

This tool is designed to support coach self-reflection and development. Using the 10 pillars of LTAD (Lloyd et al., 2016), rate your current practice on a 0–5 scale and provide evidence/examples of how you address each pillar. Where you feel improvement is needed, identify an action to improve. Try to be honest and use this as a guide for improvement.

Rating	Description
1	Not considered at all in my practice
2	Rarely considered in my practice
3	Sometimes considered, but inconsistently applied
4	Often considered and usually applied well
5	Fully embedded and consistently applied in my practice

Reference

Lloyd, R.S., Cronin, J.B., Faigenbaum, A.D., Haff, G.G., Howard, R., Kraemer, W.J., Micheli, L.J., Myer, G.D. and Oliver, J.L. (2016). National Strength and Conditioning Association Position Statement on Long-Term Athletic Development. *J Strength Cond Res.* 2016 Jun;30(6):1491-509.

	LTAD Pillar	Self-rating (1–5)	Current Evidence of Practice	Action for Improvement
	Pillar 1: When coaching young athletes, my programmes accommodate for the highly individualised and non-linear nature of growth and development.			
	Pillar 2: I ensure that athletes of all ages, abilities, and aspirations in my programme benefit in ways that promote both physical fitness and psychosocial wellbeing.			
	Pillar 3: I encourage all youth to enhance their physical fitness from early childhood, with a focus on motor skill and muscle strength development.			
	Pillar 4: I promote an early sampling approach by exposing young athletes to a broad range of activities and motor skills before specialising.			
	Pillar 5: I prioritise the health and wellbeing of the child, focusing on long-term development and enjoyment over short-term performance gains.			

	LTAD Pillar	Self-rating (1–5)	Current Evidence of Practice	Action for Improvement
	Pillar 6: I include developmentally appropriate physical conditioning to help reduce injury risk and support ongoing participation.			
	Pillar 7: I use a variety of training modes to develop both health- and skill-related components of fitness in the athletes I coach.			
	Pillar 8: I use relevant monitoring and assessment tools, including growth and maturation tracking, to inform my coaching practice.			
	Pillar 9: I systematically progress and individualise training programmes to reflect the changing needs and development of the athletes I coach.			
	Pillar 10: I am suitably qualified and apply sound pedagogical approaches to ensure effective and safe coaching practice.			