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 MIDDLE CHILDHOOD										ADOLESCENCE									ADULTHOOD	
GROWTH RATE	RAPII	RAPID GROWTH STEADY GROWTH									ADOLESCENT SPURT DECLINE IN GROWTH RATE										
MATURATIONAL STATUS	YEARS PRE-PHV									PHV YEARS POST-PHV											
TRAINING ADAPTATION	PREC	PREDOMINANTLY NEURAL (AGE-RELATED) COMBINATION OF NEURAL AND HORMONAL (MATURITY-RELATED)																			
	F	MS	5		FMS				FMS			FMS									
PHYSICAL QUALITIES	sss				sss						SSS										
	N	lobili	ty			М	obil	ity			Mobility										
	,	Agility	,	Agili				ty			Agility					Agility				y	
	:	Speed	ı	Spee				d			Speed					Speed				d	
	1	owe	•	Pow				er			Power					Power				er	
	Str	eng	gth			Str	en	gth			Strength					Streng				gth	
	Hypertrop						hy					Нурегtгорhy Нуре			ertr	opł	ıy	Hypertrophy			
	rance	& MC			Er	nduran	ice & N	ис			Endurance & MC				Enduran				ce & MC		
TRAINING STRUCTURE	UN	ISTRUCTURED LOW STRUCTURE						8		10DERATE FRUCTURE HIGH STRUCTURE VER					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 MID					IIDDLE CHILDHOOD				ADOLESCENCE										ADULTHOOD		
GROWTH RATE	RAPID GROWTH STEADY GROWTH ADOLESCENT SPURT DECLINE IN GROWTH RATE												TH RATE									
MATURATIONAL STATUS	YEARS PRE-PHV ————————————————————————————————————																					
TRAINING ADAPTATION	PREDOMINANTLY NEURAL (AGE-RELATED) COMBINATION OF NEURAL AND HORMONAL (MATURITY-RELATED)																					
	FMS		S	FMS		FN	ΛS			FMS												
	SSS		SSS			SS	SS		SSS													
	N	1obili	ty		Mobility					Mobility												
	Agility			Agility					Agility						Agility							
PHYSICAL QUALITIES	Speed			Speed					Speed							Speed						
	Power			Power					Power							Power						
	Strength				Strength				Strength						Strength					h		
	Hypertrophy							Hypertrophy						trophy					lypertrophy			
	Endurance & MC					Endurance & MC				Endurance & MC					End				urance & MC			
TRAINING STRUCTURE	UNSTRUCTURED LOW STRUCTURE						E	MODERATE STRUCTURE HIGH STRUCTU					URE	E VERY HIGH STRUCTURE								