



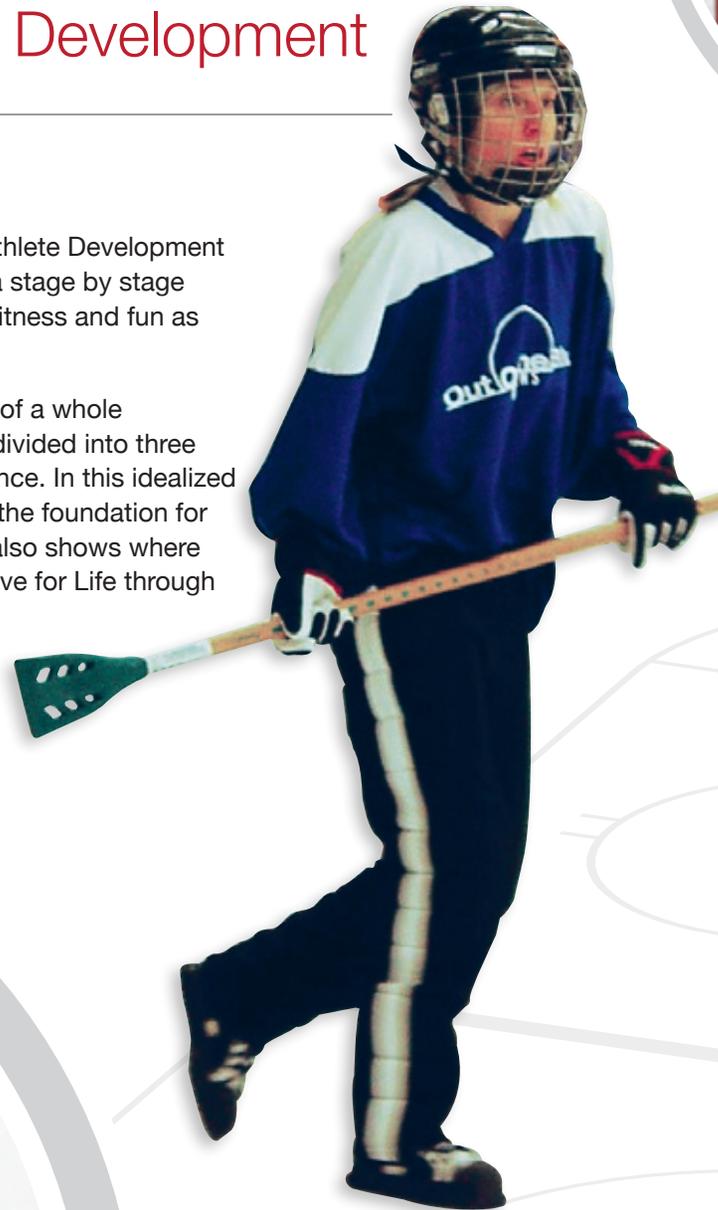
Canadian Broomball Federation

Long-Term Athlete Development

Why LTAD?

Canadian Sport For Life (CS4L) outlines the Long-Term Athlete Development (LTAD) framework for sport development which includes a stage by stage approach for individuals participating in sport for health, fitness and fun as well as for high performance sport.

CS4L is a framework that encompasses the participation of a whole population in sport from infants to seniors. CS4L can be divided into three broad areas: Physical Literacy, Active for Life and Excellence. In this idealized model, all children become physically literate, which lays the foundation for later sport excellence or being active for life. This model also shows where athletes pursuing excellence ultimately transition into Active for Life through competitive sport or active recreation.



Why LTAD in Broomball?

- Understanding the fundamental movements to facilitate each athlete at the various stages of competition
- Provides a new philosophy to the sport of broomball for educating athletes of all ages
- LTAD in Broomball is focused on greater participation at a younger age for boys and girls
- Broomball LTAD provides us with the right steps to go from grass roots to master athletes
- Promote the cooperation among volunteers, coaches, officials and participants
- Provides more opportunities for skills competitions in the earlier stages of development
- The 6 stage model is designed to develop proper skills at all levels of competition
- Healthy alternative to other winter sport programs

Canadian Broomball Federation LTAD Stages



FUNDamentals

1st Year Beginner Player

In this stage, beginner participants may be children, youth or adults. The main goal is to introduce the basic skills required to play the game, taking into consideration the biological age of the participants. In learning any new skill, there is a high need for a distraction-free environment that is safe and predictable. The player needs to progress at their own pace with opportunities for many repetitions. Performing these basic skills requires significant cognitive effort. The program can integrate physical training that is consistent with optimal windows of trainability (Factor 5). No matter what the age, a practice or a game should endeavor to allow maximal contact with the ball, providing every player to work on the basic broomball skills.

Objectives: To learn the basic skills required to play broomball with the emphasis on having FUN!



Learning to Train

2nd & 3rd Year Intermediate Player

The player has demonstrated competence in performing the basic skills and is now ready to progress to more complex skills including the introduction to basic tactics. As the player improves his/her fitness level, there is an increased ability to perform more complex skills in game situations.

Objectives: To acquire the ability to combine technical skills within a basic tactical framework with continued emphasis on having FUN.



Training to Train

4th & 5th Year Advanced Player 4 to 5 years experience

Having the ability to perform broomball skills under a variety of conditions, the advanced player emphasizes advanced tactics, increasing the precision and speed of skill execution. While the emphasis is still on fun and enjoying this team sport, the player has mastered broomball skills and tactics. This player continues to improve in their physical development to play the game more effectively (reinforce stages of skill development).

Objectives: To develop and refine broomball tactics with an introduction of physical and mental preparation to play the game effectively.



Training to Compete & Training to Win

Elite Player 6 years of experience or more

As the player advances from Training to Compete to Training to Win, there is a high level of skill mastery that includes incorporating advanced skills into complex tactics in a variety of game situations. The elite player follows a structured training plan to maximize physical readiness to play the game. In this stage, the player aggressively participates in fitness activities that directly impact the quality of their game.

Objective: To refine and perfect skills, tactics and fitness to play broomball.



Broomball For Life

(BB4L) Playing for Fun, Fitness and Health

Once a player has learned the basic skills of broomball, he/she can select their participation level. Players can enter BB4L after the FUNDamentals stage or any later stage (after age 17). However, in the BB4L "early" stage (before age 10), there will still be considerable emphasis on improving skills to play the game. In the BB4L "late" stage (ages 11-15), players will take a more relaxed approach to playing the game, placing more emphasis on playing with broomball players with varying skill and fitness levels, where social activities and the pursuit of fun and fitness are the priority.

Objective: To enjoy being active by playing broomball.