

|  | EARLY CHILDHOOD      |   |   | MIDDLE CHILDHOOD |                            |   |   | LATE CHILDHOOD |  |    |    | ADOLESCENCE |    |                     |    |    | ADULT |     |                                       |  |  |  |  |                               |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|--|----------------------|---|---|------------------|----------------------------|---|---|----------------|--|----|----|-------------|----|---------------------|----|----|-------|-----|---------------------------------------|--|--|--|--|-------------------------------|--|--|--|--|--|--|--|--|--|--|--|--|--|--|
|  | 2                    | 3 | 4 | 5                | 6                          | 7 | 8 | 9              | 10   | 11 | 12 | 13          | 14 | 15                  | 16 | 17 | 18    | 19+ |                                       |  |  |  |  |                               |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| PIAGET'S COGNITIVE DEVELOPMENT THEORY  | PREOPERATIONAL STAGE |   |   |                  | CONCRETE OPERATIONAL STAGE |   |   |                | FORMAL OPERATIONAL STAGE                       |    |    |             |    |                     |    |    |       |     |                                       |  |  |  |  |                               |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |                      |   |   |                  | SAMPLING                   |   |   |                |  |    |    |             |    |                     |    |    |       |     |                                       |  |  |  |  |                               |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |                      |   |   |                  |                            |   |   |                | RECREATIONAL                                   |    |    |             |    | SPECIALISING        |    |    |       |     | INVESTING                             |  |  |  |  |                               |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| DMSP THEORY                            |                      |   |   |                  |                            |   |   |                |  |    |    |             |    | RECREATIONAL        |    |    |       |     | SPECIALISING                          |  |  |  |  | INVESTING                     |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |                      |   |   |                  |                            |   |   |                |  |    |    |             |    | RECREATIONAL        |    |    |       |     | SPECIALISING                          |  |  |  |  | INVESTING                     |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| DELIBERATE PLAY / DELIBERATE PRACTICE  |                      |   |   |                  | DELIBERATE PLAY            |   |   |                |  |    |    |             |    |                     |    |    |       |     |                                       |  |  |  |  |                               |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |                      |   |   |                  |                            |   |   |                |  |    |    |             |    | DELIBERATE PRACTICE |    |    |       |     |                                       |  |  |  |  |                               |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| RELATIVE AGE / MATURATION EFFECT       |                      |   |   |                  | RELATIVE AGE EFFECT        |   |   |                |  |    |    |             |    |                     |    |    |       |     |                                       |  |  |  |  |                               |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |                      |   |   |                  |                            |   |   |                |  |    |    |             |    | MATURATION EFFECT   |    |    |       |     |                                       |  |  |  |  |                               |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| EFFECT ON PARTICIPATION (EXPECTATIONS) |                      |   |   |                  | MATTHEW EFFECT (PARENTS)   |   |   |                |  |    |    |             |    |                     |    |    |       |     |                                       |  |  |  |  |                               |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |                      |   |   |                  |                            |   |   |                | PYGMALION EFFECT (PARENTS, COACHES, SELECTORS) |    |    |             |    |                     |    |    |       |     | GALATEA EFFECT (PLAYER'S PERCEPTIONS) |  |  |  |  |                               |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| TECHNICAL & TACTICAL SKILL ACQUISITION |                      |   |   |                  | FUNDAMENTAL MOTOR SKILLS   |   |   |                |  |    |    |             |    |                     |    |    |       |     |                                       |  |  |  |  |                               |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |                      |   |   |                  |                            |   |   |                | BASIC SPORTS SKILLS                            |    |    |             |    |                     |    |    |       |     | SPECIALISED SPORTS SKILLS             |  |  |  |  | SPECIALISED POSITIONAL SKILLS |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| PHYSICAL DEVELOPMENT                   |                      |   |   |                  |                            |   |   |                |  |    |    |             |    | FLEXIBILITY         |    |    |       |     |                                       |  |  |  |  |                               |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |                      |   |   |                  |                            |   |   |                |  |    |    |             |    |                     |    |    |       |     | SPEED                                 |  |  |  |  |                               |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |                      |   |   |                  |                            |   |   |                |  |    |    |             |    |                     |    |    |       |     |                                       |  |  |  |  | AGILITY                       |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |                      |   |   |                  |                            |   |   |                |  |    |    |             |    |                     |    |    |       |     |                                       |  |  |  |  |                               |  |  |  |  | STRENGTH                                   |  |  |  |  |  |  |  |  |  |
| MENTAL & EMOTIONAL DEVELOPMENT         |                      |   |   |                  |                            |   |   |                |  |    |    |             |    |                     |    |    |       |     |                                       |  |  |  |  | ENDURANCE                     |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |                      |   |   |                  |                            |   |   |                |  |    |    |             |    |                     |    |    |       |     |                                       |  |  |  |  |                               |  |  |  |  | SELF-CONCEPT – SELF ESTEEM                 |  |  |  |  |  |  |  |  |  |
|  |                      |   |   |                  |                            |   |   |                |  |    |    |             |    |                     |    |    |       |     |                                       |  |  |  |  |                               |  |  |  |  | STARTS TO UNDERSTAND THE EFFECTS OF EFFORT |  |  |  |  |  |  |  |  |  |
|  |                      |   |   |                  |                            |   |   |                |  |    |    |             |    |                     |    |    |       |     |                                       |  |  |  |  |                               |  |  |  |  |  |  |  |  |  | COGNITIVE & EMOTIONAL CAPACITY TO INVEST |  |  |  |  |