

## AVLA Coaching Age-Groups System Diagram

Years/ 6	8	10	12	14	16	18
<b>Development of large-scale ability</b>				<b>Development of small scale-ability</b>		
<b>Shaping the technique of rough coordination</b>		<b>Shaping the technique of fine coordination</b>		<b>Apply the technical level to that of growing speed and power</b>		
<b>Development of speed with technical-tactical exercises</b>						
				<b>Development of speed with dynamic leg-strength combination</b>		
				<b>Development of speed with other power combination</b>		
				<b>Dynamic leg-strengthening</b>		
				<b>Development of power speed and Special Stamina</b>		
		<b>Large-scale development of basic stamina</b>		<b>Small scale development of basic stamina</b>		

**Implementation of Age Group-Related Training - Tactics: parallel with the technique, with one step delay**

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