



LTAD Model

Long Term Athlete Development

The Long Term Athlete Development (LTAD) model is a framework for an optimal training, competition and recovery schedule for each stage of athletic development.

Establishing a core set of motor skills early in life enables children to gain a sense of achievement and establish a positive relationship with sport and physical activity.

Proficiency in many types of physical activity may increase the chances of lifelong participation in physical activity, which could increase longevity and overall quality of life



THE SPORTS LAB TEAM



Iván



Marc



Carlota



Luis

For further information
please contact Iván:

clubesportiusportslab@gmail.com



AFTER SCHOOL SPORT ACTIVITIES PROGRAM

Designed to teach kids the benefits of exercise, teamwork, and character building.





Our Activities

LTAD 1 - The active start

Nursery 2 + Reception + Year 1

Children will begin to be exposed and focus on proper basic fundamental skills such as running, jumping, twisting, kicking, throwing and catching.

LTDA 2 - The FUNdamentals

Years 2 - 3

Children will start to be taught agility, balance, coordination and speed (ABC's)

Children will be encouraged to participate in several sports, multi-skilled activities and play team games to enhance decision-making.

LTDA 3 - Learning to train

Years 4 - 5 - 6

This is a major Stage for trainability of motor learning in both males and females. The focus will be to continue building a general base of FUNdamental motor skills and to introduce all athletics event group areas, which will further enhance motor skills of RJT.



LTAD 4 - Building the engine

Years 7 to 11

This is the most challenging and critical Stage as it encompasses both opportunity and vulnerability in terms of growth and development. This is the period where individuals tend to change physically at faster rates than when they are younger.

During this stage, students will develop endurance, strength and speed and develop athletics-specific skills and fitness



Chess

Primary and Secondary
Starting Year 2

Through chess, students improve their general learning skills, learn important social/interactive skills, and an important array of intellectual skills. Fully qualified instructors, exciting chess lessons, and tournaments matching your child's knowledge of the game.

Football

Years 2 +3 & Years 4 + 5 + 6

At our after-school football club, children will learn the fundamentals of football in a fun, pressure-free environment. Each club will be based on a specific theme from dribbling, passing, shooting and much more. Each session will contain fun drills, 1v1s and plenty of matches.