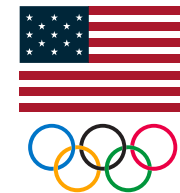


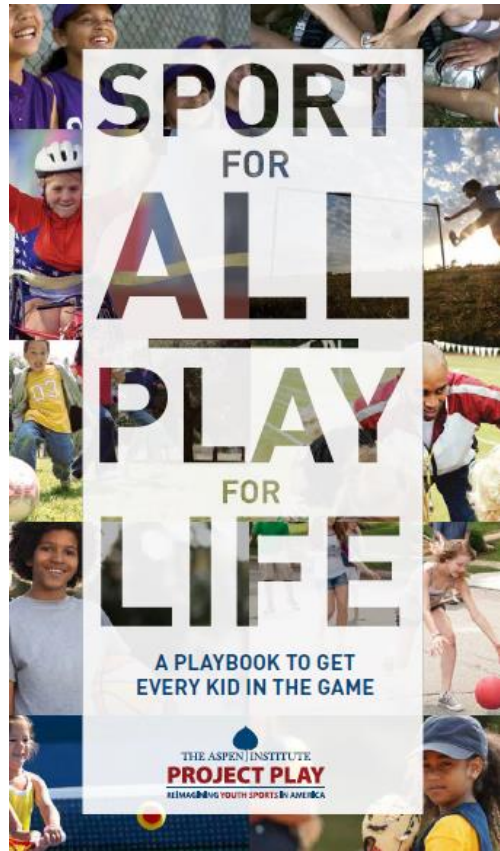
NGGB **BEST** **PRACTICES**

Youth Development Programming

Proven Models of Success – ADM



Inactivity in Youth Sports/America



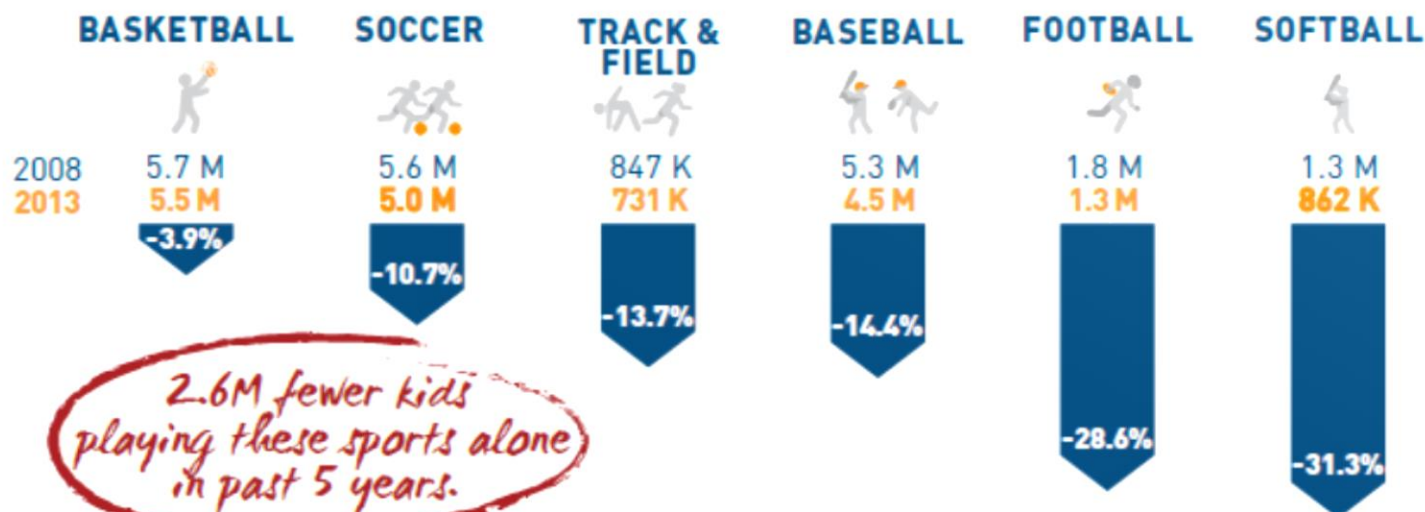
KIDS ARE NOT PLAYING

Too many kids are burned out, locked out, dropping out, or priced out.

And those that are playing, could be better served - **20% of kids who quit sports don't like the coach.**

Fig. 1

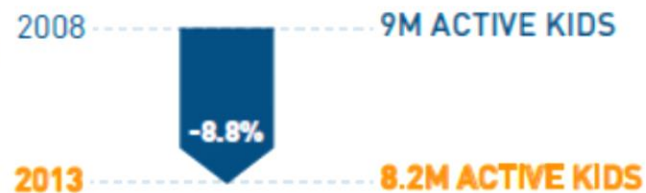
KIDS ARE LEAVING SPORTS SIGNIFICANT DECLINE IN PARTICIPATION AMONG 6-12 YEAR OLDS



With less participation, there's less movement. Fewer kids are active through sports. In 2013, less than one in three children ages 6 to 12 engaged in high-calorie-burning sport or fitness activities three times a week, according to SFIA.⁶

Fig. 2

...AND ARE LESS PHYSICALLY ACTIVE THROUGH SPORTS



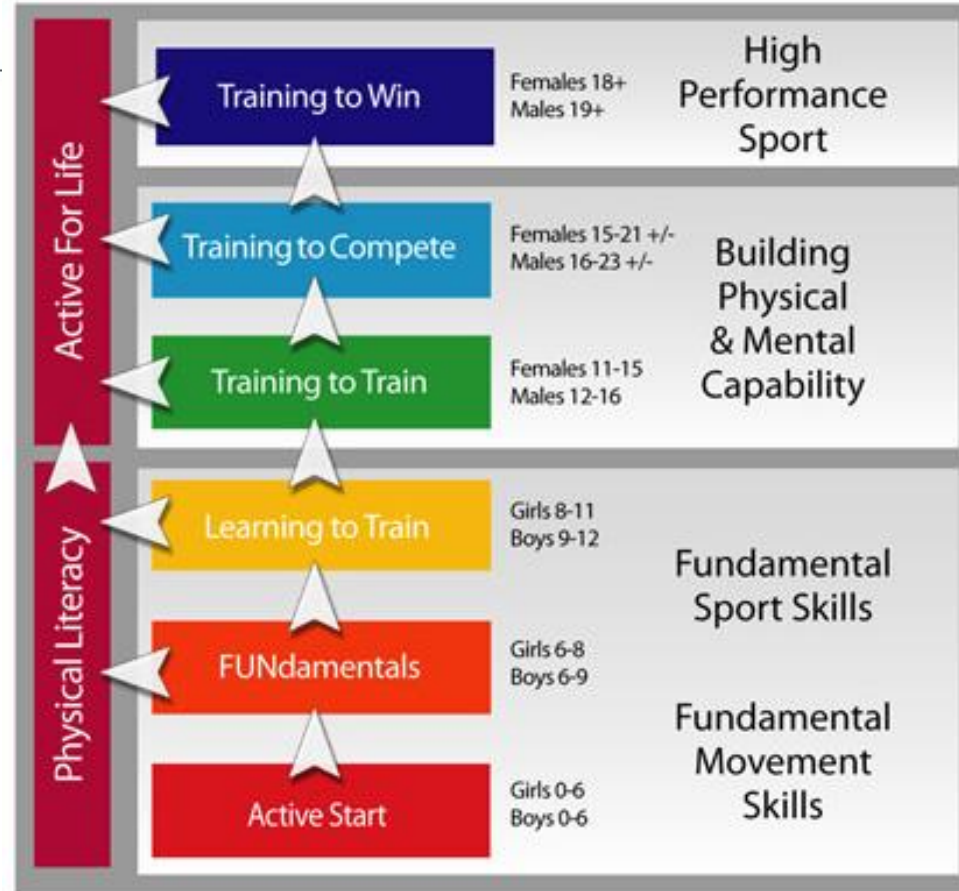
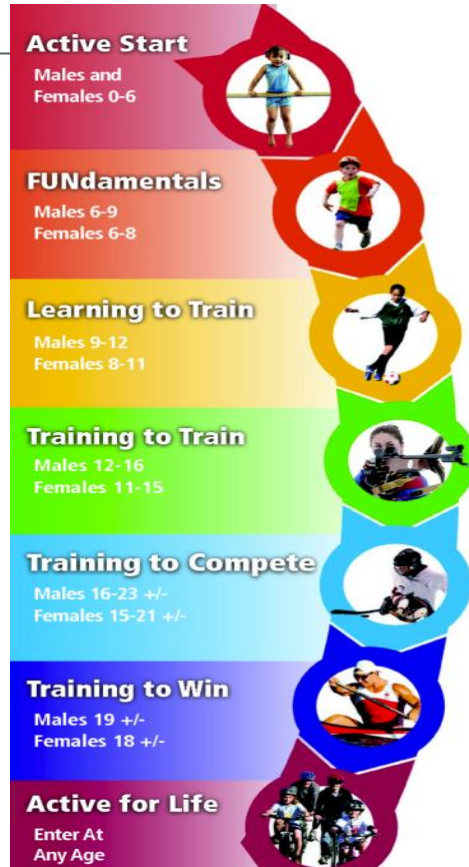
How This Impacts the USOPC

- We will have less athletes to choose from at the top
- Our NGBs will lose memberships and money
- Coach training mandate doesn't exist in the US



**WE WILL LOSE MEDALS!
and
WE CAN'T SAY WE DID NOT SEE IT
COMING**

What is LTAD



CLINICAL REPORT Guidance for the Clinician in Rendering Pediatric Care

American Academy
of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN™

Sports Specialization and Intensive Training in Young Athletes

Joel S. Brenner, MD, MPH, FAAP, COUNCIL ON SPORTS MEDICINE AND FITNESS

Sports specialization is becoming the norm in youth sports for a variety of reasons. When sports specialization occurs too early, detrimental effects may occur, both physically and psychologically. If the timing is correct and sports specialization is performed under the correct conditions, the

abstract

GUIDANCE

RECOVERY



TAKING 1 MONTH OFF FROM A SPORT AT LEAST 3 TIMES PER YEAR ALLOWS FOR PHYSICAL AND PSYCHOLOGICAL RECOVERY

INJURY PREVENTION



HAVING AT LEAST 1 - 2 DAYS OFF PER WEEK FROM A SPORT CAN DECREASE THE CHANCE FOR INJURIES



PRIMARY FOCUS

LEARN LIFELONG PHYSICAL ACTIVITY SKILLS AND HAVE FUN

PLAY A VARIETY OF SPORTS



PARTICIPATING IN MULTIPLE SPORTS DECREASES THE CHANCE OF INJURIES, STRESS AND BURNOUT



SPECIALIZATION

DELAYING SPECIALIZING IN A SINGLE SPORT UNTIL LATE ADOLESCENCE MAY LEAD TO A HIGHER CHANCE OF ACCOMPLISHING ATHLETIC GOALS

EARLY DIVERSIFICATION & LATER SPECIALIZATION



PROVIDES A GREATER CHANCE OF LIFETIME SPORTS INVOLVEMENT, LIFETIME PHYSICAL FITNESS AND POSSIBLY ELITE PARTICIPATION



American Development Model



The United States Olympic Committee, in partnership with the National Governing Bodies, created the **American Development Model** in 2014 to help Americans realize their full athletic potential and utilize sport as a path toward an active and healthy lifestyle.

Long-term athlete development concepts are utilized to promote sustained physical activity, participation in sport, and Olympic and Paralympic success. These concepts have been tailored to create a framework for developing American youth through sport.

American Development Model

ADM Key Principles

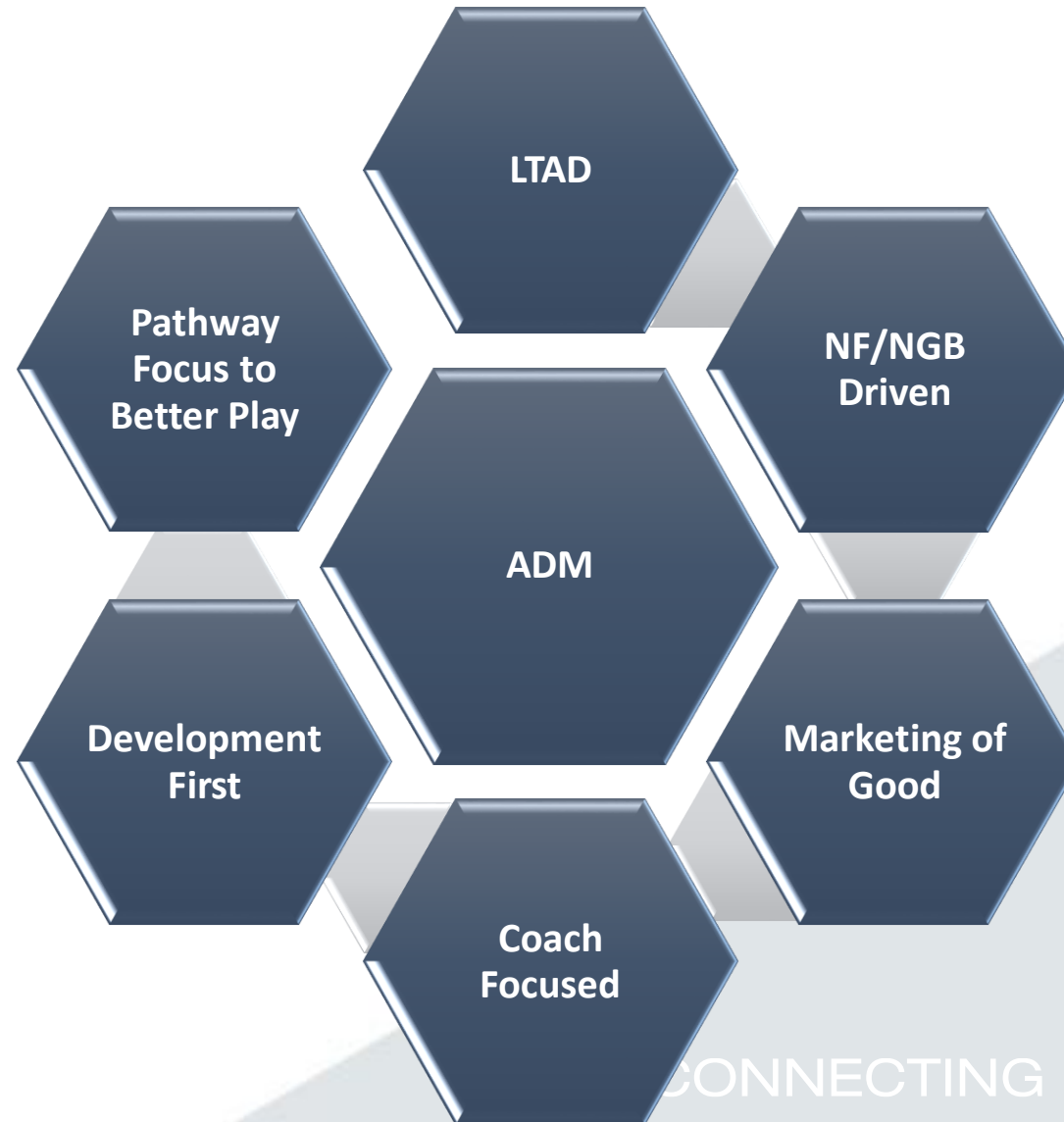
- Universal access to create opportunities for all athletes
- Developmentally appropriate activities that emphasize motor and foundational skill development
- Encourage multi-sport/multi-activity
- Fun, engaging and challenging atmosphere
- Quality coaching at all age levels

ADM Stages

The ADM explains an athlete's advancement through a five-stage pathway that supports a healthy sport experience based on physical, mental and emotional levels, and potential for growth.



What is ADM in America



**Case Study
Implementation
Of
ADM Principles
In
Club Sport Environment**



Dr. Matthew J. Robinson

Table 1: Revenue projections for Paid vs Volunteer Coach Model

Revenue	Participants	Fee per session	Session a month	Cost per Month	Months	Total Reg.	Total
Paid Coach Experience	300	\$40.00	4	\$160.00	10	\$1,600.00	\$480,000.00
Volunteer Model	300	\$30.00	4	\$120.00	4	\$480.00	\$144,000.00
Increased Participation	400	\$40.00	4	\$160.00	10	\$1,600.00	\$640,000.00

In Table 2, the expenses of paid for vs volunteer model are compared. The Paid Coach model has \$60,000 in staffing costs, as well as uniform and overhead that captures cost such as utilities, field rental, general operating expenses etc.) There is still a significant difference in profit for the Paid-Coach Model. The key to the revenue generation is the cost-per-session. The club is paying an individual \$25 per hour to manage participants that bring in \$400 in revenue in that hour (10 participants x \$40 cost-per-session).

Table 2: Expenses Projections

Expense	10/1 Ratio	Staff Cost per Ses.	Sessions per month	Staff per session	Months	Staffing Cost	Uniform	Overhead	Profit/Loss
Paid Coach	30	25	4	10	10	\$30,000.00	6000	\$72,000.00	\$372,000.00
Volunteer Model	0	0	0		4	\$0.00	6000	\$21,600.00	\$116,400.00
Growing Participants	40	25	4	10	10	\$40,000.00	8000	\$96,000.00	\$496,000.00

Table 3: Financial Impact of Retention

Poor Retention			
Year	Enrollment	Fee	Amount
2010	500	\$1,000.00	\$500,000.00
2011	300	\$1,100.00	\$330,000.00
2012	200	\$1,100.00	\$220,000.00
2013	200	\$1,200.00	\$240,000.00
2014	150	\$1,200.00	\$180,000.00
Total			\$1,470,000.00

Good Retention			
Year	Enrollment	Fee	Amount
2010	500	\$1,000.00	\$500,000.00
2011	450	\$1,000.00	\$450,000.00
2012	450	\$1,100.00	\$495,000.00
2013	450	\$1,100.00	\$495,000.00
2014	400	\$1,100.00	\$440,000.00
Total			\$2,380,000.00

It Doesn't Hurt Business

USA Hockey

USA Hockey's American Development Model



Hockey for Life

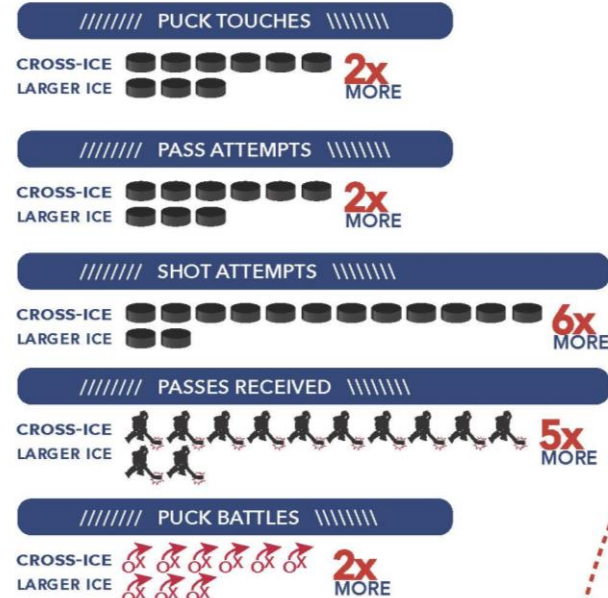
Any Age – Players can enter at any stage. 'Hockey for Life' can provide quality recreational opportunities for all ages. USA Hockey also hopes that as adults we lead a physically active lifestyle and continue to contribute to the sport through volunteerism as coaches, referees and administrators.

Active Start	FUNDamentals	Learn to Train	Train to Train	Learn to Compete	Train to Compete	Train to Win
<p>Ages 0-6</p> <p>This early development period is essential for acquiring fundamental movement skills (running, gliding, jumping, kicking, catching, striking...) that lay the foundation for more complex movements, thereby preparing children for a physically active lifestyle. USA Hockey encourages activity that incorporates fundamental movement skills in the 4 environments that lead to physical literacy.</p> <ul style="list-style-type: none"> In the water: Swimming On the ground: Athletics In the air: Gymnastics On ice and snow: Sliding (skating) <p>Kids should start with a learn to skate program and then a learn to play program as their initial steps into ice hockey.</p> <p>6 & Under (Mites): 50-60 ice sessions 2-3 on-ice/1 off-ice sessions/week 2-3 ice sessions per week 50-60 minute ice sessions 7-9 skaters per team 0 full-time goalies 34-40 quality practices 16-20 cross-ice game days</p>	<p>Ages 6-8 Female Ages 6-9 Male</p> <p>The objective of this stage is to refine fundamental movement skills and begin to acquire basic sports skills. This is the time when a foundation is laid for future acquisition of more advanced skills.</p> <p>The focus is on the development of physical literacy. Fundamental movement skills should be mastered and motor development emphasized, while the participation in many sports/activities is encouraged. For optimal skill acquisition, the basic hockey skills of skating and puck control are introduced. FUN competitions are also introduced in a team environment.</p> <p>8 & Under (Mites): 50-60 ice sessions 2-3 on-ice/1 off-ice sessions/week 50-60 minute ice sessions 9-12 skaters per team 0 full-time goalies 34-40 quality practices 16-20 cross-ice game days</p>	<p>Ages 8-11 Female Ages 9-12 Male</p> <p>This is the period of accelerated learning of coordination and fine motor control and is the critical stage for the acquisition of physical skills.</p> <p>Prior to the beginning of the growth spurt, players have the best opportunity to learn and begin to master fine motor skills that can be used in combination with other skills. In most cases what is learned or not learned in this stage will have a very significant effect on the level of play that is achieved later on.</p> <p>Players should be able to begin to transfer skills and concepts from practices to games. Group interaction, team building and social activities should be emphasized. A balance of practices and games will promote the continued development and mastery of key hockey skills.</p> <p>10 & Under (Squirts): 95-100 ice sessions 3-4 on-ice/2 off-ice sessions/week 60 minute ice sessions 10-12 skaters and 1 goalie 75-80 quality practices 20-25 game days</p> <p>12 & Under (Peewees): 105-120 ice sessions 4 on-ice/2 off-ice sessions/week 60+ minute ice sessions 12 skaters and 2 goalies 80-90 quality practices 30-35 game days</p>	<p>Ages 11-15 Female Ages 12-16 Male</p> <p>The focus of this stage is to further develop sports specific skills, begin to introduce competition, and start to emphasize support training to continue development of speed, strength and stamina while maintaining flexibility.</p> <p>Players should consolidate sport specific technical skills with an increased emphasis on hockey and a reduction in the number of other sports played. A continued emphasis is also placed on the development of individual and group tactics. Social and emotional considerations are addressed by placing an emphasis on team-building, group interaction and social activities.</p> <p>14 & Under (Bantam) & 16 & Under (Midget): 160 ice sessions 4-5 ice sessions per week 80 minute ice sessions Combined and separate practices for team/position 9 month training calendar 16 skaters and 2 goalies 120-130 quality practices 40-50 games Appropriate off-ice training for LTAD stage</p>	<p>Ages 15-18 Female Ages 16-18 Male</p> <p>This is the time to prepare athletes for the competitive environment, continue to refine technical skills, ancillary skills and develop the physical attributes.</p> <p>The focus is on optimizing fitness preparation and to begin to specialize in ice hockey. Training should be individualized to the athlete's particular needs in skill development, mental preparation, fitness and recovery. During this stage, training volume will increase, as does training intensity. Competitions become more important and the focus shifts to performance. Training will stress the development of position specific technical and tactical skills under competitive conditions. Mental skills that contribute to performance are also emphasized.</p> <p>18 & Under (Midget) & 19 & Under (Female): 200 ice sessions 5-6 ice sessions per week 80 minute ice sessions Combined and separate practices for team/position 10 month training calendar 18 skaters and 2 goalies 130-140 quality practices 50-60 games Appropriate off-ice training for LTAD stage</p>	<p>Ages 19-21 Female Ages 19-23 Male</p> <p>The objective of the Train to Compete stage is to transfer from the training environment to a competitive environment. Athletes must consolidate technical skills, and maintain ancillary skills and underlying physical capacities. During this stage training volume remains high while intensity increases with the importance of competitions. The training is usually 10+ months of the year and is disciplined and hockey-specific. Athletes will usually be required to move away from home for training and competition environments that fit this level of athlete development. The training is individualized to the athlete's particular needs in skill development, mental preparation, fitness and recovery.</p> <p>Junior, NCAA: Training calendar that equally supports both training and competition.</p>	<p>Ages 19+ Female Ages 19+ Male</p> <p>The focus of this stage is the stabilization of performance on demand characteristics and excellence within the highest level of performance at the NHL, World Championships and Olympics. This is the final phase of athletic preparation that only a very small minority will achieve. Maturation is complete and all the performance factors should be fully established to optimize performance in national or international competitions. The athletes in this stage will be the performers in the highest level professional league and at the highest international level. It is important to build a winning strategy with these athletes, and to individualize training and recovery programs to prevent over-training.</p> <p>NCAA, Professional: Appropriate training that supports competition calendar.</p>

For complete details, visit ADMkids.com

8U HOCKEY

getting more of what's good.



"THE ADM AND ITS LADDER OF DEVELOPMENT IS THE BEST PROGRAM FOR EVERY SINGLE KID PLAYING THE SPORT, REGARDLESS OF ABILITY LEVEL."
- DAN BYLSMA, BUFFALO SABRES

"WHAT SIMULATES TODAY'S GAME AT THE HIGHEST LEVEL IS PLAYING THE GAME IN SMALL SPACES."
- TOM ANASTOS, MICHIGAN STATE

"WE SHOULD ALWAYS STRIVE TO DO THE RIGHT THING FOR KIDS, AND THE ADM DOES THAT."
- RON WILSON, TEAM USA




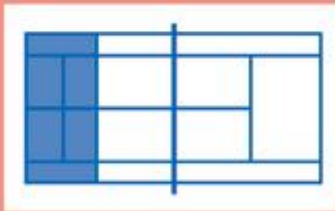
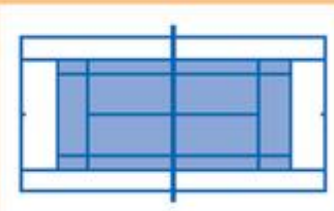
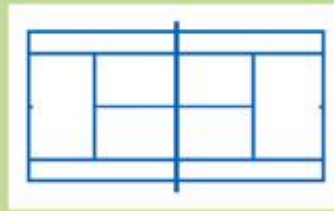
"IN A WORLD WHERE YOUTH SPORTS ARE UNDER SCRUTINY BECAUSE OF SPECIALIZATION, POLITICS, OR PARENTAL ISSUES, USA HOCKEY'S ADM IS THE SOLUTION."
- MEGHAN DUGGAN, TEAM USA

US Tennis



PLAYER AGE	4-6 YEARS	6-8 YEARS	7-10 YEARS	9-11 YEARS
Court and ball	<ul style="list-style-type: none"> RED court (56' x 18') or smaller Tap as net Red foam and red felt ball Larger ball can be used as a teaching aid 	<ul style="list-style-type: none"> RED court (56' x 18') 23" net or tape as net Red ball 	<ul style="list-style-type: none"> ORANGE court (66' x 21') (60' x 27' doubles) 2" net Orange ball 	<ul style="list-style-type: none"> GREEN court (78' x 27') (72' x 36' doubles) 2" net Green ball
Player-centered environment	Fun, active, relaxed, inclusive, positive with frequent changes of activity	Fun, active, relaxed, inclusive, positive and encouraging with emphasis on learning new skills	Enjoyable, active, inclusive, positive with progressive development of existing and new skill base	Enjoyable, active, inclusive, positive learning and reinforcing of new and existing skills
Coach/ player ratio	1:4	1:8	1:4	1:4-6
Goals to fit stage of development	To develop basic skills of movement, catching, throwing and hitting	To develop athletic skills, technical and game skills for the tennis environment	To develop tennis-appropriate athletic, technical, game and competitive skills	To combine tennis-appropriate technical, tactical, physical and psychological skills for competition

PLAYER DEVELOPMENT	
Athletic development	<p>Running, jumping, hopping, twisting, turning, stopping, starting, static balance, catching with two hands</p> <p>Agility, dynamic balance, bilateral coordination, skipping, hopping, throwing/catching and catching away from body with either hand, flexibility, strength</p> <p>Agility, dynamic balance, complex coordination, linear speed, speed of coordination, strength, flexibility, footwork</p> <p>Agility, dynamic balance, complex coordination, multi-directional speed, strength, core strength, flexibility</p>
Technical development	<ul style="list-style-type: none"> Handling racquet Increasing understanding of ball flight (height, depth and width) Hitting on forehand and backhand side Underhand or overhead serve <ul style="list-style-type: none"> Handling the racquet Tracking the ball with increased anticipation of bounce position Increasing understanding of height, depth and width of ball flight Basic forehand and backhand (GPS: Grip, Preparation, Swing Path) Overhand serve (grip, stance, arm action, rhythm, contact) Service return Basic volley <ul style="list-style-type: none"> Developing understanding of pace and spin on ball flight Forehand and backhand (stance, grip, shape of shot, types of spin) Serve (grip, stance, arm action, rhythm, contact, rotation, types of spin) Service return: with change of direction Approach shot to volley Overhead <ul style="list-style-type: none"> Forehand and backhand (racquet speed and change of spin, hit ball at top of bounce or falling) Serve (stance, speed, spin on second serve, placement to move opponent, hit ball to rise off court) Service return: hit rising or falling ball Approach shot to hit high or low volley
Movement	<p>Developing balance in different movement patterns</p> <p>Forward, sideways and diagonally forward <p>Basic recovery movement</p> <p>Multi-directional movement including diagonally backward with loading and recovery</p> <p>Movement, loading and recovery in all directions</p> </p>
Psychological development	<p>Trying new challenges, effort, following instructions</p> <p>Concentration, willingness to learn, learning to make choices, respectful, understanding rules, coping with winning and losing, learning to solve problems</p> <p>Love of the sport, teachability, concentration, problem solving, becoming confident, making choices, learning fairness, taking responsibility</p> <p>Competitiveness, focus, simple goal-setting, self-motivation, confidence, learning to make decisions, developing self-reliance, understanding winning and losing</p>

STAGE	RED	ORANGE	GREEN
AGE	5 - 8	9 - 10	11 and up
BALL	 <p>Red felt or foam <i>Moves slower and bounces lower than orange ball</i></p>	 <p>Orange <i>Moves slower and bounces lower than green ball</i></p>	 <p>Green <i>Slightly reduced bounce from yellow ball</i></p>
COURT SIZE	 <p>36' x 18'</p>	 <p>60' x 21' singles 60' x 27' doubles</p>	 <p>78' x 27' singles 78' x 36' doubles</p>
NET HEIGHT	2'9"	3' center, 3'6" at net posts	3' center, 3'6" at net posts
RACQUET	Up to 23"	23" - 25"	25" - 27"

US Golf and PGA America

GOLF AND ADM

The American Development Model is meant to explain a golfer's advancement through a pathway.

The pathway should be used to reference what key concepts participants should focus on as they develop and grow in their golf experience.

Active Start

Boys: 0-6
Girls: 0-6



FUNdamentals

Boys: 6-9
Girls: 6-8



Learn to Train

Boys: 9-12
Girls: 8-11



Train to Train

Boys: 12-16
Girls: 11-15



Train to Compete

Boys: 16-23
Girls: 15-21

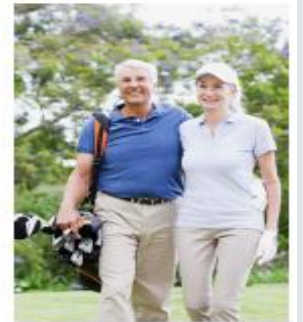


Train to Win

Boys: 19+
Girls: 18+



GOLF FOR LIFE











GOLF'S ADM is comprised of seven stages designed to create a healthy sport experience and support advancement based on the participant's physical, mental and emotional level, and potential for growth.

Consumers can use pathway models to understand when they should consider focusing on skill development vs. competition, and at what ages to focus on advanced performance.

USA Volleyball

VOLLEYBALL SHOULD BE A GAME BEFORE IT BECOMES A SPORT.

STAGE	Beginner	Advanced Beginner	Intermediate	Advanced
SKILL LEVEL	Experience: 0-1 year	Experience: 1-3 years	Experience: 3-5 years	Experience: 5+ years
BALL	 <p>Setting the athlete up for success is crucial for early growth and enjoyment in a sport.</p> <p>Official size is not necessary, a balloon could even be used. Weight: 7.5 oz or less</p>	 <p>Circumference: 25.6"-26.4" Weight: 9 oz or less</p>	 <p>Circumference: 25.6"-26.4" Weight: 9 - 10 oz</p>	 <p>Circumference: 25.6"-26.4" Weight: 9 - 10 oz</p>
COURT SIZE	 <p>A full court can be divided into smaller courts. To prevent injury, a buffer of approx. 6ft is recommended between each court.</p> <p>4 courts 1 vs 1 9.5' x 29.5' 2 vs 2</p>	 <p>3 courts 2 vs 2 14.5' x 39' 4 vs 4</p>	 <p>2 courts 2 vs 2 19.5' x 46' 4 vs 4</p>	 <p>1 court 4 vs 4 29.5' x 59' 6 vs 6</p>
NET HEIGHT	Any net height ex: Tennis (3') <i>Great for beginners</i>	Both: 6' 6"	Both: 7' 4 1/8"	Male: 7' 11 5/8" Female: 7' 4 1/8"
ADM THE AMERICAN DEVELOPMENT MODEL	<p>STAGE 1 Discover, Learn & Play Age: 0 - 12</p> <p><i>This first step gives new athletes a fun environment to learn core fundamentals, rules and the benefits of sport. Playing multiple sports will develop key motor skills needed for future growth.</i></p> <p><i>5 Stages to a Better Sport Experience</i></p>	<p>STAGE 2 Develop & Challenge Age: 10 - 16</p> <p><i>After an athlete has engaged in a sport, the purpose of this stage is to refine skill, promote social growth and identify personal strengths. Athletes may also explore recreational competition.</i></p>	<p>STAGE 3 Train & Compete Age: 14 - 19</p> <p><i>Athletes at this stage are driven to participate in organized school and club sports. They begin to recognize the commitment needed to excel at a competitive level.</i></p>	<p>STAGE 4 & 5 Participate & Succeed Thrive & Mentor Age: 15 +</p> <p><i>Athletes choose to continue up the competition ladder or stay in a sport for fun and social aspects. Athletes can choose to give back and become a coach or referee.</i></p>

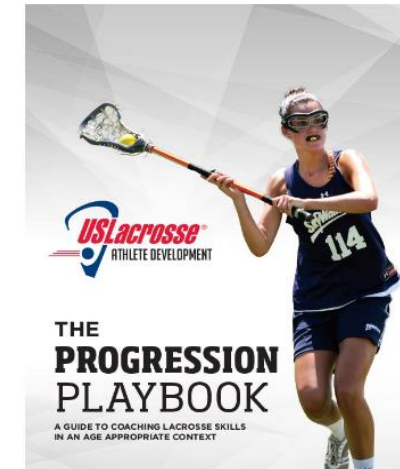
Smaller courts, less people and lower nets make learning the game easier and more fun by allowing players more opportunities to touch the ball, a key factor in developing their core skills, understanding how the game is played and promoting social growth through sport.



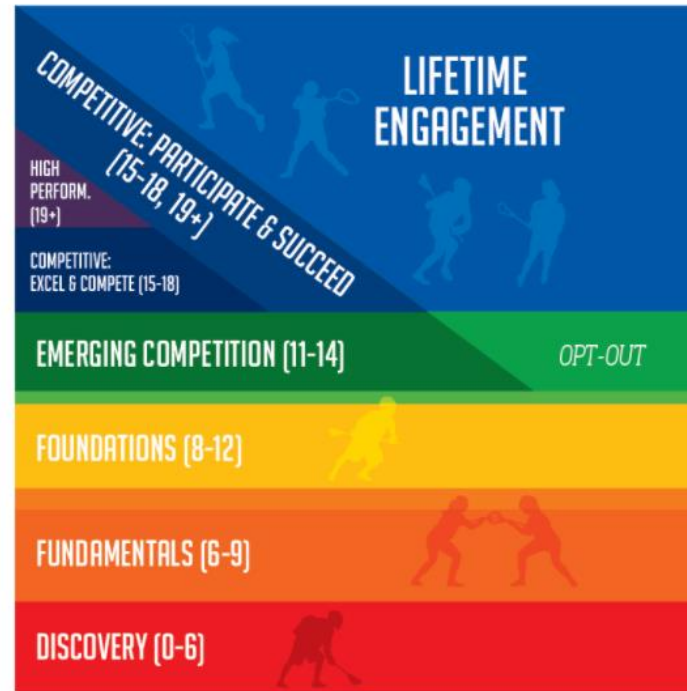
US Lacrosse

Coaching Progression Playbooks

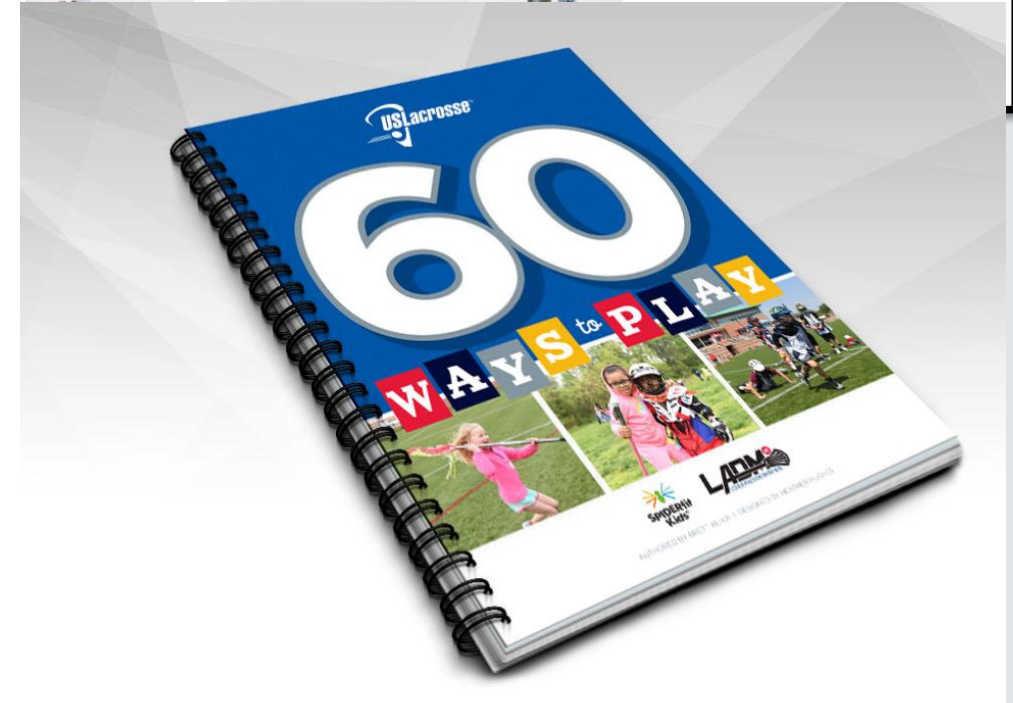
US Lacrosse has developed Coaching Progression Playbooks for boys and girls. The books provide a step-by-step guide to coaching lacrosse skills in an age-appropriate context. Samples of the books are included here and the full books can be purchased [here](#).



LACROSSE ATHLETE DEVELOPMENT MODEL



©US LACROSSE



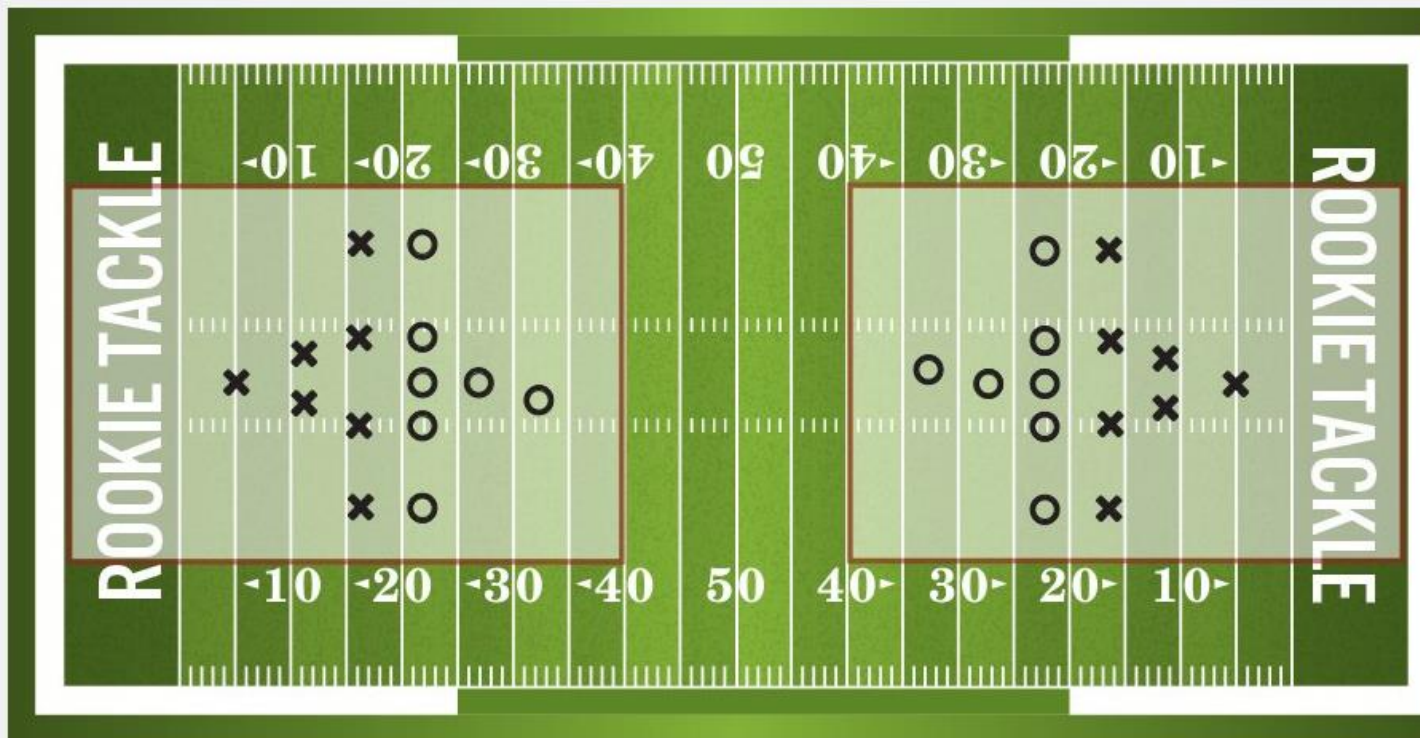
Stages of Development in LADM

CONNECTING · SHARING · LEARNING

USA Football

FIELD LAYOUT

A small sided game to maximize player skill development and enjoyment at younger levels.



KEY ASPECTS OF ROOKIE TACKLE



Fosters Participation

Allows leagues with limited registered players to field more teams.

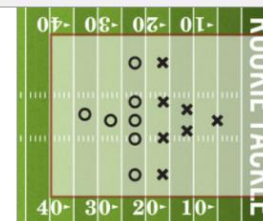


Players Rotate Positions

Participants rotate and learn multiple positions and skills on offense and defense.

Smaller Fields

Scaled to create an appropriate playing space for the age and abilities of younger athletes.



Maximize Field Space

Allows leagues to utilize field space more efficiently.



Smaller Rosters

Provides a greater coach-to-player ratio to foster individual attention and skill development.



Increased Activity

Rule modifications result in more snaps on offense and defense for younger players.

USA Field Hockey

5 STAGES OF DEVELOPMENT





AMERICAN JUDO DEVELOPMENT MODEL (AJDM)

DEVELOPMENTAL PATHWAYS FOR JUDO

YOUTH/AGE-BASED DEVELOPMENT: STAGE MODEL

Youth sport participation in the U.S. is declining. Furthermore, youth in our society are increasingly sedentary, and lack of physical fitness is a serious health issue. Other related and significant mental health and safety issues are also increasing, including teen suicide rates, violence and bullying, harassment and abuse. Judo can play a role in reversing these trends. Establishing clear and structured pathways into Judo, providing positive and developmentally age-appropriate experiences, and extending Judo's holistic philosophy and principles can help kids be more active and physically and mentally healthy, as well as better prepare them to overcome challenges and gain confidence.

Judo recognizes the importance of the experience, particularly for younger ages, in attracting—and keeping—youth involved in sport. The concepts of fun first, well-rounded development in sport and life and a shift away from sport specialization at an early age are cornerstones of modern long-term athlete development models.

SKILL-BASED DEVELOPMENT (ALL AGES): LEVEL MODEL

Recognizing that Judo is a lifelong sport that can be started and developed at all ages, the AJDM also provides skill based-development for those wanting to pursue and master the skills of Judo competitively or recreationally as a lifelong endeavor.

1 **STAGE 1**
Discover the FUNdamentals
Ages 5-8

2 **STAGE 2**
Learn & Challenge
Ages 9-12

3 **STAGE 3**
Develop & Train
Ages 13-16

4 **STAGE 4**
Track 1: Participate & Succeed
Black belt Path: Ages 16+

STAGE 4
Track 2: Excel for Performance
Team USA Path: Ages 16+

5 **STAGE 5**
Thrive & Mentor, Active for Life
Ages 18+

1 **LEVEL 1: BEGINNER**
Focus: Discover & Learn

2 **LEVEL 2: ADVANCED BEGINNER**
Focus: Develop

3 **LEVEL 3: INTERMEDIATE**
Focus: Train

4 **LEVEL 4: ADVANCED**
Focus: Achieve & Thrive



FRAMEWORK OVERVIEW: STAGE MODEL

The following table offers a quick look at how Judo in America could be aligned for the growth of the programs and youth sport participation:

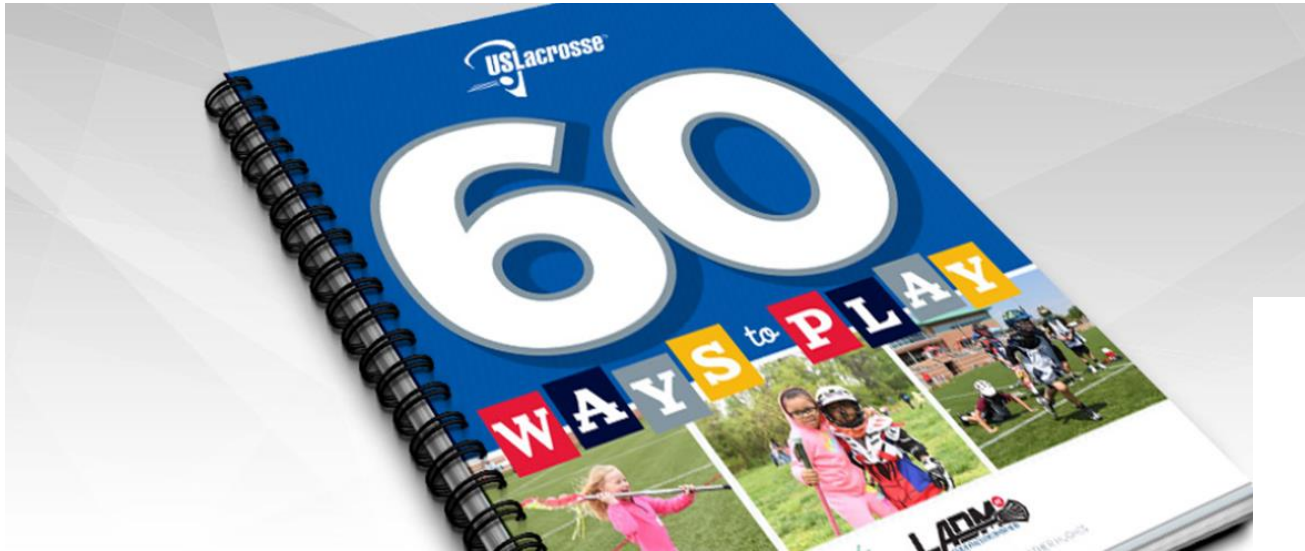
STAGE	AGE	FOCUS	JUDO SPECIFIC GOALS	TRAINING RECOMMENDATIONS		COMPETITION REC
1 Discover the FUNdamentals	5-8	Build overall motor skills, provide a FUN, engaging experience.	Introduce basic rules, work on positioning/balance, listening/comprehension, agility & coordination.	1-2 sessions/ wk 45 - 60 min ea.	Use guided activities with safety as a priority, and Judo-based games for understanding. Focus on respect & self-discipline. Keep smaller groups training together, separate from older ages.	Fun, festivals, local events; primary focus is about process rather than outcome
2 Learn & Challenge	9-12	Advance motor skill development and general fitness; learn and practice foundational Judo techniques.	Focus on technical quality and growth together with socialization, maintaining a focus on process over outcomes. Build self-confidence. Club/dojo culture & team identity is reinforced.	2-3 sessions/ wk 60 - 90 min ea.	Introduce and develop strength, fitness, & conditioning. Educate coaches and parents on maturation rates and impact.	Local and regional events
3 Develop & Train	13-16	Build the aerobic base and further develop sport-specific skills. Focus on increasing dynamic strength.	Include more emphasis on technique (consider Kata as a teaching tool) and tactics, free sparring and opportunities to develop greater mental and physical confidence on and off the mat.	2-4 sessions/ wk 60 - 90 min ea.	Increase physical intensity with appropriate rest and recovery. Athletes assist with stage 1 and 2 training to gain experience with goal setting in both sport and life.	Local, regional and national events
4-1 Participate & Succeed (Black Belt Path)	16+	Optimize overall fitness preparation and sport-specific skills.	Participate in ongoing training; outline steps to belts and promotions; encourage and support participation and personal success.	2-4 sessions/ wk 60 - 90 min ea.	Train to achieve highest belt possible. Explore opportunities to instruct and officiate the sport. Engage in mentoring others.	Local, regional, some national
4-2 Excel for Performance (Team USA Path)	16 - Team USA	Train to become an elite athlete. Focus on advanced skills, performance and competition success.	Earn black belt and train at elite level, including annual training plans, periodization, training camps, sport science and elite coaching.	5-10 sessions/ wk 60 - 120 min ea.	Peaking and tapering, periodized plans, connecting to elite coaches and the Olympic & Paralympic development pathway.	Local, regional, national and international
5 Thrive & Mentor	18+	Focus on continued growth as well as developing late entry new judokas. Find one's place in the sport to help promote, grow and sustain Judo in America.	Devote time and/or talent to infrastructure development as coaches, referees, donors, volunteers. Continue to participate - be a judoka for life.	Varied	Promote ADM philosophy and programming. Continue to grow personal and physical development.	Skill appropriate competitions, Veteran Judo, Veteran camps, organizing events for next generation

ADM in the USA

24



Physical Literacy & Fundamental Movement Skills Resources



HOW IS PHYSICAL LITERACY DEVELOPED?

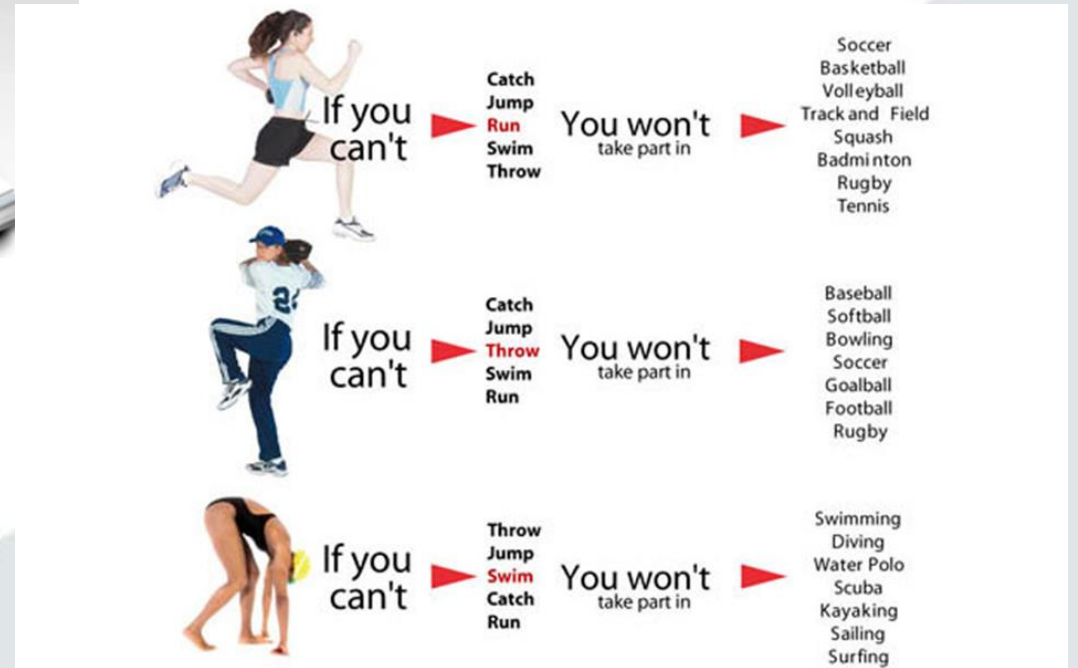
Kids develop physical literacy gradually through a variety of structured and unstructured activities. The nature of these activities changes as kids grow in age and ability.

0 - 3 years
Encourage early movement.

3 - 5 years
Expand on play, and keep it fun.

5 - 8 years
Increase the focus on fundamental movement skills.

8 - 12 years
Introduce more complex skills as kids are ready.





STICK2SPORTS



AUG. 25
9AM - 11AM

US LACROSSE HEADQUARTERS
2 LOVETON CIRCLE
SPARKS, MD 21152

BOYS AND GIRLS
AGES 5-14

Stick2Sports is a two-hour co-ed TryLax and Discover Field Hockey experience for kids who have never played before, but are thinking they may want to try.

Learn from trained coaches from local schools, clubs and recreational programs in your area.

Local programs will be on site to distribute information about their programs.

REGISTRATION INCLUDES:



field hockey and lacrosse sticks, two field hockey balls, one lacrosse ball, shinguards, t-shirt and a one-year membership to both organizations

\$50 PER PLAYER
MAX OF 100 PARTICIPANTS TOTAL

Register today at:

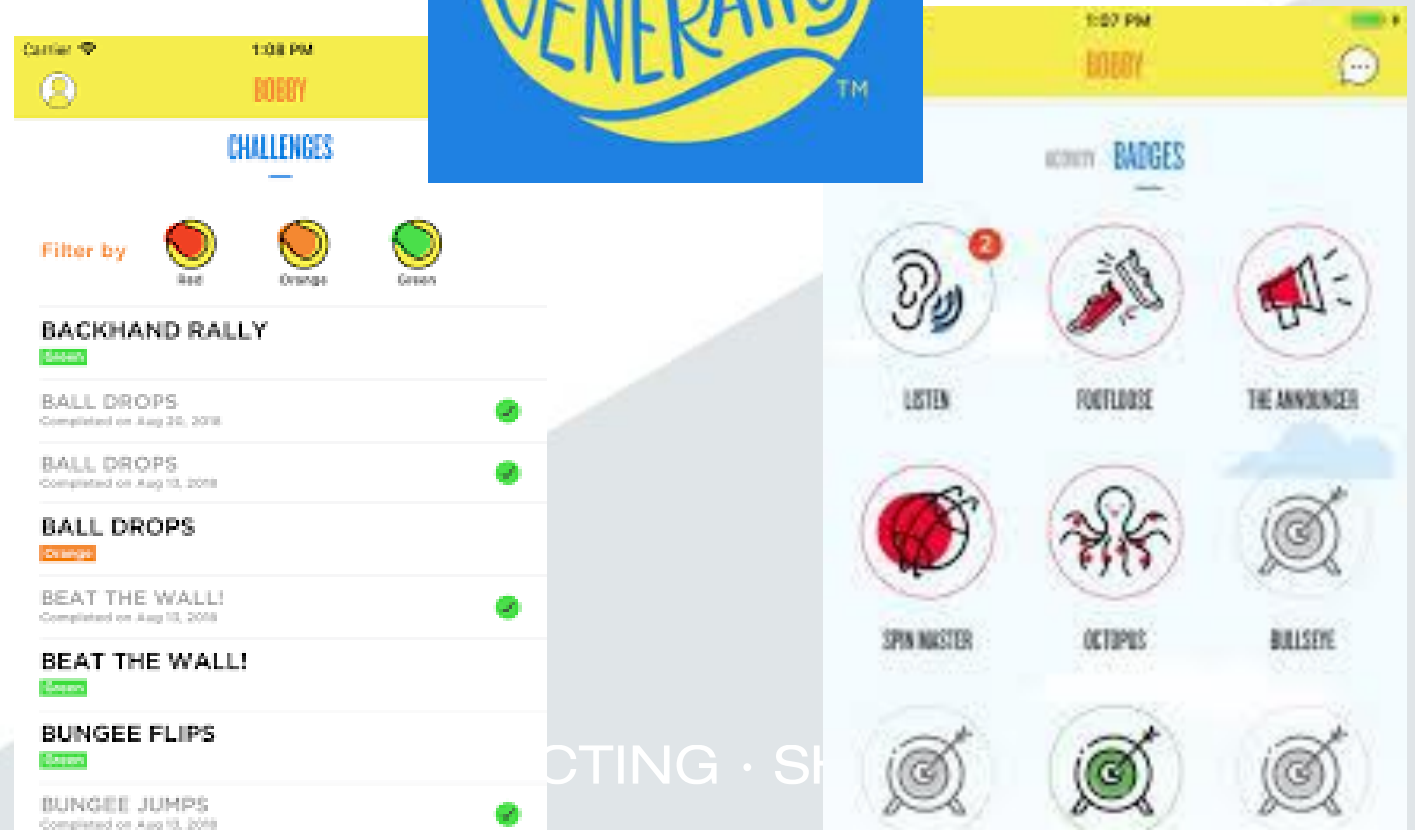
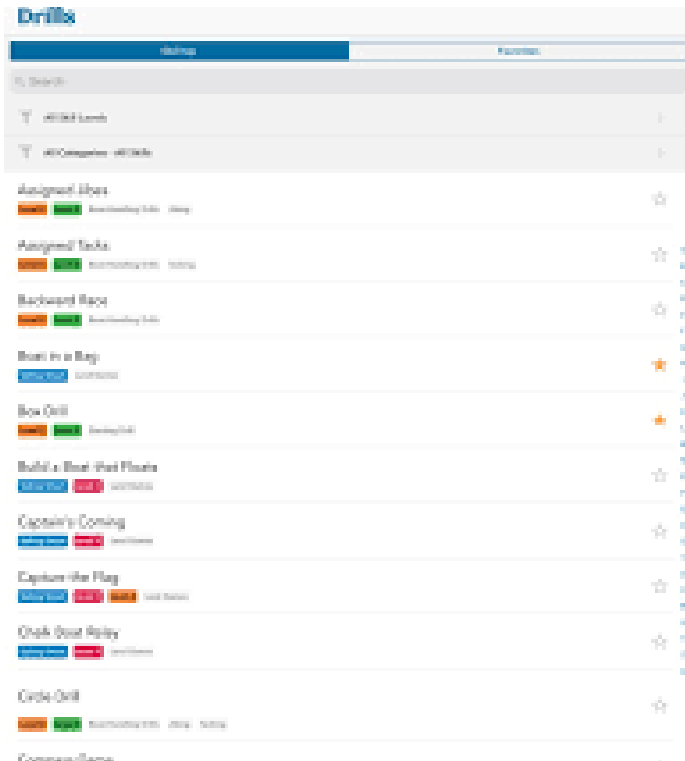
USAFIELDHOCKEY.COM/STICK2SPORTS

PRESENTED BY



USLACROSSE.ORG/LADM | USAFIELDHOCKEY.COM/ADM

Education & Evaluation Tools



Thank You

Chris Snyder

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TeamUSA.org /ADM

