

## AAI FAMES Model

Stages	FMS	Athletic Basics	Multi-Event Development	Event Group Development	Specialisation
Age	4 to 6 years	7 to 11 years	12 to 13 years	14 to 15 years	16 years plus
	Play emphasis	Sample Athletics	More Specific skill work	Coach structured learning	More intense work
<b>Athletic Focused sessions</b>	Time focus should be between 30-45 minutes. 1 Athletic based session per week. Based around Athletics NZ Get Set Go programme.	Time focus should be between 40-60 minutes. 1-2 Athletic based sessions per week.	Time focus should be between 60-90 minutes. 2-3 Athletic based sessions per week.  General all-round athletic skills should be developed, with 60% training and 40% competition focus.	Time focus should be between 60-90 minutes. 3-4 Athletic based sessions per week.  Focus still on all round skills but a slight shift for some athletes to an event group focus. Training and competition ratio same as previous age group.	Time focus should be between 60-90 minutes. 5-8 Athletic based sessions per week.  Emphasis should now focus on event group specialisation. More focus also on competitive opportunities. Training and competing will now have a ratio of 50% each.
<b>Training</b>	See Athletics NZ Foundation programme Get Set Go for suggested activities.	7-9 years: Start to develop fundamental athletic skills around Athletics NZ Run Jump Throw programme.  10-11 years: Build on skill and technique for the athletic events through the Athletics NZ Run Jump Throw programme.	Focus on speed development should be a priority. Continue multi-directional work, agility and quickness through short drill activities, up to 7 seconds in duration. Continue to work on general aerobic fitness also. No high intensity lactate tolerance type work at this stage.	Design specific athletic session plans to suit the individual athlete within a squad environment. Add in specific warm up and warm down protocols with additional recovery routines.  Work should include general strength, flexibility and mobility routines.	Design of a training plan can now be more specific in design with complexity around skill and strength development.  Additional learning around sport psychology and nutritional information can be provided.
<b>Skill Development</b>	Teach having fun around total body movement exercises and games.  Complete low intensity running activities up to 2-3 minutes in duration.  Include general speed and agility drills up to 10 seconds in duration.	7-9 years: Build on previous stage with all round conditioning work.  10-11 years: Start to teach postural awareness with balance drills. Build in basic strength work with body weight and light medicine ball training.	Further develop skill and fitness capabilities. Lactate work could be introduced for those athletes that have matured enough to undertake this work load.	Enhance muscular and aerobic endurance with increase in intensity and volume from previous stage.  Look to introduce resistance training with body weight exercises to build general strength before adding weights.	Design your training programme to build in recovery routines as the intensity of training builds.  Technical and conditioning modalities should be advanced at this stage.
<b>Competing</b>	No specific competition for this age group. Look to add team activities such as relays. Utilise Athletics NZ Get Set Go	Low intensity team-based competitions can be introduced. Low key individual meets for 7-9 year olds with more events added for 10-11 year olds	Introduce more advanced Team based competitions.  Seek to integrate club and school competitions within the season.	More advanced competitions can be introduced. Look to upskill athletes on non-traditional events such as hurdles, javelin, triple jump and hammer.	Seek to construct two competitive seasons around club and school athletics. Look at event group specialisation. Following a 4-6 week break after the summer season, look to develop training over the winter.