

Prepare Age (Age 6- 10)	Speed, agility and stamina development (Age 10 - 14)		Special Period (Age 14 – 18)	A G E
	Level up period (Age 10 – 12)	Specific Period (Age 12 – 14)		
basic exercises -gymnastic (simple) -small ball games -speed and quickness competition -simple stretching exercises -games with the hand (skills) -body contact	-Gymnastic (more difficult) -ball games - games with the hand (skills) - speed and quickness games(skills) -special speed and quickness exercises -quickness and speed exercises -competitions different body contact	-Gymnastic (special exercises) -ball games (special) -games with out the ball (skills) -speed and quickness (with the ball) -special speed and quickness with out the ball -special skill and speed exercises using all parts from the body -quickness and speed exercises -special body contact	-special quickness and skills -special gymnastic -special games with the ball - ball games using all parts from the body -quickness and speed exercises -competition -special body contact	S K I L S
-Speed exercises -short sprints -running technique -footwork -simple technical exercises with quick ness -three touches games	-short sprints -running technique -technical exercises with quickness -dynamic leg-strengthening -jumping exercises -one and two touches games	-short sprints -long sprints -running technique -one and two touches games with quickness - dynamic leg-strengthening -technical fitness	-short sprints -long sprints -technical fitness -one and two touches exercises	Speed and Quick- ness
-No special strength exercises -gymnastic - 85 % with the ball	-Gymnastic -technical strengthening - 70 % with the ball	-gymnastic -special technical strengthening -exercises with partner -dynamic leg-strengthening	-Dynamic leg-strengthening -All muscle strengthening -develop power exercises -special stamina	strength
-Basic stamina -long distance jogging -long distance running with the ball	-long distance running 10 – 15 min -swimming	-long distance running 20 min or more -swimming -up hill down hill running -bicycle -development power and stamina	- development of basic stamina -speed and power stamina -switching large and small development of basic stamina and power -long distance running 20min and more	Stamina

AVLA Development of Speed and stamina with technical-tactical exercises

**Alex Von Ludwig
Master Coach**