

| MIDDLE CHILDHOOD |   |  | LATE CHILDHOOD   |  |    |    | ADOLESCENCE   |  |    |  |    |    | ADULT   |
|------------------|---|--|--|--|----|----|---|--|----|--|----|----|---|
| 6                | 7   | 8  | 9  | 10   | 11 | 12 | 13  | 14   | 15 | 16   | 17 | 18 | 19+   |
| 1                | → Recreational participation through sampling |  | → Sampling Years<br>Activities:<br>› High amount of deliberate play<br>› Low amount of deliberate practice<br>› Involvement in many sports |  |    |    | → Recreational Years<br>Activities:<br>› High amount of deliberate play<br>› Low amount of deliberate practice<br>› Activities that focus on fitness and health |  |    |  |    |    | → Probable Outcomes<br>› Recreational participation<br>› Enhanced physical health<br>› Enhanced enjoyment     |
|                  | 2   | → Elite performance through sampling             |  | → Sampling Years<br>Activities:<br>› High amount of deliberate play<br>› Low amount of deliberate practice<br>› Involvement in many sports |    |    |   | → Specialising Years<br>Activities:<br>› Deliberate play and practice balanced<br>› Reduce involvement in several sports |    | → Investment Years<br>Activities:<br>› High amount of deliberate practice<br>› Low amount of deliberate play<br>› Focus on one sport |    |    | → Probable Outcomes<br>› Elite performance<br>› Enhanced physical health<br>› Enhanced enjoyment of the sport |
|                  |   | → Elite performance through early specialisation |  | → Early Specialisation<br>Activities:<br>› High amount of deliberate practice<br>› Low amount of deliberate play<br>› Focus on one sport   |    |    |   |  |    |  |    |    |   |