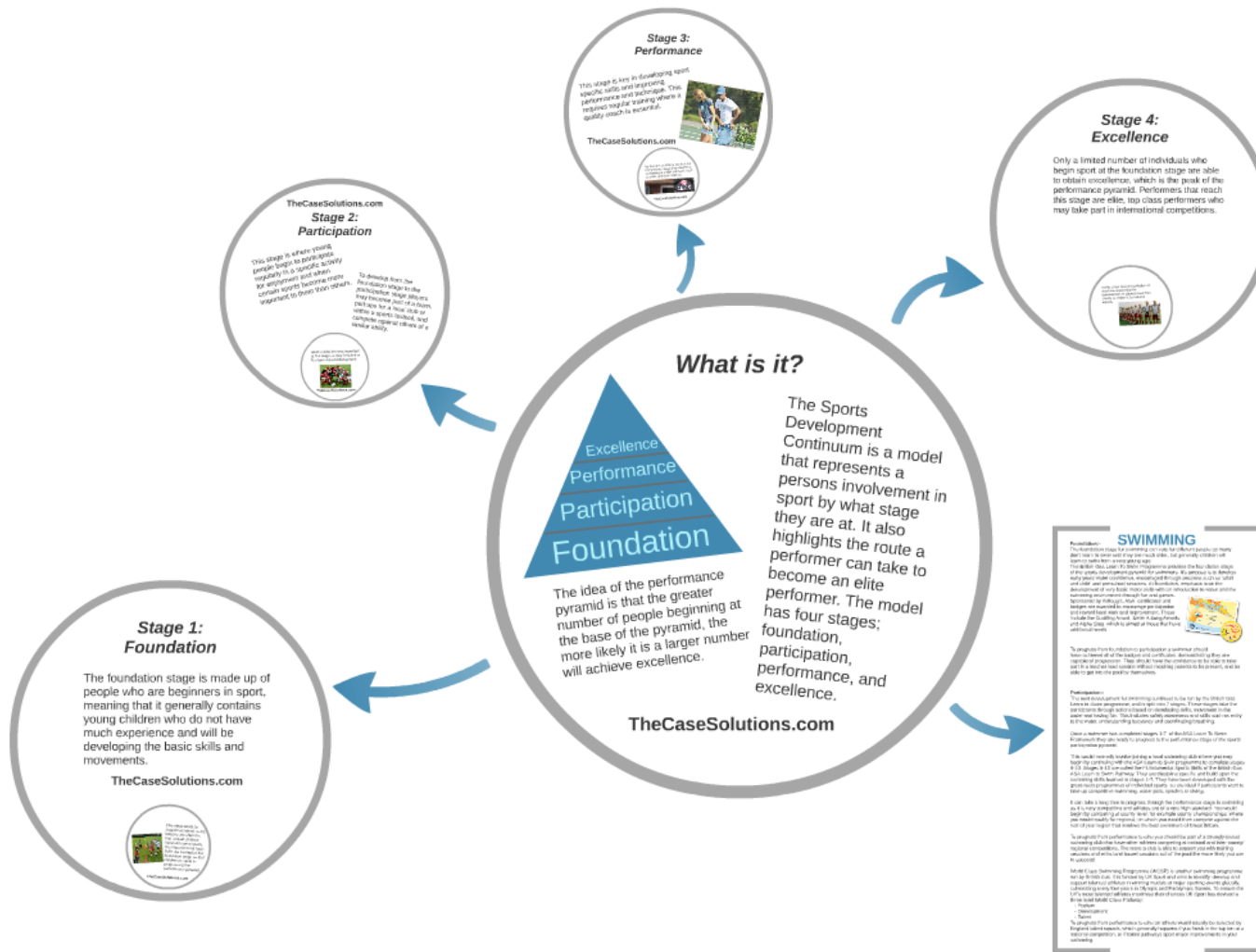


# Veranda Brands: Developing and Coaching Talent Workshop TheCaseSolutions.com



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part of a team,  
local club or  
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# What is it?



The idea of the performance pyramid is that the greater number of people beginning at the base of the pyramid, the more likely it is a larger number will achieve excellence.

The Sports Development Continuum is a model that represents a persons involvement in sport by what stage they are at. It also highlights the route a performer can take to become an elite performer. The model has four stages; foundation, participation, performance, and excellence.

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# ***Stage 1: Foundation***

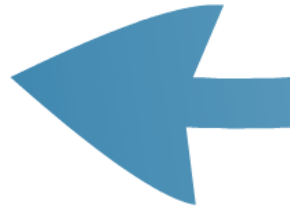
The foundation stage is made up of people who are beginners in sport, meaning that it generally contains young children who do not have much experience and will be developing the basic skills and movements.

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*This stage tends to happen at school as PE lessons are often the first contact children have with some sports. It is important that basic skills are learned at the foundation stage so that children are able to progress up the performance pyramid.*

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## ***Stage 2: Participation***

This stage is where young people begin to participate regularly in a specific activity for enjoyment and when certain sports become more important to them than others.

To develop from the foundation stage to the participation stage players may become part of a team, perhaps for a local club or within a sports festival, and compete against others of a similar ability.

Sports clubs become important at this stage as they help link to the next step of development.



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## ***Stage 3: Performance***

This stage is key in developing sport specific skills and improving performance and technique. This requires regular training where a quality coach is essential.



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By the time an Athlete reaches the Performance stage they should be competing at a high standard, such as club, county or regional.



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