

INDIVIDUALIZATION

Due to differences in the maturational process of each player, training programs and plans should always be individualized.

Even though players are of the same chronological age, their bio-psycho-social maturation might differ by several years. Another factor, which needs to be taken into account is the training age of a player, meaning the number of years the player has participated in coach-led practices following a well-developed training program. Such an experienced player will be able to perform different exercises and is able to use different equipment and weights than a player who just started training.

