

LATE SPECIALIZATION

The key to success in centimeters, grams, or seconds sports

Reference: Moesch et al. SJMSS 2011

Designed by @YLM SportScience

WHAT DID THEY STUDY?

Data of 243 Danish athletes from CGS sports were sampled (mainly from swimming, cycling, rowing, sailing, track & field)



Images provided by PresenterMedia

RESULTS

Accumulated sport-specific practice hours



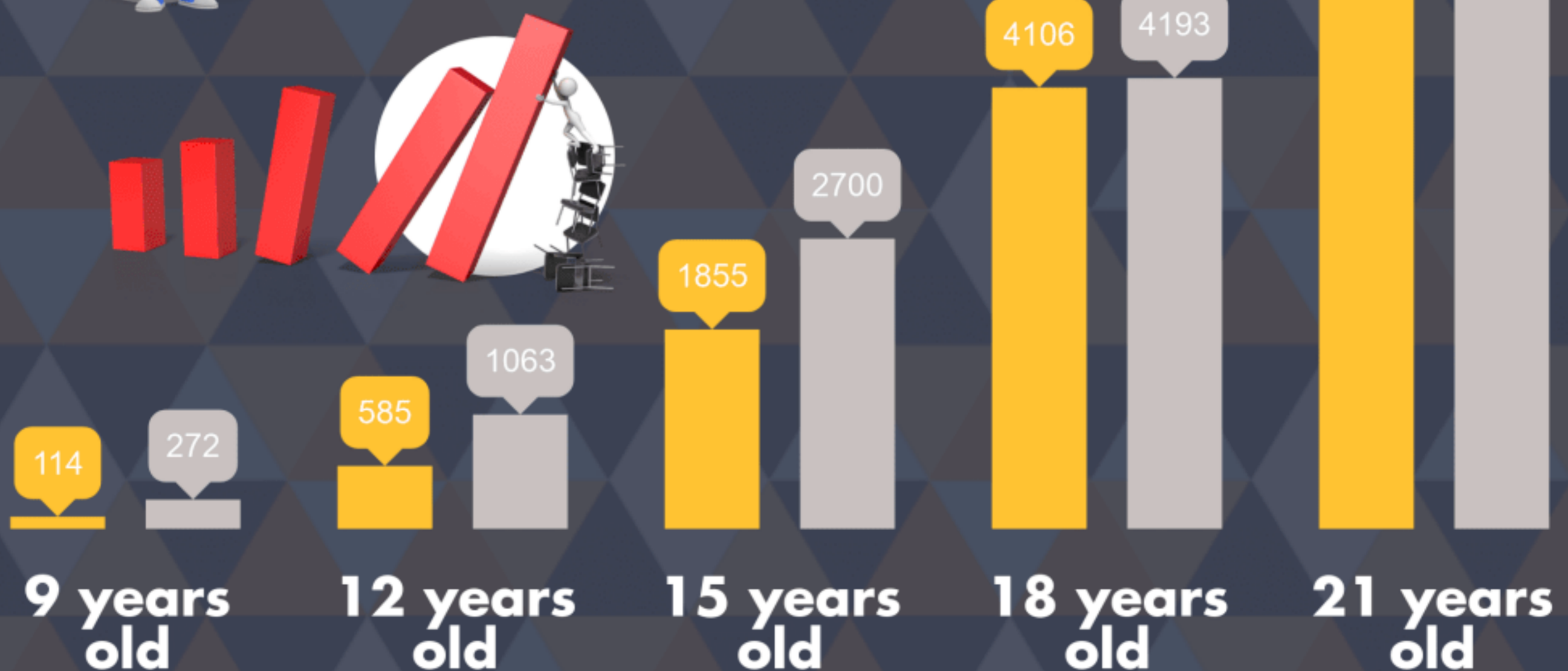
Elite category (n = 148)

Top 10 at World championships or Olympics and/or medalist at European Championships on a senior level



Near-elite (n = 95)

Athletes identified with a potential to win medals in international competitions who did not satisfied to the criteria of the Elite category



- 1 Elite athletes specialized at a later age and trained less in childhood
- 2 However, elite athletes were shown to intensify their training regime during late adolescence more than their near-elite peers
- 3 The involvement in other sports neither differs between the groups nor predicts success