

YOUTH PHYSICAL DEVELOPMENT (YPD) MODEL FOR MALES																						
CHRONOLOGICAL AGE (YEARS)	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21+		
AGE PERIODS	EARLY CHILDHOOD			MIDDLE CHILDHOOD							ADOLESCENCE							ADULTHOOD				
GROWTH RATE	RAPID GROWTH			↔		STEADY GROWTH					↔		ADOLESCENT SPURT				↔		DECLINE IN GROWTH RATE			
MATURATIONAL STATUS	YEARS PRE-PHV										←		PHV		→		YEARS POST-PHV					
TRAINING ADAPTATION	PREDOMINANTLY NEURAL (AGE-RELATED)										↔		COMBINATION OF NEURAL AND HORMONAL (MATURITY-RELATED)									
PHYSICAL QUALITIES	FMS	FMS					FMS			FMS												
	SSS	SSS					SSS			SSS												
	Mobility	Mobility							Mobility													
	Agility	Agility							Agility				Agility									
	Speed	Speed							Speed				Speed									
	Power	Power							Power				Power									
	Strength	Strength							Strength				Strength									
	Hypertrophy							Hypertrophy		Hypertrophy						Hypertrophy						
	Endurance & MC	Endurance & MC							Endurance & MC				Endurance & MC									
TRAINING STRUCTURE	UNSTRUCTURED			LOW STRUCTURE					MODERATE STRUCTURE				HIGH STRUCTURE				VERY HIGH STRUCTURE					

YOUTH PHYSICAL DEVELOPMENT (YPD) MODEL FOR FEMALES																						
CHRONOLOGICAL AGE (YEARS)	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21+		
AGE PERIODS	EARLY CHILDHOOD			MIDDLE CHILDHOOD					ADOLESCENCE									ADULTHOOD				
GROWTH RATE	RAPID GROWTH			↔		STEADY GROWTH			↔		ADOLESCENT SPURT					↔		DECLINE IN GROWTH RATE				
MATURATIONAL STATUS	YEARS PRE-PHV								←			PHV		→			YEARS POST-PHV					
TRAINING ADAPTATION	PREDOMINANTLY NEURAL (AGE-RELATED)								↔		COMBINATION OF NEURAL AND HORMONAL (MATURITY-RELATED)											
PHYSICAL QUALITIES	FMS	FMS		FMS		FMS																
	SSS	SSS		SSS		SSS																
	Mobility	Mobility					Mobility															
	Agility	Agility					Agility							Agility								
	Speed	Speed					Speed							Speed								
	Power	Power					Power							Power								
	Strength	Strength					Strength							Strength								
	Hypertrophy					Hypertrophy		Hypertrophy									Hypertrophy					
	Endurance & MC	Endurance & MC							Endurance & MC							Endurance & MC						
	TRAINING STRUCTURE	UNSTRUCTURED			LOW STRUCTURE					MODERATE STRUCTURE				HIGH STRUCTURE			VERY HIGH STRUCTURE					