

### Purpose of the Presentation

- Education theme for the 2016 US Youth Soccer Workshop: American Developmental Model (Snow, 2015)
- Introduce youth soccer coaches to the American Developmental Model (ADM, 2014)
- Identify ADM key principles and stages to help coaches develop and deliver best practices for long-term player development

### Introduction



- USA Hockey (2009) introduced the American Developmental Model (ADM) as a nationwide youth skill development and long-term athlete development program (USA Hockey, 2015)
- In 2014 the United States Olympic Committee (USOC) partnered with USA Hockey to reach out to 48 USOC sports, including US Soccer, with the purpose of disseminating long-term athlete development concepts (United States Olympic Committee, 2015)
- A goal of the American Developmental Model (ADM) is to “help Americans realize their full athletic potential and utilize sport as a path toward an active and healthy lifestyle.” (United States Olympic Committee, 2015)
- The ADM is influenced by the Long-Term Athlete Developmental Model (Balyi, 2001)
- “The ultimate goal is to create positive experiences for American athletes at every level.” (United States Olympic Committee, 2015)

### State of the Nation

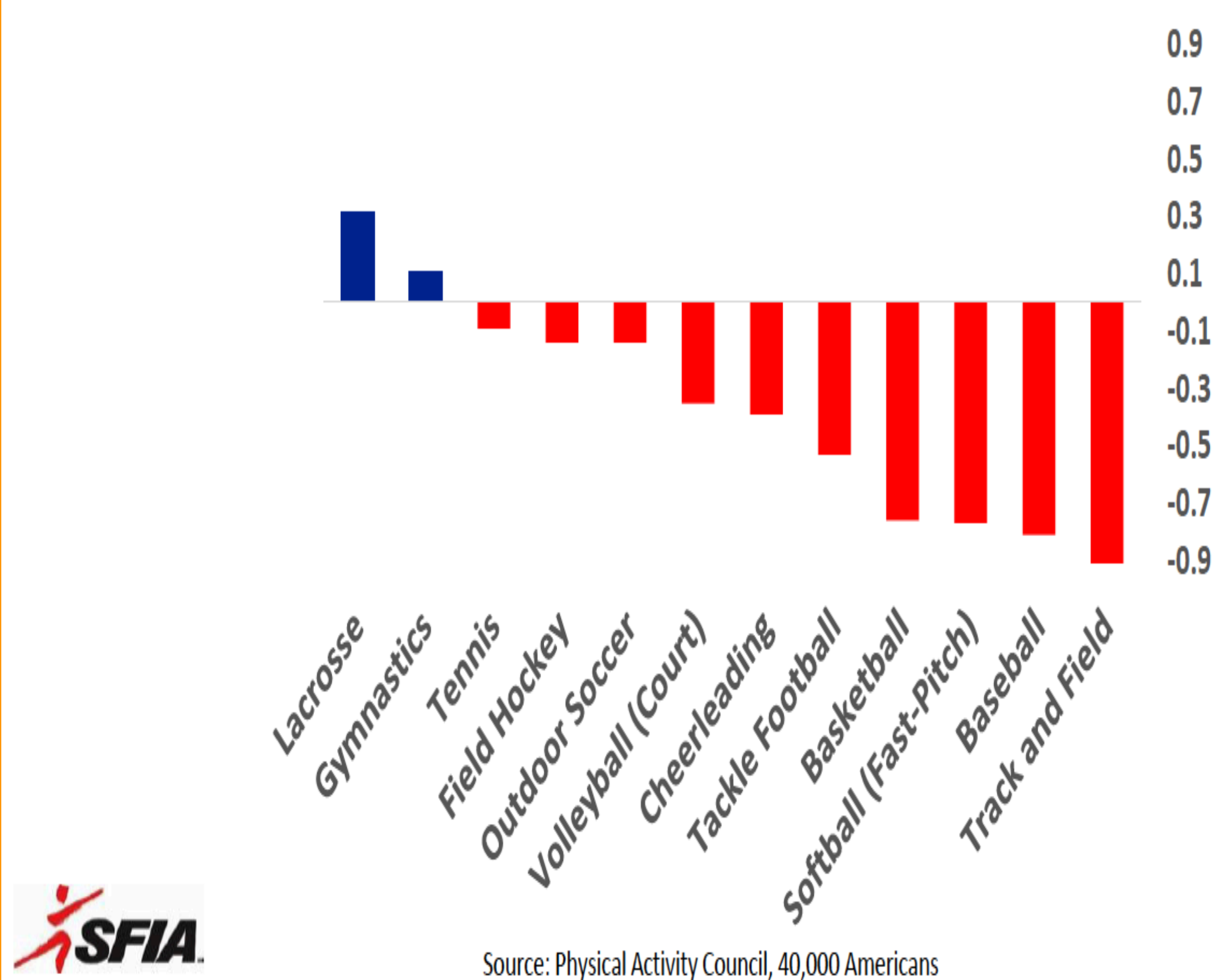
- Research indicates a rise in physical inactivity
- Contributing factors of the physical inactivity pandemic include:
  - Sport specialization
  - Sports can be classified as either early specialization or late specialization (Balyi & Hamilton, 1999)
  - Early specialization sports include diving, figure skating, table tennis, & gymnastics
  - Soccer is a late specialization sport (US Youth Soccer, 2012)

### State of the Nation

- Specialization before age ten is not recommended, contributes to early burnout, dropout and retirement from training and competition (Harsanyi, 1985)
- Early specialization is not an essential component of elite development (Baker, 2003; Baker et al., 2009; Cote et al., 2007)
- Coaches, the most powerful influence to specialize in a single sport ( Hill & Simmons, 1989)
- Taking fun and enjoyment out of sports
- Rising costs to play or participate (Sports and Fitness Industry Association, 2015)

### 10 of 12 Youth Sports Are Declining In Participation

“Core” Participants 6-17 Years Old – 5 Year Change (Millions)



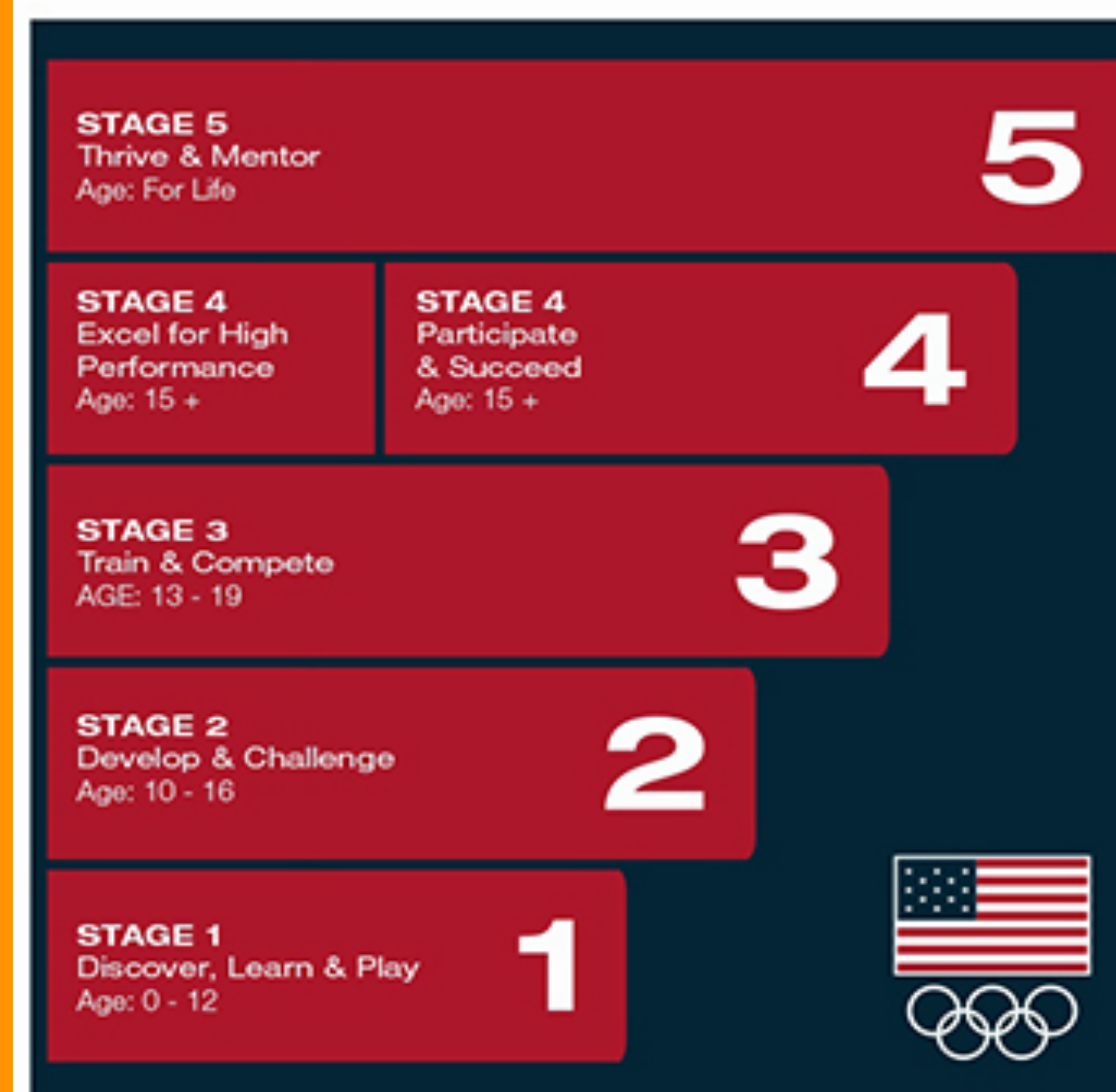
### ADM 5 Key Principals (USOC, 2014)

- Universal access that allows everyone an opportunity to participate in sport and increases physical activity levels
- Understanding individual developmental levels with an emphasis on motor and foundational skill development
- Encourage multi-sport participation to develop skills that can transfer between sports
- Create an environment that is fun, engaging and challenging where spontaneous play is encouraged
- Quality coaching at all levels is vital for athlete success. Coaches value education and view themselves as lifelong learners

### Stages of the ADM (USOC, 2014)

## 5 STAGES TO A BETTER SPORT EXPERIENCE

The American Developmental Model is meant to explain an athlete's advancement through a pathway supporting a healthy sport experience based on their physical, mental and emotional level and potential for growth.



#### Stage I: Discover, Learn and Play (ages 0-12)

- Play multiple sports
- Encourage deliberate play (DPY) unstructured, street soccer, influences intrinsic motivation (Cote & Hay, 2002)
- Fundamental motor skills that transfer between sports, skilled soccer players and hockey players recognized attacking game play across respective sport (Smeeton et al., 2004)
- Have fun

#### Stage II: Develop and Challenge (ages 10-16)

- Participate in fun and structured training program
- Continue to participate in multi-sports for continued motor and physical development
- Emphasize practice and skill development over competition
- Understand maturation rates and the impact on performance
- Develop physical, psychological, social, technical, and tactical skills

### Stages of the ADM (USOC, 2014)

#### Stage III: Train and Compete (ages 13-19)

- Athletes begin to train and compete in particular sports of interest
- Multiple sport play for cross sport development
- Increase sport specific training
- Emphasize competition skills
- Improve skills at the local, regional and/or national levels

#### Stage IV: Excel for High Performance or Participate and Succeed (ages 15+)

- Full development and commitment to sport
- Dedicated to maximizing athletic potential
- Single sport focus while in season, multi sport out of season
- Competitions commensurate with athlete skill level

#### Stage V: Mentor and Thrive (Active for Life)

- Giving back to sport having finished competing
- Transition from participant to sport leader
- Coaching, mentoring, and officiating are natural next steps
- Pursue opportunities to remain in sport
- Maintain a physically active lifestyle

### Application

- ADM is a visual guide for National Governing Bodies and consumers, identifies expectations and stages of development
- How the US Youth Soccer Player Development Model (2012) and the ADM align:
  - Disseminate research-based best practices to build and deliver quality programs and experiences
  - Targets youth coaches, administrators, and parents
  - Influenced by Balyi and the Long-Term Athlete Developmental Model
  - Early stages of development focuses on play, fun, and enjoyment
  - Emphasis on developing physically literate athletes, physical, psychological, social, technical, and tactical skills
  - Advocates for a multi-sport experience for long-term development

### References

- Balyi, I. (2001). Sport system building and long-term athlete development in British Columbia. *Coaches Report*, 8(1), 22-28.
- United States Olympic Committee. (2015). Retrieved from <http://www.teamusa.org>
- US Youth Soccer. (2012). Retrieved from <http://www.usyouthsoccer.org>