

# ATHLETE DEVELOPMENT FRAMEWORK

## Overview

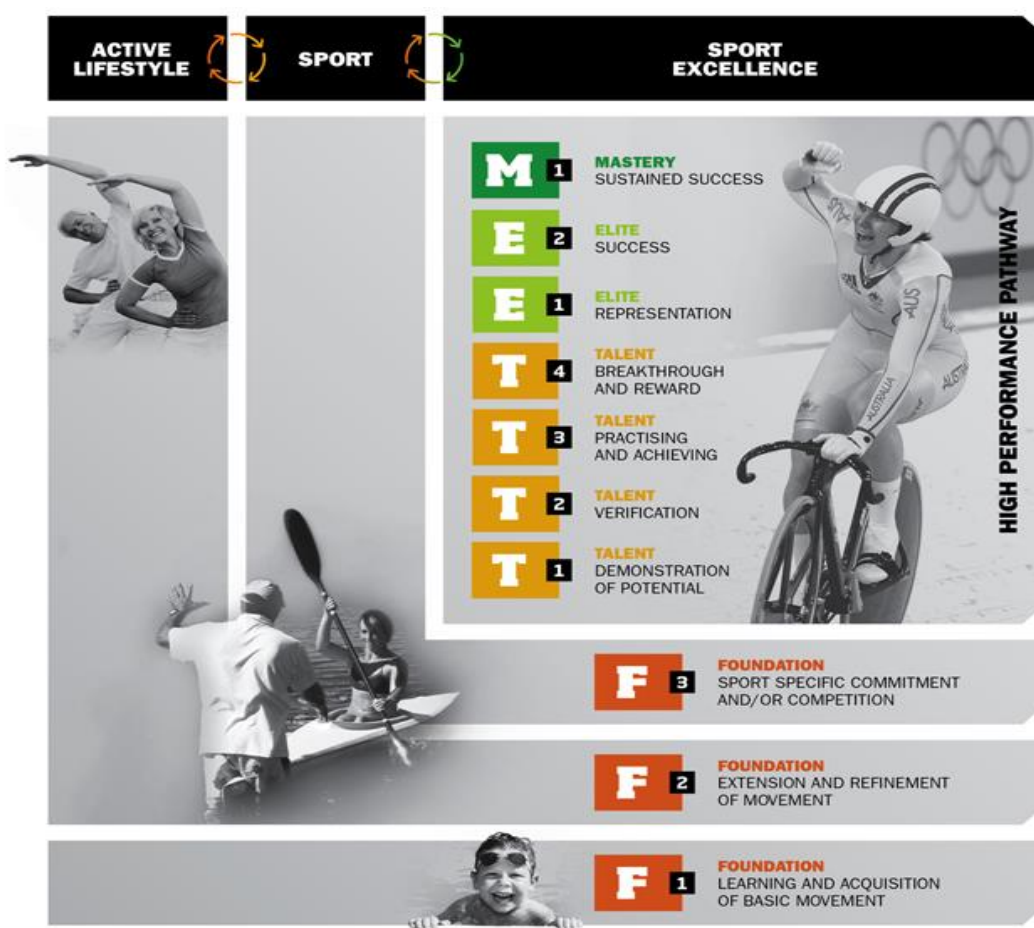
[www.ausport.gov.au/ftem](http://www.ausport.gov.au/ftem)

We all participate in sport for many different reasons. Some are interested in maintaining an active and healthy lifestyle, others love the thrill of competing with their friends and a rare few set their sights on winning medals for their country. Whatever the motivation, we mostly choose our own pathways, although sometimes the pathway chooses us.

The Australian Institute of Sport (AIS) has developed a new framework to capture these different pathways and address the current shortfalls in applied research and practice specific to athlete development. It is called FTEM.

## What is FTEM?

FTEM (representing Foundation, Talent, Elite and Mastery) is a user-friendly framework of sporting development that is representative of the 'whole of sport' pathway continuum. It integrates three key outcomes of sport participation: active lifestyle, sport participation and sport excellence.



## How can FTEM be applied?

The FTEM framework can be used as a practical planning and review tool for a broad range of sporting stakeholders including parents, teachers, clubs, coaches, sports science and sports medicine personnel and national and state sporting organisations.

This enhanced understanding of sporting pathways will help us to improve the experiences of more people, at more levels of the pathway, more often.

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## Key features

- Representative of the '3 worlds': active lifestyle, sport participation and sport excellence
- Holistic and multidisciplinary sports model
- Fully integrated
- Recognises that individuals can be simultaneously participating in multiple sports at multiple levels of the pathway
- Features variable entry and exit points within the developmental pathway
- Non-prescriptive, allowing broad user flexibility and adaptability
- Devoid of fixed age boundaries
- Incorporates those with the potential to be elite, which has previously been identified as an insufficiently considered component of high performance modelling
- Reinforces the need for the right support at the right time and with the right athletes

## FTEM and Touch Football

In an overview the table below applies the FTEM model to the various pathway levels of Touch Football. Coaches, Referees and Education and Training personnel play a very important role in the development and experience encountered by athletes and officials, whether that is the progression of the pathway from Foundation to Talent and beyond, or retention at an affiliate competition for a lifetime of enjoying our great sport.

TFA has incorporated this framework to be the pillars of all our educational courses, resources and information for all participants involved in our Touch Football

LEVEL	AGE & TOURNAMENT PATHWAY			ACCREDITATION LEVEL			
	JUNIORS/ INTRODUCTION 5 - 12 YEARS	YOUTH/ DEVELOPMENT 13 - 20 YEARS	ADULT 21 + YEARS	COACH	REFEREE	REFEREE COACH	EDUCATION & TRAINING*
<b>MASTERY</b> SUSTAINED SUCCESS		YOUTH TRANS- TASMAN	WORLD CUP	MASTERY	LEVEL 6	MASTERY	DESIGNER/ DEVELOPER*
			TRANS TASMAN				
			ELITE 8				
			STATE OF ORIGIN				
<b>ELITE</b> REPRESENTATION AND SUCCESS		NATIONAL TOUCH LEAGUE	NATIONAL TOUCH LEAGUE	ELITE	LEVEL 5	ELITE	ASSESSOR*
		NATIONAL YOUTH CHAMPIONSHIPS	STATE TOURNAMENTS		LEVEL 4		
<b>TALENT</b> PRACTICE AND ACHIEVEMENT	SCHOOL SPORT NATIONALS 12'S	SCHOOL SPORT NATIONALS 15'S	REGIONAL TOURNAMENTS	TALENT	LEVEL 3	TALENT	FACILITATOR *
	STATE/REGIONAL TOURNAMENTS	STATE/REGIONAL TOURNAMENTS			LEVEL 2		
<b>FOUNDATION</b> PARTICIPATION/ SOCIAL	AFFILIATE AND SCHOOL GALA DAYS	JUNIOR AFFILIATE COMPETITIONS	AFFILIATE COMPETITIONS	FOUNDATION	LEVEL 1	FOUNDATION	ASSISTANT FACILITATOR *
	JUNIOR AFFILIATE COMPETITIONS						
	AUSTOUCH PROGRAM	SCHOOL COMPETITIONS					
	SCHOOL CLINICS	SCHOOL COMPETITIONS					

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Category	Foundation	Talent	Elite	Mastery
<b>Movement</b>	Running – sprinting Running – backwards Running – with the ball Agility – side stepping Agility – side to side shuffling Agility – swerving	Running - sprinting technique Agility - Stepping a defender Agility – forwards Agility – backwards Agility – sideways	Running – appropriate attacking lines Running – backwards at speed Agility - Stepping off both feet	<p><i>At the Mastery level athletes execution of all skills is required at a much higher efficiency and in a more complex environment The key components include:</i></p> <p>Skill selection and application Vision Interpreting/manipulating the environment Determining &amp; exploiting available options (decision making)</p>
<b>Ball</b>	Ball grip Passing – stationary Passing – on the run Catching Half pass (introduce)	Spiral pass Passing left and right Half pass Draw and pass Dummy Wrap pass Switch pass Long pass	Running pass both sides Long pass both sides Long pass from ground Cut out pass Switch pass variations Wrap pass variations Dummy pass variations	
<b>Rollball</b>	Static rollball Dynamic rollball (introduce)	Dynamic rollball Rollball positioning (side of defender) Dump-split	Dynamic rollball Elite Strike-dump (line attack)	
<b>Rucking</b>	Half role First receiver role	First Receiver positioning Rucking at pace Wrapping from half	Rucking strategies <i>Direct, expansive</i> Rucking tactics <i>Sub set/exiting, transition tempo</i>	
<b>Attack</b>	Running into space Effecting the touch in attack Supporting ball carrier Progressing ball toward scoreline Scoring a Touchdown The Tap	Slide dive – introduce base skill Switch Wrap Scoop Decision making - 2 on 1 Attacking space	<p><b>ATTACKING SKILLS</b></p> <p>Slide dive – elite execution Switch variations Wrap variations Decision making 3 v 2, 4 v 3 Attacking lines <i>Hook, direct, in, bounce</i></p> <p><b>ATTACKING STRATEGIES</b></p> <p>Expansive vs direct Defender conditioning &amp; sequencing Statics Second phase Score-zone tactics</p>	

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<p><b>Defence</b></p>	<p>Returning onside Effecting the touch in defence Foundation 'team' defence</p>	<p>Ruck defence general Wrap defence Switch defence Defensive space awareness Body positioning in touch Compressed/ basic shutdown defence</p>	<p>DEFENSIVE SKILLS Control/contesting the ruck ("red touch") Body position(non-contest) Post touch actions Pre touch positioning DEFENSIVE STRATEGIES Line defence policy (shutdown vs man on) General defensive tactics – 1,3,5 Line defence tactics ("<i>l</i>" defence, hold, tread, no bite)</p>	
<p><b>Game Concepts &amp; Strategies</b></p>	<p>Communication Basic understanding of rules Basic positional understanding</p>	<p>Non verbal communication Application of rule knowledge Effective substitution Positional differences</p>	<p>Substitution rotations Elite rule interpretations/variations Position specific roles Elite drop off strategies Playing with five on field</p>	
<p><b>Athletic Performance</b></p>	<p>Warm up /Cool down– education and introduction Stretching</p>	<p>Warm up – movement specific Mental preparation – basic Nutrition for performance Recovery – stretching &amp; hydration</p>	<p>Recovery – Ice baths, injury management ASADA Anti-Doping Education Strength &amp; conditioning Introduce Athlete Profiling</p>	<p>Psychology Apply Athlete behaviour profiling Leadership Improve performance through life balance Strength and conditioning</p>