CONTENT DISTRIBUTION BY AGE: PHYSICAL

STAGE AND AGE GROUP																	
PHYSICAL		INITIAL			BASIC				INTERMEDIATE		ADVANCED				SPECIFIC		Senior
		U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	U18	U19	U20	
STRENGTH	Strength Endurance								1	2	3	3	3	3	2	→	
	Explosive Strength				1	1	2	2	3	3	4	4	5	→			
	Maximal Strength								1	1	1	1	2	2	1	→	
ENDURANCE	Aerobic Capacity				1	2	2	3	3	4	→						
	Aerobic Power						1	2	3	4	5	→					
	Anaerobic Lactic								1	2	3	4	5	→			
	Anaerobic Alactic				1	1	2	2	3	3	2	→					
SPEED	Reaction	1	2	3	4	4	4	4	5	5	4	3	2	→			
	Acceleration	1	2	3	4	5	5	5	5	5	4	→					
	Maximal speed			1	1	1	2	2	2	2	3	3	2	1	→		
	Speed Endurance				1	2	2	2	3	3	2	1					
	Acyclic Speed	1	2	3	4	5	→										
Flexibility & Mobility		1	1	1	2	2	3	3	4	4	3	→					
Coordination & Balance		2	3	3	4	5	5	4	3	3	2	→					
Agility		3	3	4	4	5	5	4	→								
Basic Motor skills		5	5	5	4	3	2	1									
Perception & Awareness		5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5

WORKLOAD KEY	1= VERY LOW	2= LOW	3= MID	4= HIGH	5= VERY HIGH