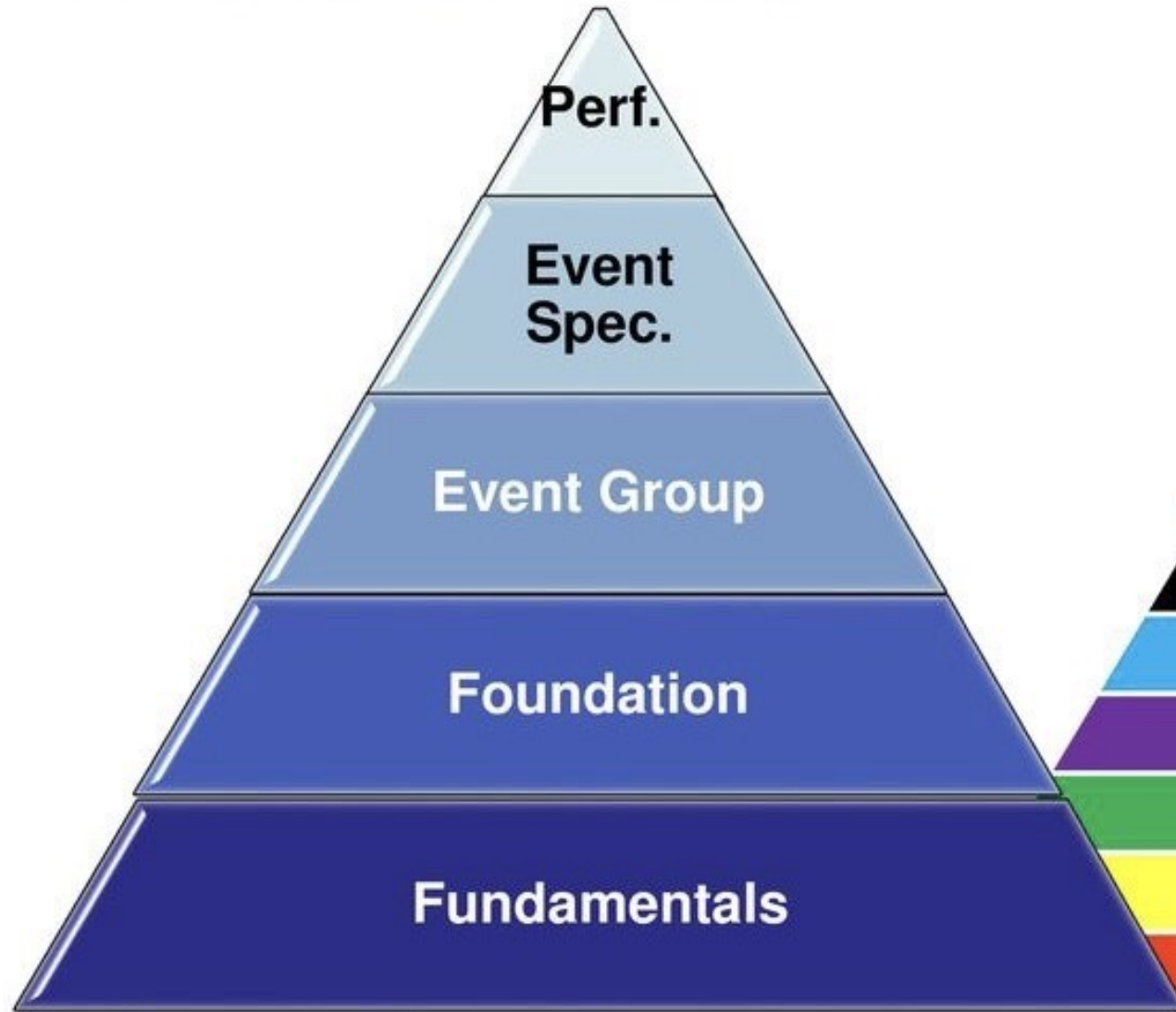


# Where is the athlete now?



**Athletics 365  
Evaluation Tool**

What informs this pathway?

England Athletics Athlete Development Model

# England Athletics Athlete Development Model

Athlete Dev Stage	Training Age	Movement Ability	Training Content	Physical Preparation	Training Frequency
Performance	10yrs+	<i>Can execute all movements related to a single event under pressure.</i>	<i>Traditional session structure but athlete and need dependent.</i>	<i>Directly related to the event. Will be affected by season and competition program.</i>	10+ sessions per week
Event Specialist	7yrs +	<i>Honing and practicing movement related to a single event under pressure.</i>	<i>Traditional session structure with 1 event only in a session plus fitness development.</i>	<i>Directly related to the event. May be affected by season and competition program.</i>	5-12 sessions per week
Event Group Development	2-7yrs	<i>Refining learned movements for a single group of events.</i>	<i>Traditional session structure with 1-2 events AND fitness development.</i>	<i>Formal Event Group regime which may be seasonality driven.</i>	3-6 sessions per week
Foundation	1-3yrs	<i>Learning athletics movements across a broad range of events</i>	<i>Run, Jump, Throw using adapted / competition equipment.</i>	<i>Aspects to be learned and progressed using comfort and stress loadings.</i>	2-4 sessions per week
Fundamentals of Athletics	0-1yrs.	<i>Learning general athletics movements</i>	<i>Run, Jump Throw using games based activities.</i>	<i>Aspects to be learnt through games – comfort loadings.</i>	1-2 sessions per week