



Worksheet 10 – Development and maturation

1. Steve is an experienced coach of senior players and has been given the opportunity to coach a junior development squad over the summer. Training is conducted on a converted indoor basketball court with poor ventilation. He knows that children aren't just little adults, but what are the key differences he needs to consider when planning the program?

2. Wendy is the coach of a local under 11 years Australian Rules team and there have been some questions raised about why her program doesn't include more fitness training. Wendy is confident her program is appropriate and decides to speak with the parents about her planning. What do you think she will give as her reasoning?

3. Sally is a 10 year old netballer who has experienced a big growth spurt in the past 12 months. She is the tallest player on the team, and the coach plays her in the key goal shooting position every week. Should Sally specialise in this position at this age? Give reasons for your answer.

4. Alex is a 14 year old boy and is just starting puberty. What are the key changes in puberty that might impact on his performance?

5. Jerry, a 16 year old cyclist has been involved in the sport for 5 years. Jerry has recently begun suffering knee pain when training, but there has been no particular change in his program or in activities outside of training. What could be two possible causes of this knee pain? How could you manage the problem?

<i>Possible cause</i>	<i>Solution</i>

6. Provide a brief overview of the normal menstrual cycle. If an athlete is troubled by negative moods during her cycle when is this likely to happen?

Overview of menstrual cycle:

When are negative moods likely to happen?

7. A new female athlete joins your training squad and during your first session together she tells you that at different times through her menstrual cycle she finds her training and competition commitments difficult. List three factors that can affect some athletes in this way.

i.

ii.

iii.

8. Henry has coached many distance runners over a number of years. He has recently noticed that one of his young female athletes is feeling really tired all the time. He also heard on the grapevine that she had fainted at school a couple of times recently.

- What could be the cause of these two problems?

- How could he help address the problem?

9. What advice would you give to a pregnant athlete in your training squad?

10. You have an athlete in your squad who is ready to return to maximal exercise after the birth of her baby. She asks you if it's possible for her to continue breastfeeding now that she is returning to her sport. What advice would you give her?