



# Performance du joueur de Rugby de Haut Niveau

Développement de l'expertise sportive



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## High Ability Studies

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### The role of deliberate practice and play in career progression in sport: the early engagement hypothesis

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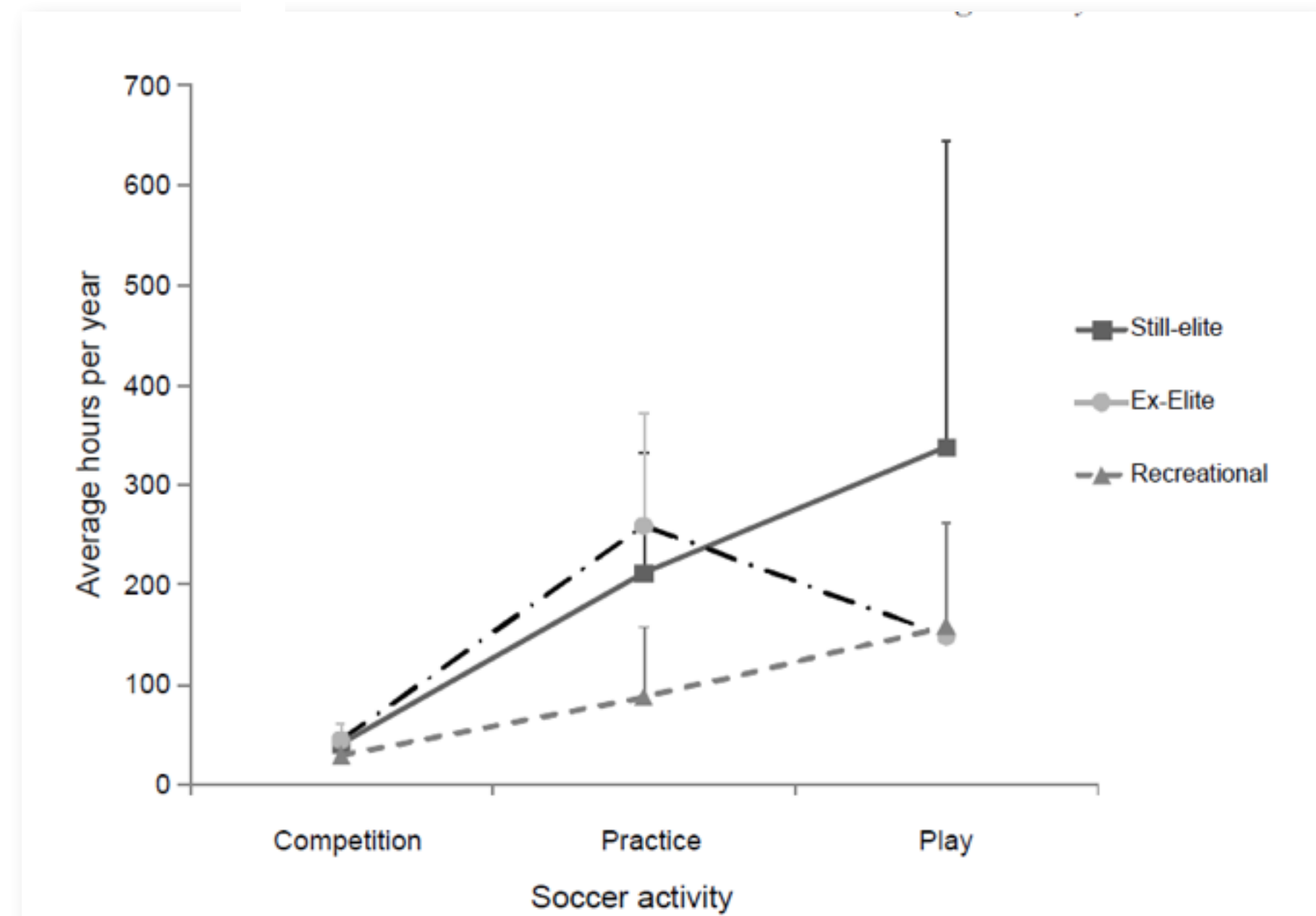


Figure 1. Mean (and *SD*) average hours per year in three soccer activities between the ages of six and 12 years old by the still-elite, ex-elite, and recreational groups.



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**Jason Gulbin, Ph.D.**

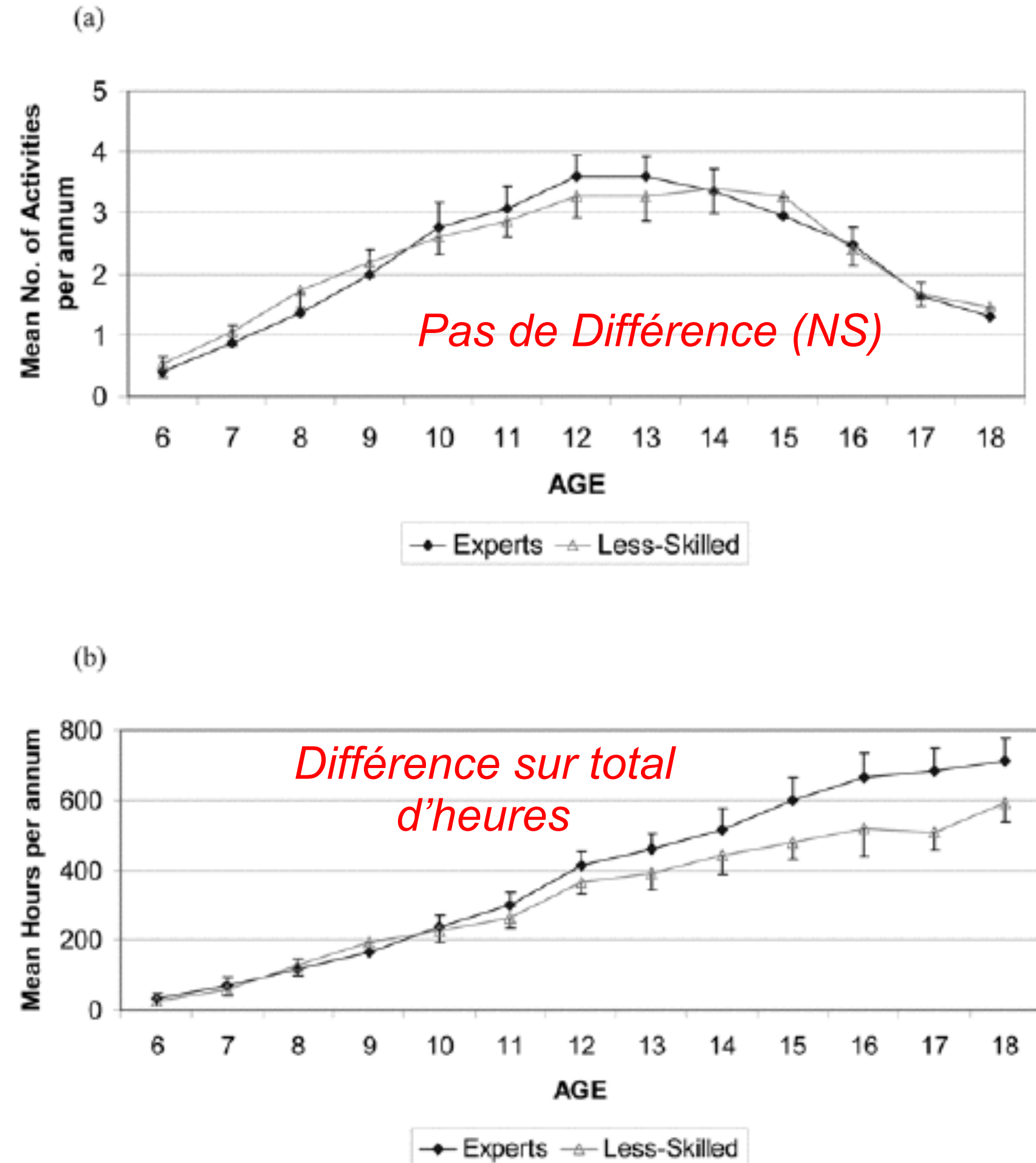
General Manager, National Talent Identification and Development,  
Australian Sports Commission

*“While the introduction of novel training techniques and technological advances will undoubtedly lead to optimised practice, **perhaps the largest performance gains will be made by ensuring that athletes actually remain on a developmental pathway**”*





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**Figure 2** — Number of structured activities per annum (a) and hours invested in these activities (b) as a function of age. Note: Total hours of involvement within structured activities includes both the time invested in training (solitary and group) and competition. Values shown are means plus standard errors.

*Journal of Sport & Exercise Psychology, 2008, 30, 685-708*

## The Contribution of Structured Activity and Deliberate Play to the Development of Expert Perceptual and Decision-Making Skill

Jason Berry,<sup>1</sup> Bruce Abernethy,<sup>2,3</sup> and Jean Côté<sup>4</sup>

**Table 1** Structured Practice and Deliberate Play Activities Reported by Each Skill Group

Category	Rank	Experts		Less Skilled	
		Activity	Frequency	Activity	Frequency
Structured practice	1	Australian football	100%	Australian football	100%
	2	Basketball	82%	Basketball	67%
	3	Cricket	82%	Cricket	60%
	4	Tennis	65%	Tennis	53%
	5	Athletics	35%	Athletics	47%
	6	Soccer	18%	Surf-life saving	13%
Deliberate play	1	Basketball	65%	Basketball	53%
	2	Cricket	53%	Cricket	47%
	3	4 Square	47%	British bulldog	40%
	4	Australian football	35%	Keepings-off	27%
	5	British bulldog	24%	Australian football	20%

*Note.* Frequency values represent the percentage of players in each skill group who reported participating in each activity. Australian football, basketball, tennis, and soccer are categorized as invasion games, tennis as net/wall, and cricket as field/run score. All remaining activities were classified as other.

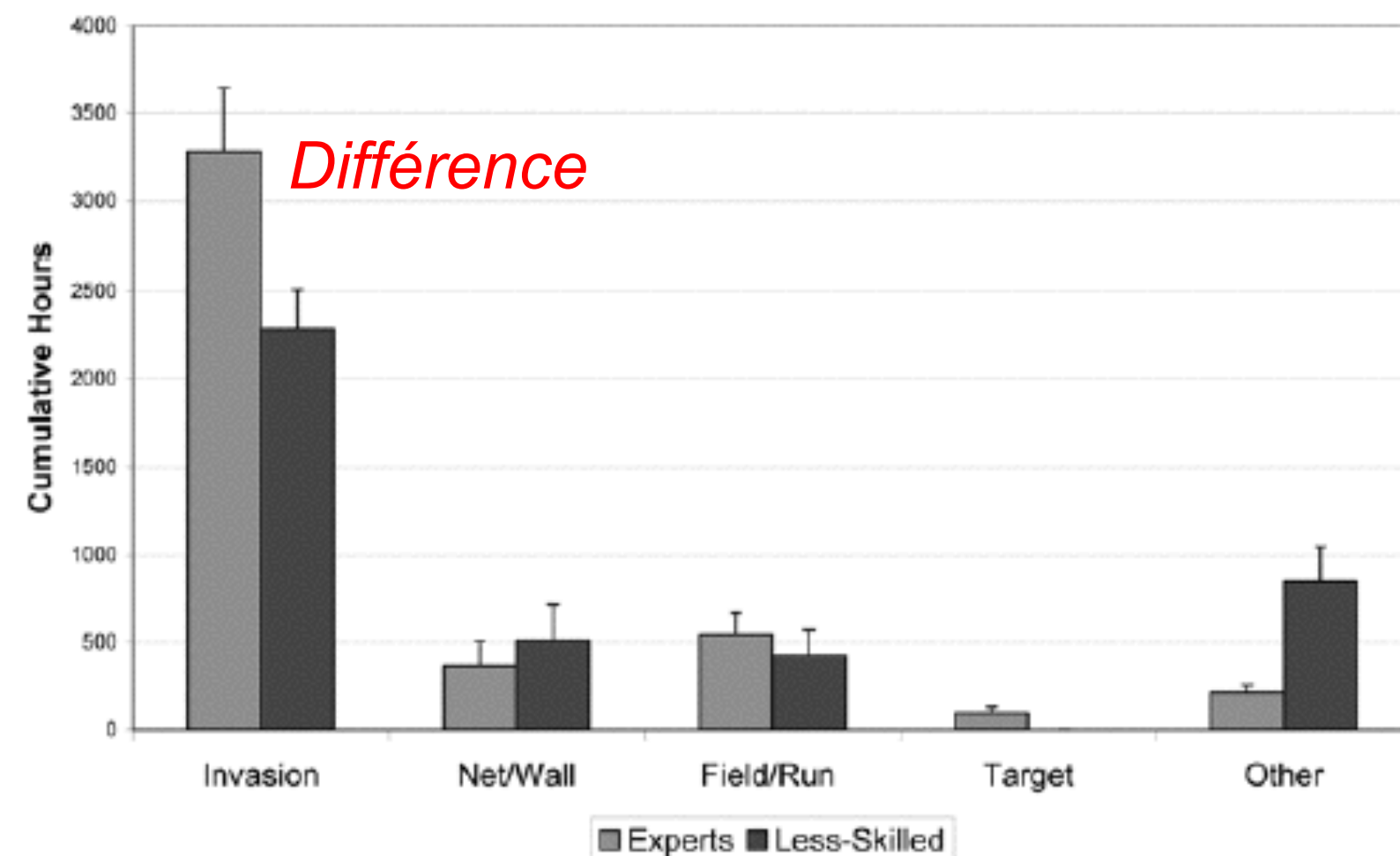


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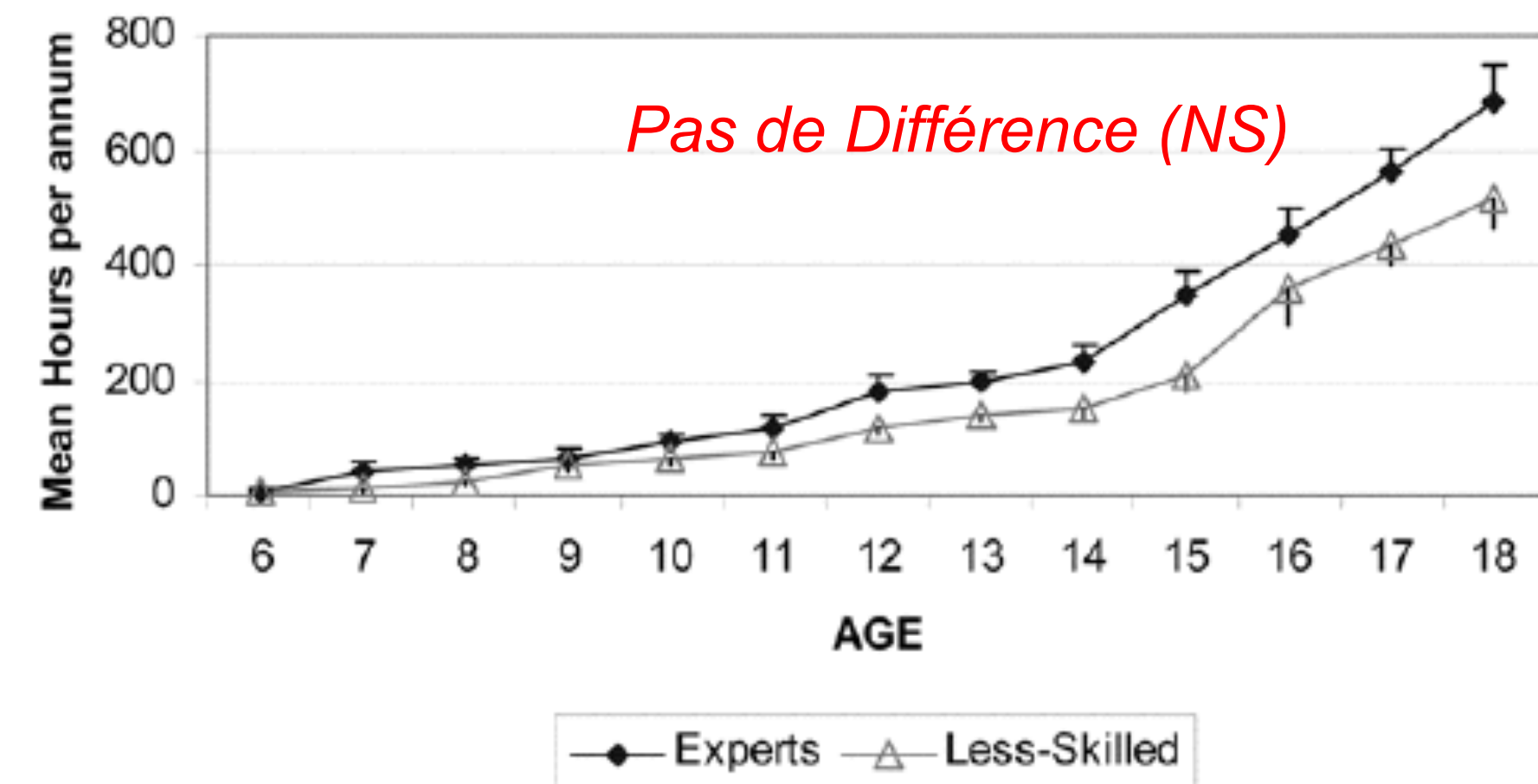
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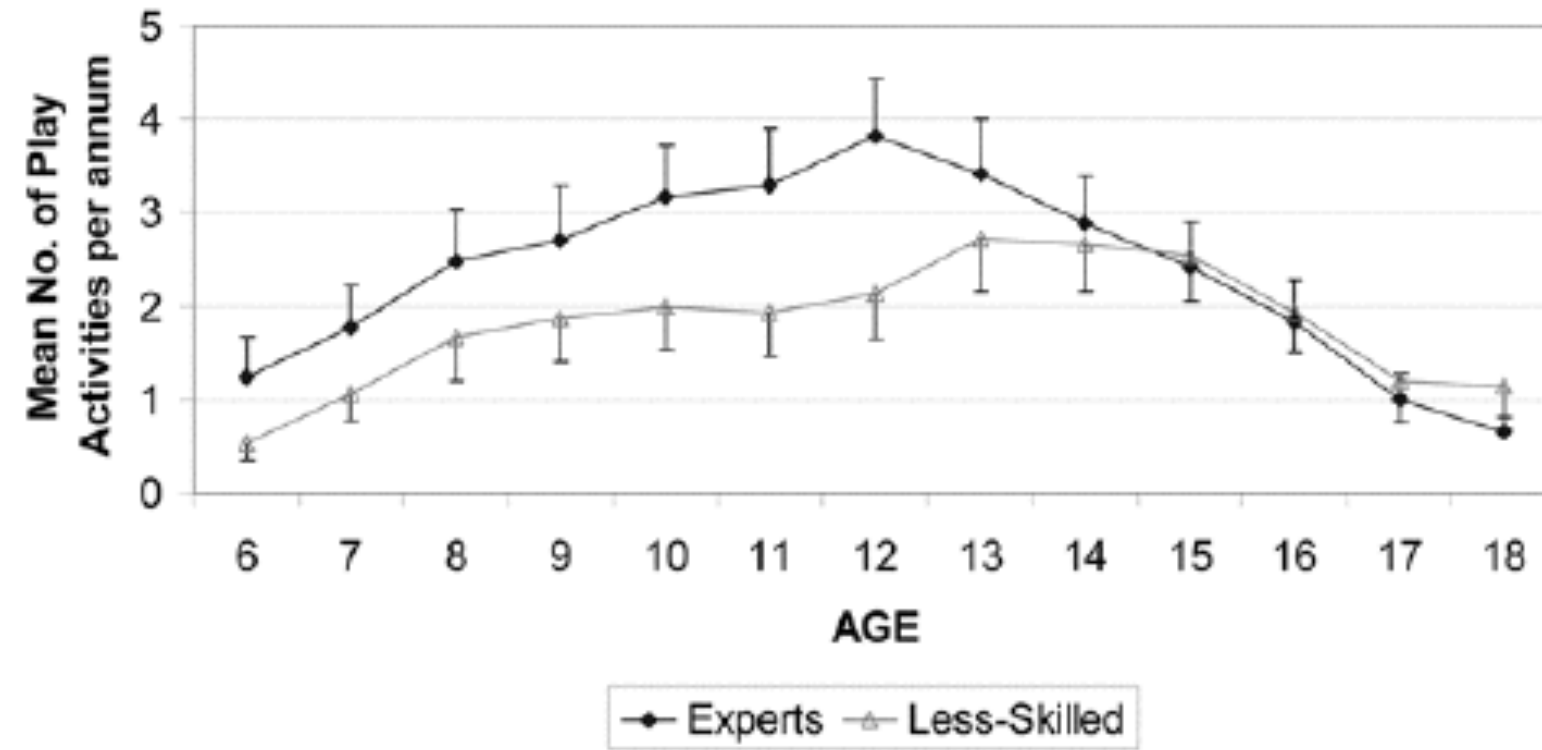
**Figure 3** — Accumulated hours in structured activity per games classification at the time of entry into the AFL. Values shown are means plus standard errors.



**Figure 4** — Hours invested per annum in Australian-football-specific structured activity as a function of age. Values shown are means plus standard errors.



(a) *Pas de Différence (NS)*



(b)

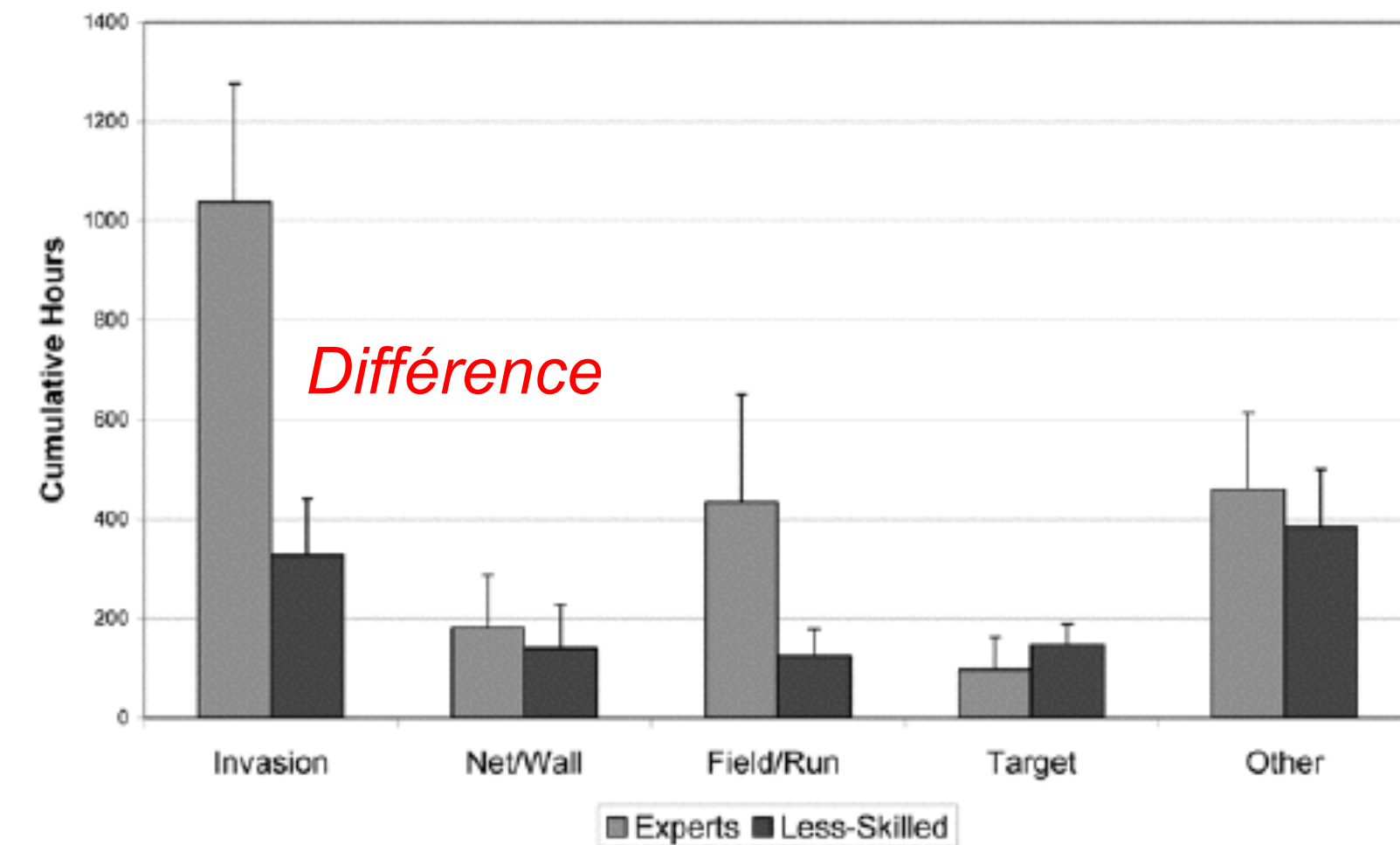


**Figure 5** — Number of deliberate play activities per annum (a) and hours invested in these activities (b) as a function of age. Values shown are means plus standard errors.

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**Figure 6** — Accumulated hours in deliberate play activity per games classification at the time of entry into the AFL. Values shown are means plus standard errors.



# Développement de l'Expertise Sportive



## The developmental activities of elite soccer players aged under-16 years from Brazil, England, France, Ghana, Mexico, Portugal and Sweden

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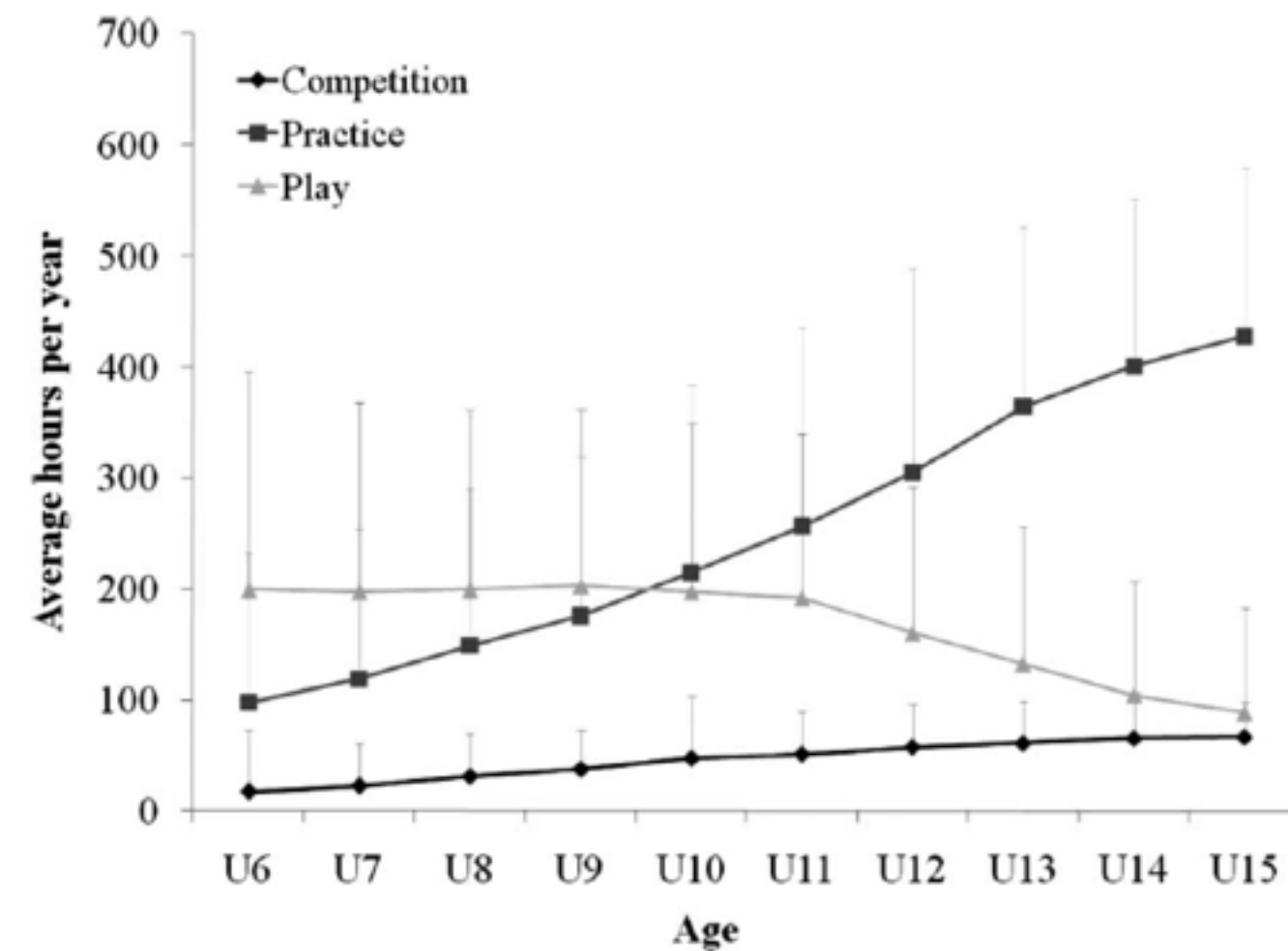


Figure 1. Average hours per year spent by 328 elite soccer players aged up to 16 years in the three soccer activities across each age group.

Table I. Milestones in years of age achieved by elite soccer players aged 16 years from Brazil, England, France, Ghana, Portugal, and Mexico.

	Start age in soccer	Start age in supervised training	Start age in leagues	Start age in academies	Hours in soccer by under-16 age group
Brazil	4.94 ± 1.38	7.78 ± 1.75	9.56 ± 1.62	13.16 ± 1.38	4118.68 ± 1533.67
England	4.47 ± 1.44	6.24 ± 1.25	7.45 ± 1.23	10.06 ± 2.26	4306.84 ± 1436.82
France	5.32 ± 1.11	6.48 ± 1.31	8.66 ± 1.14	12.90 ± 0.42	3890.08 ± 1301.01
Ghana	5.50 ± 1.43	9.43 ± 1.62	11.14 ± 1.24	12.79 ± 0.88	4588.11 ± 1608.78
Mexico	5.58 ± 1.47	7.12 ± 2.08	8.46 ± 2.67	12.94 ± 1.56	5449.14 ± 1909.25
Portugal	4.30 ± 1.37	6.62 ± 1.59	8.26 ± 1.19	8.30 ± 1.67	4438.65 ± 1895.46
Sweden	4.29 ± 1.04	5.95 ± 1.89	8.12 ± 2.08	13.82 ± 2.55	5095.39 ± 1949.34
Combined	4.88 ± 1.41	6.93 ± 1.82	8.65 ± 1.95	11.95 ± 2.56	4553.09 ± 1748.82



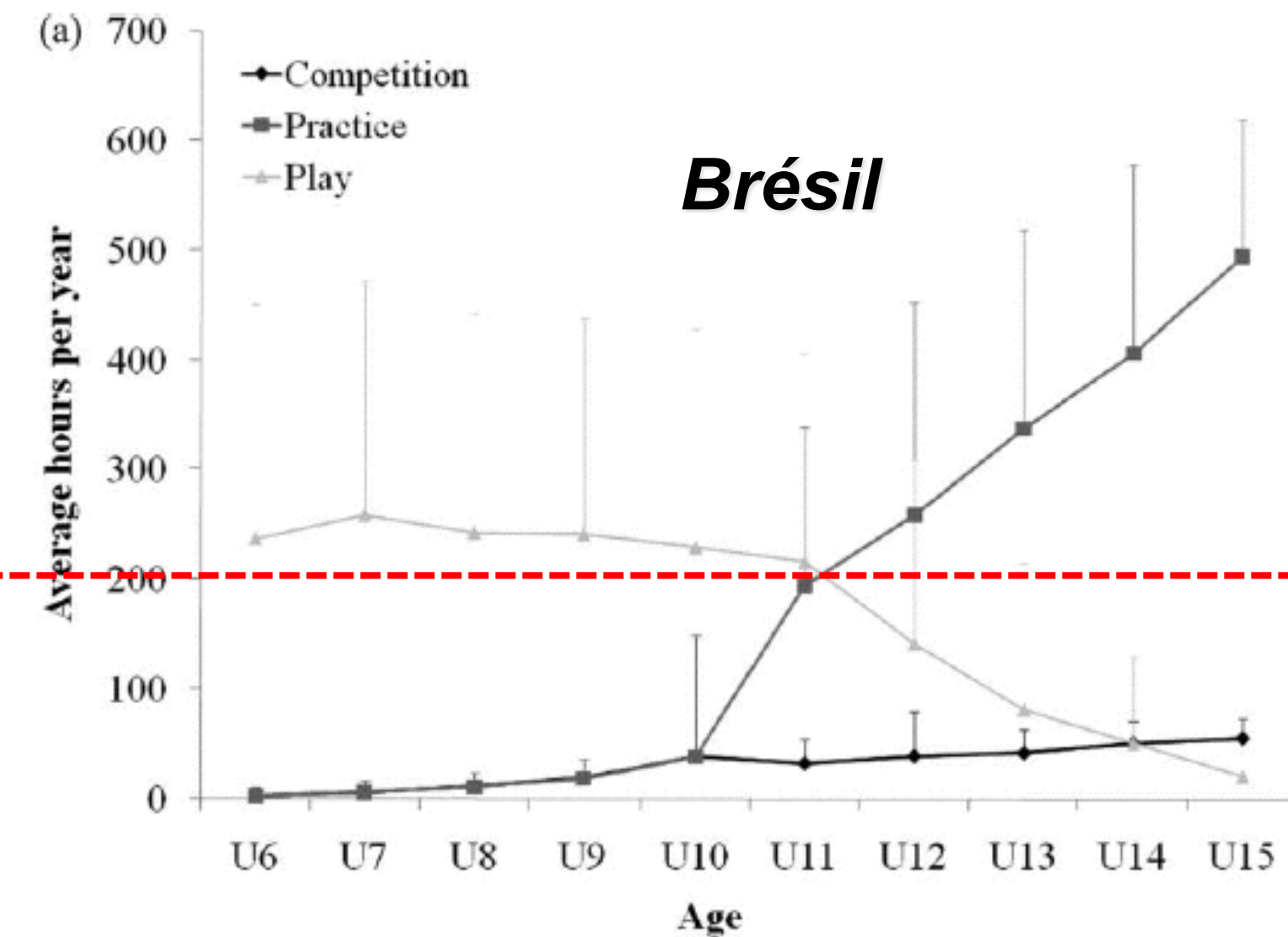
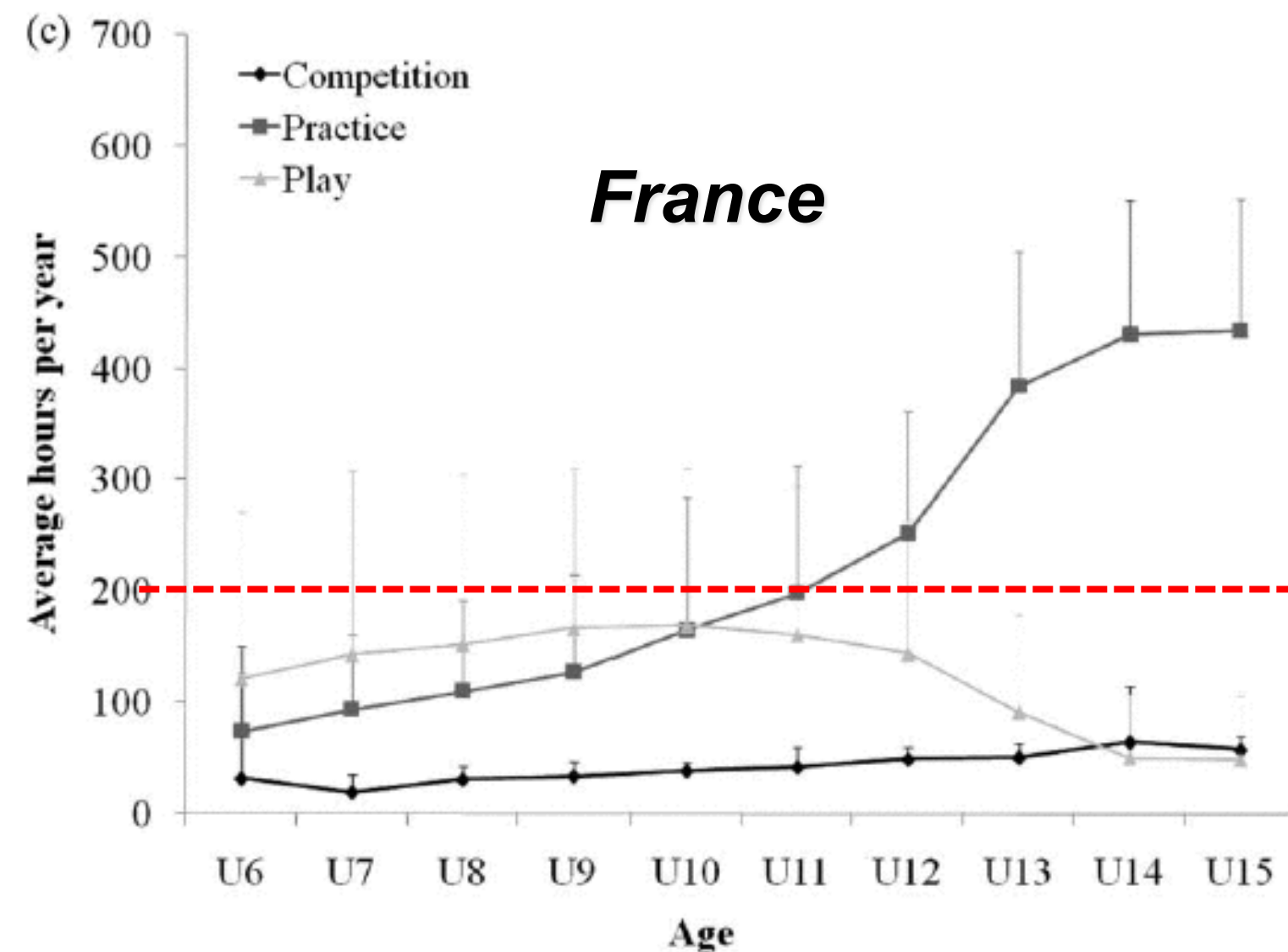


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## Practice and play in the development of German top-level professional football players

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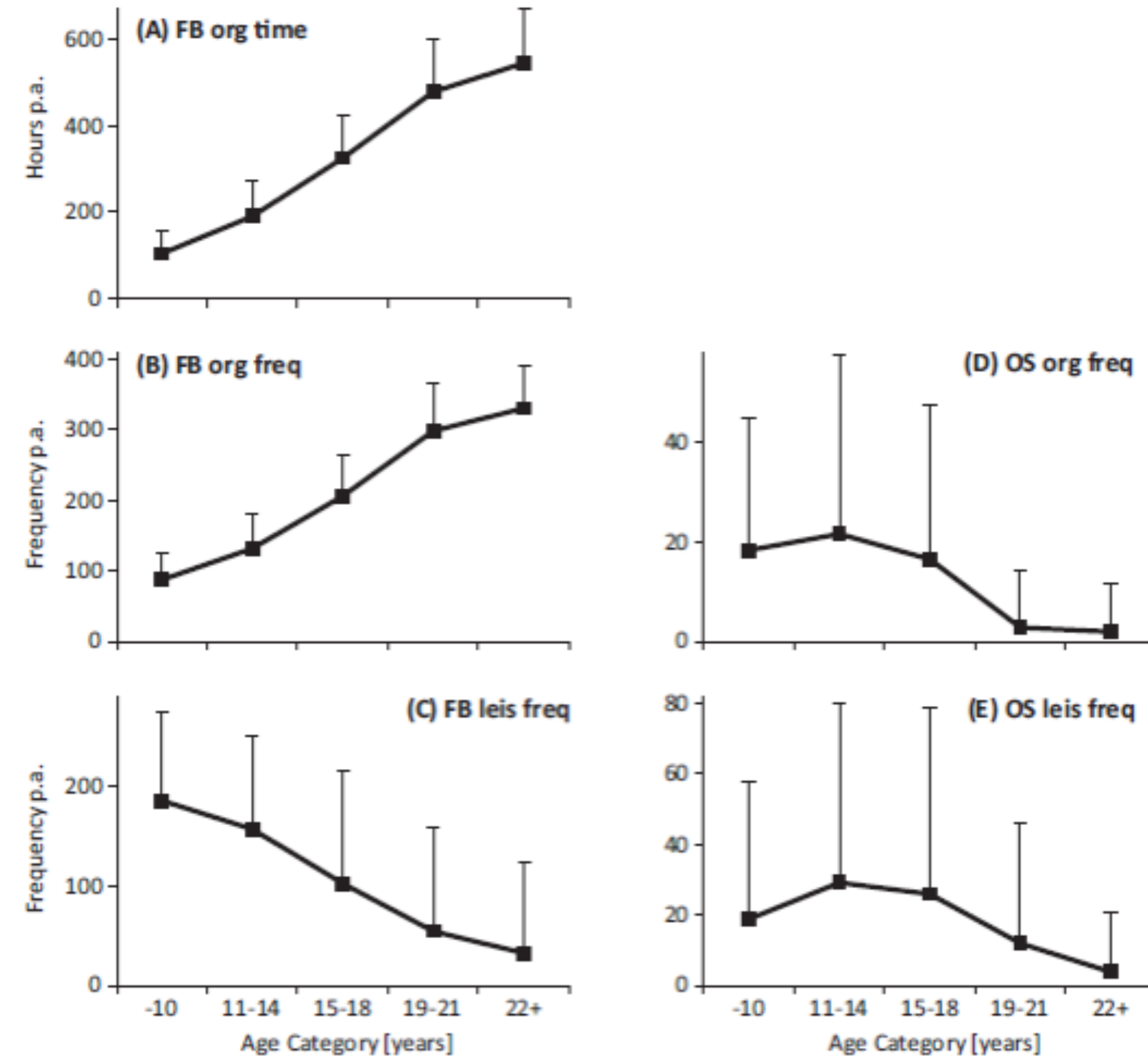


Figure 1. Developmental activities of 1st Bundesliga football players (including senior National Team members) within defined age categories. Absolute volume (time, frequency per year) of organised in-club football practice/training (A, B: FB org), non-organised football leisure play (C: FB leis), organised in-club involvement in other sports (D: OS org) and non-organised leisure activity in other sports (E: OS leis). Figures represent mean values and standard deviation (error bars). Note the different ordinate scales in (A) to (E).

## Rugby-playing history at the national U13 level and subsequent participation at the national U16 and U18 rugby tournaments

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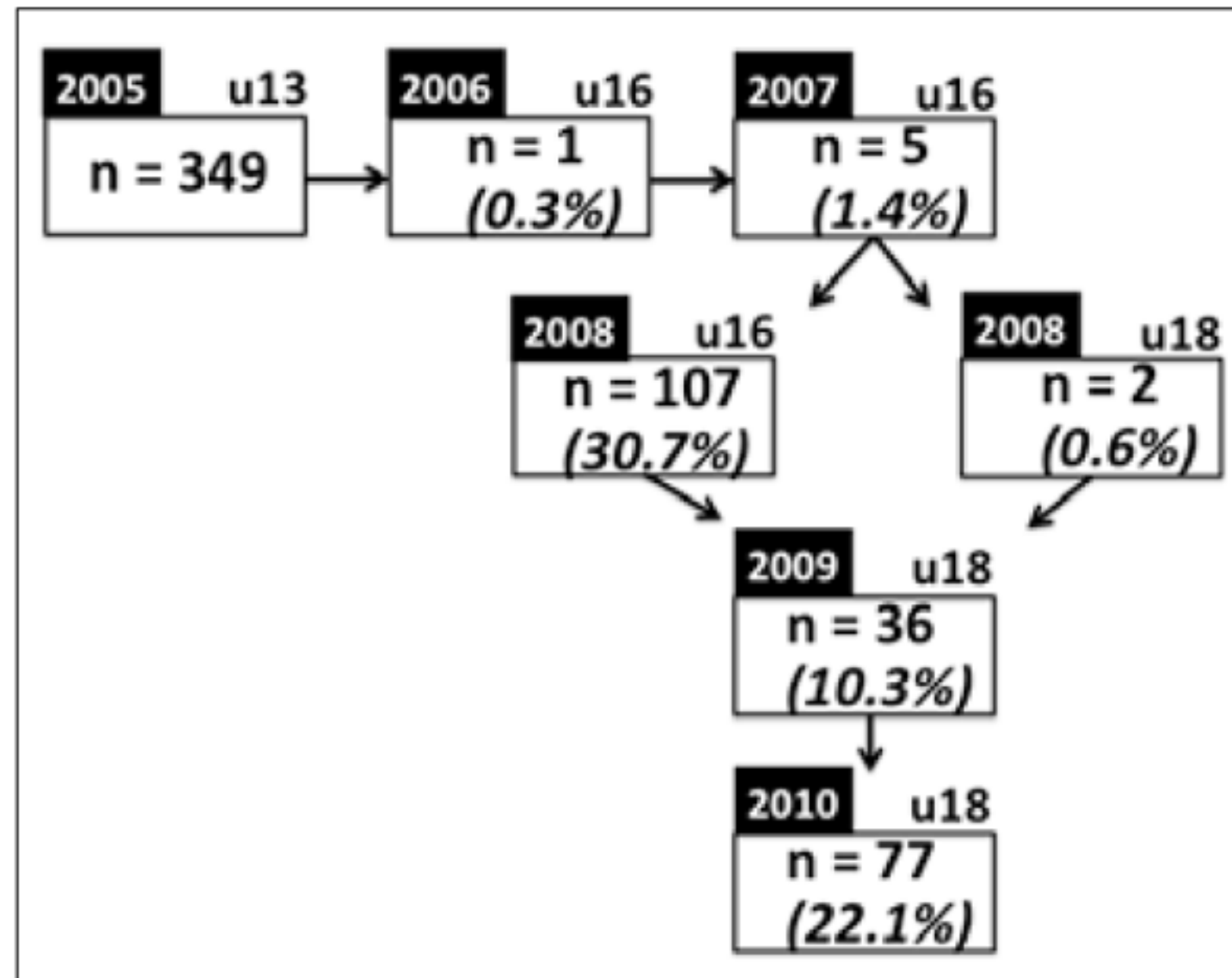


Fig. 1. Number of players from the 2005 U13 tournament who played at subsequent U16 Grant Khomo and U18 Craven week tournaments. The data are expressed as a percentage of the 2005 U13 tournament (n=349).

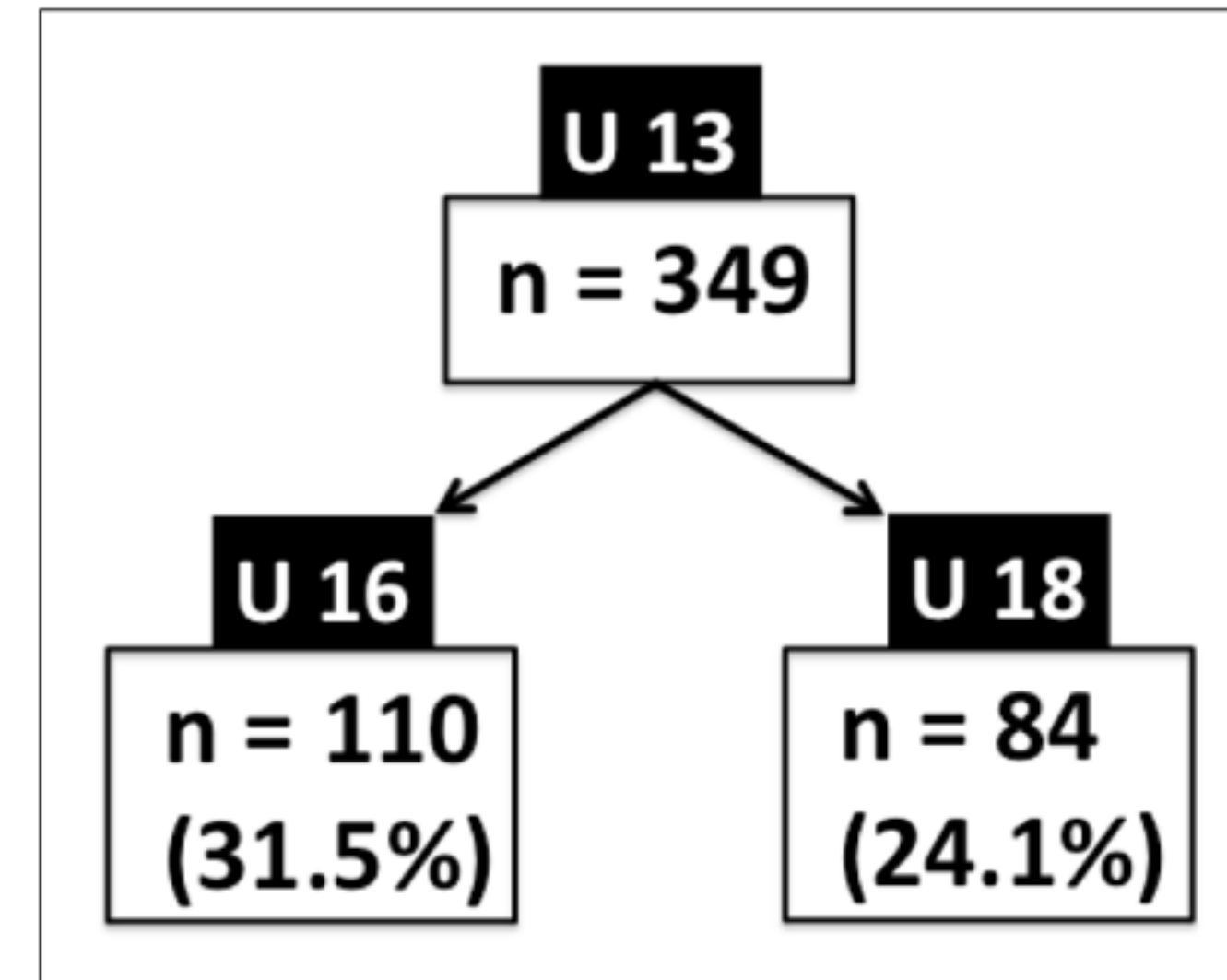


Fig. 2. The total number (and per cent) of the players from the 2005 U13 tournament who played at the U16 Grant Khomo and U18 Craven week tournaments.

Fig. 1 also shows that two players (0.6%) from the U13 tournament participated in the U18 Craven week in 2008, 36 players (10.3%) participated in 2009 and 77 players (22.1%) participated in 2010.





**DIRECTION**  
**SPORTIVE**