists. In addition, Balyi has taught

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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 Higgs—pioneers and veteran LTAD facilitators—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:

- 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
- Information on the time needed to develop excellence in sport and how periodization of training is related to the developmental stage of the athlete
- The seven stages of LTAD, from development of fundamental movement skills to training for elite competition and the transition to lifelong physical activity
- 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.

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3 of 3 people found the following review helpful.

LTAD 10 stars, this book only 2!

By Dalibor Veber

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?!

1 of 1 people found the following review helpful.

Too much political opinion

By T Hutch

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.

0 of 0 people found the following review helpful.

A must read for Coaches, Physical Educators, parents and sports people

By Sudsy

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.

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