

| Developmental Stages of Athlete | Physical Development | Cognitive Development | Socio-Emotional Development |
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| <p>Childhood and Early Teens Development</p> <p>Approximately 10-12</p> | <ul style="list-style-type: none"> Girls growth changes most often occur between ages 10-13; boys 12-16 Activities should develop body awareness and skills through physical involvement | <ul style="list-style-type: none"> Beginning to think logically; and symbolically Think terms of concrete objects and can handle ideas better if they are related to something they can already do or experience with their senses | <ul style="list-style-type: none"> Beginning to identify with peers Decision-making skills are developing Strong need to feel accepted and worthwhile Comparison with the success of others can be difficult and can erode self-confidence |
| <p>Middle Adolescent Teens Development</p> <p>Approximately 12-15</p> | <ul style="list-style-type: none"> Girls from last season may return as young women Boys of 13 may still be the size of an 11 year old and others of the same age may have grown 6 inches Rapid changes in physical appearance may make teens uncomfortable with changing body image | <ul style="list-style-type: none"> Enjoy playing with ideas as much as playing sports Move from concrete to more abstract thinking; may still think in all-or-nothing terms Small groups provide an opportunity to test ideas and are often less intimidating | <ul style="list-style-type: none"> In process of moving away from dependence on parents toward eventual independence Emotions can be a roller coaster Changes in hormones, thinking, and self-awareness may contribute to wide mood swings. |
| <p>Later Teens Development</p> <p>Approximately 15-21</p> | <ul style="list-style-type: none"> By the later teen years, body changes & awareness become more stable They have a more accurate awareness of their abilities & talents New skills; may move teens further way from family as they seek community & independence | <ul style="list-style-type: none"> Adolescents are beginning to be able to think about the future and make realistic plans Set goals based on personal need and priorities; goal set by others may be rejected | <ul style="list-style-type: none"> Teens want belonging while being recognized as unique individuals in various peer groups Teens' will determine how active they remain in sports Want to be seen as being a responsible person and teammate by peers, coaches, and adults |