

# Multi Events or Event Specialisation?

*Should young developing athletes focus on Multi Events Training and Competition or Event Specific Training and Competition*

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# Why Multi Event?

- Recognised across the World as the best approach to supporting Long Term Athlete Development
- Used by most sports across within the UK
- Extensive research and evidence in this area (B the G)
- It helps develop the fundamental and foundation skills necessary for every sport and event
- Can help minimise injury through all round physical conditioning
- Contributes to long term skill development
- Provides greater variety of choice and opportunities to excel
- Young people learn skills quicker

# Why this Approach?

- Children are not mini adults so training and development must be different
- Sport and Exercise should promote growth and development not hinder it
- This approach can help athletes access critical points (windows) of development
- Allow them to discover new skills and ability
- Many of our most success international athletes started like this
- You can still do your preferred event along with others

# Issues with Early Specialisation

- Insufficient development of the fundamental movement skills – Effecting higher skill development
- Immature (developing) body unable to stand specialised training
- Risk of ‘Over Use’ injuries
- Stagnation
- Boredom
- Risk of ‘Burn Out’
- Putting all your eggs in one basket

# Why not allow the good Youngsters to Specialise Early?

- Variation in Maturation stage impacts on competition results
- Relative Age Effect
- Stagnation and Boredom
- Over training for early success
- Good impact on growth and development



## So what about U18 Champs?

- Provide great opportunity to experience elite end athletics and learn their trade
- Helps them deal with travel and pressures of international athletics
- Should be seen as a growth / development opportunity and not an end game.
- U18 should prepare for U20 and then U23 and so on.

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