STRENGTH

PHYSICAL

PSYCHOLOGICAL

COMMUNICATION

VISUALISATION

STRATEGIC LEARNING

LEADERSHIP

Figure 1: Brisbane Boys' College Athletic Development Philosophy
Table 2: Balyi’s model and its direct connection to a school structure

**FUNDAMENTAL**  
**Junior School**  
Prep - Yr 4

- Fun based training
- Fundamental movement skill development (ABC’s: agility, balance, coordination, speed)
- Enjoyable activities that encompass fundamental movement patterns

**LEARNING TO TRAIN**  
**Junior School**  
Yr 5-7

- General overall sports skills
- Strength with bodyweight exercises
- Further develop fundamental movement patterns

Training to Comp Ratio: 70:30

**TRAINING TO TRAIN**  
**Middle School**  
Yr 8-10

- Build aerobic base and speed
- Aim to build strength toward end of phase
- Flexibility introduced
- Learning the basics in training, not competing

Training to Comp Ratio: 60:40

**TRAINING TO COMPETE**  
**Senior School**  
Yr 11-12

- High intensity, sport specific training modalities
- More individually based preparation
- Strength development can continue and be increased

Training to Comp Ratio: 25:75

**TRAINING TO WIN**  
**University Post School**

- Training to peak for competition
- Higher intensity and higher volume of training
- Elite level the goal of future training

Training to Comp Ratio: 25:75

**MATURITY**  

**CHILDHOOD**  

**AGE 6-9**

**AGE 9-12**

**AGE 12-16**

**AGE 16-18**

**AGE 18+**