

PHASE	FOUNDATION (9 TO 13 YRS OLD)	PREPARATION (13 TO 16 YRS OLD)	PERFORMANCE (16 TO 18 YRS OLD)
OVERVIEW	By the end of this phase players will have learned the technical fundamentals in order to progress, alongside exposure to competitions both domestically & internationally with an emphasis of playing the right way. Players will understand the importance of physical fitness for table tennis and have developed a sound physical base on which to build.	By the end of this phase, a players' own individual style will become more apparent through the development of their super strengths. Physical conditioning is greater and more individualised to cater for their needs as they grow both physically and in their standard of play. Competition will be at a higher level to assess how they and their game will cope under pressure.	By the end of this phase players will have developed the table tennis / athlete / competition skills they need to compete with the best players in Europe / World at a Junior level, and he capabilities & knowledge they need transition into the Senior level of the sport. Players will be following an individualised plan that gives a clear direction of development that will support their transition to the senior level of the sport.
LEARNING	<p>The diagram illustrates the learning process across three phases. A blue arrow points from left to right, starting at a black oval labeled 'VERSITILE' in the green 'EXPLICIT' zone of the 'FOUNDATION' phase and ending at a black oval labeled 'ADAPTABLE' in the yellow 'IMPLICIT' zone of the 'PERFORMANCE' phase. The background is divided into three horizontal bands: yellow (IMPLICIT) at the top, green (EXPLICIT) in the middle, and dark blue (GROWTH MINDSET) at the bottom. The green band is wider in the 'FOUNDATION' phase and narrows as it moves into the 'PERFORMANCE' phase.</p>		
TRAINING VOLUME (TABLE / S & C)	10 to 12 HRS 3-5 SESSIONS PER WEEK	12 to 16 HRS 5-7 SESSION PER WEEK	16 + HRS 7 + SESSIONS PER WEEK
SKILL ACQUISITION (PLAYER / ATHLETE / COMPETITION)	<p>The bar chart shows skill acquisition levels for Player (P), Athlete (A), and Competition (C) across the three phases. The y-axis represents the level of skill acquisition. In the 'FOUNDATION' phase, the 'P' bar is high, 'A' is medium, and 'C' is low. In the 'PREPARATION' phase, the 'P' bar is medium, 'A' is high, and 'C' is medium. In the 'PERFORMANCE' phase, the 'P' bar is low, 'A' is medium, and 'C' is high. A blue line graph shows a downward trend from 'P' to 'A' and an upward trend from 'A' to 'C' across the phases.</p>		
TABLE TENNIS	Technical development in playing trademarks alongside an understanding of reading and understanding spin, developing anticipation and playing against various material. Players will know the importance of practice and mutual benefit (learning to train) as well as a greater awareness of how to learn.	Progress of players individual style through development of their "super strengths" whilst maintaining technical foundation from the previous phase (revisiting this if necessary).	Players to be ranked within the top 15 players within the Junior age category in Europe alongside appropriate senior training and competition where necessary.
ATHLETE	Development of fundamental movement skills and have a base fitness level on which to build more specifically for the individual. Players will understand what the different components of fitness are and why they are important to their table tennis development.	Physical work becomes more individualised training program for the player. Players will begin to demonstrate the ability to self analyse, self regulate and set goals. Development of mental attributes - staying in the moment / one point / handling pressures (performing in front of a crowd / dealing with expectation).	Players will have be able to self regulate, analyse, and set goals with less input from their support network and have the coping strategies they need to deal with different / hostile environs competition alongside their continued physical development.
COMPETITION	Players competition program to built around Local, Regional & National competitions suitable for them at their stages of progress. Exposure to European & International Tournaments when deemed ready	Taking part in higher level National competitions (4 stars / National Cup / National Age Group Championships). Greater exposure in International events, with some gaining their first opportunities to compete in a major championships (European Youth Championships)	With ranking is now a significant factor, players will compete regularly in ITTF Premium / Open events, in line with a strategic annual plan. Players will also begin to experience senior level events to aid their transition to senior level.