

Age-Group Program Design

Sports, Fitness & Recreation

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This guide explains what the tool produces, how to use the output, and what to watch for. The actual output (draft/report) is generated on the tool page.

Background

Get an age-appropriate program design for a specific age group — the developmental focus, appropriate training load and content, fun and engagement, and safety for that age — so training suits how kids of that age develop. Describe the group below.

Purpose of this tool & output

Right training for each age

How the output is used

Use it for the right training for each age — an age-group program design that matches load and skills to development stage.

Important cautions

AI-generated design; follow age-appropriate LTAD principles - keep young ages fun and multi-skill, avoid early specialisation.

Companion documents

- Academy Coaching Program Design
- Coaching Curriculum & Syllabus
- Batch & Timetable Management SOP
- Skill Assessment & Grading
- Coaching Delivery SOP
- Talent Identification Framework

This is AI-assisted guidance. Verify with a qualified professional before any binding decision. Fees, authorities and processes vary by state and change over time — confirm with your state authority.