

Stage and Age Group

Physical		Initial				Basic			Intermediate				Advanced			
		U4	U5	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	U18
Strength	1 Strength Endurance	0	0	0	0	0	0	0	0	0	1	2	3	3	3	3
	2 Explosive Strength	0	0	0	0	0	1	1	2	2	3	3	4	4	5	5
	3 Maximal Strength	0	0	0	0	0	0	0	0	0	1	1	1	1	2	2
Endurance	1 Aerobic Capacity	0	0	0	0	0	1	2	2	3	3	4	4	4	4	4
	2 Aerobic Power	0	0	0	0	0	0	0	1	2	3	4	5	5	5	5
	3 Anaerobic Lactic	0	0	0	0	0	0	0	0	0	1	2	3	4	5	5
	4 Anaerobic Alactic	0	0	0	0	0	1	1	2	2	3	3	2	2	2	2
Speed	1 Reaction	1	1	1	2	3	4	4	4	4	5	5	4	3	2	2
	2 Acceleration	1	1	1	2	3	4	5	5	5	5	5	4	4	4	4
	3 Maximal Speed	0	0	0	0	1	1	1	2	2	2	2	3	3	2	1
	4 Speed Endurance	0	0	0	0	0	1	2	2	2	3	3	2	1	0	0
	5 Acyclic Speed	1	1	1	2	3	4	5	5	5	5	5	5	5	5	5
Flexibility and Mobility		1	1	1	1	1	2	2	3	3	4	4	3	3	3	3
Coordination and Balance		2	2	2	3	3	4	5	5	4	3	3	2	2	2	2
Agility		2	2	3	3	4	4	5	5	4	4	4	4	4	4	4
Basic Motor Skills		5	5	5	5	5	4	3	2	1	0	0	0	0	0	0
Perception and Awareness		5	5	5	5	5	5	5	5	5	5	5	5	5	5	5

Workload Key	1 Very Low	2 Low	3 Mid	4 High	5 Very High
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