

Creating a Pathway of Development

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Developing and implementing a player centric model utilizing the USOC's "American Development Model" stages of development, as a guideline within your club/organization.



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American Development Model



US
Olympic
Committee



LTAD
Long Term
Athlete
Development



FIVE
Key
Principles



FIVE
Stages



Five Key Principles

1

Create An
Opportunity
For
ALL
Athletes

2

Developmentally
Appropriate
Activities
With
Emphasis On
Motor
and
Foundational
Skill
Development

3

Multi
Sport
Participation

4

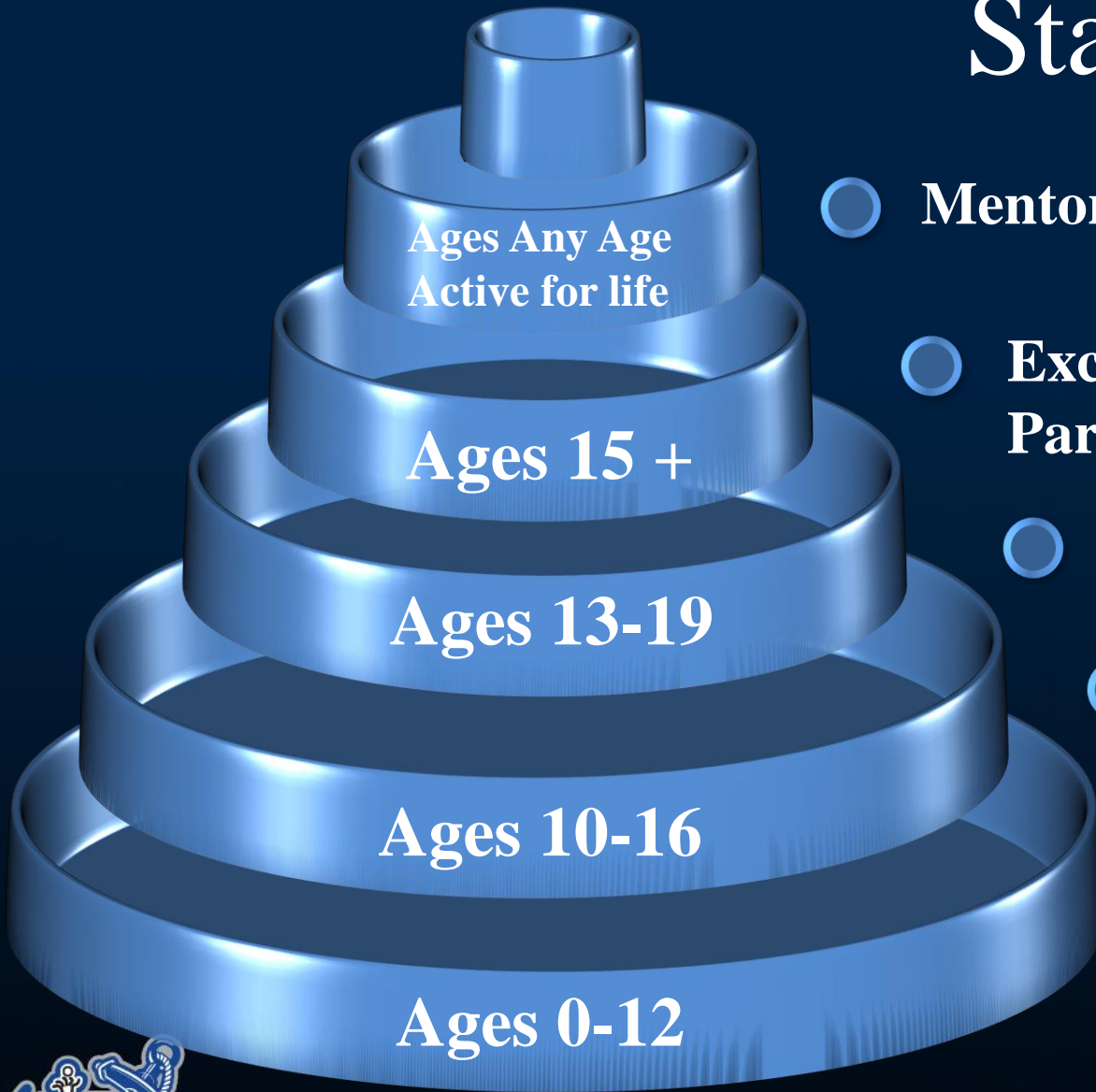
Fun
Engaging
Challenging
Atmosphere

5

Quality
Coaching
At All
Levels



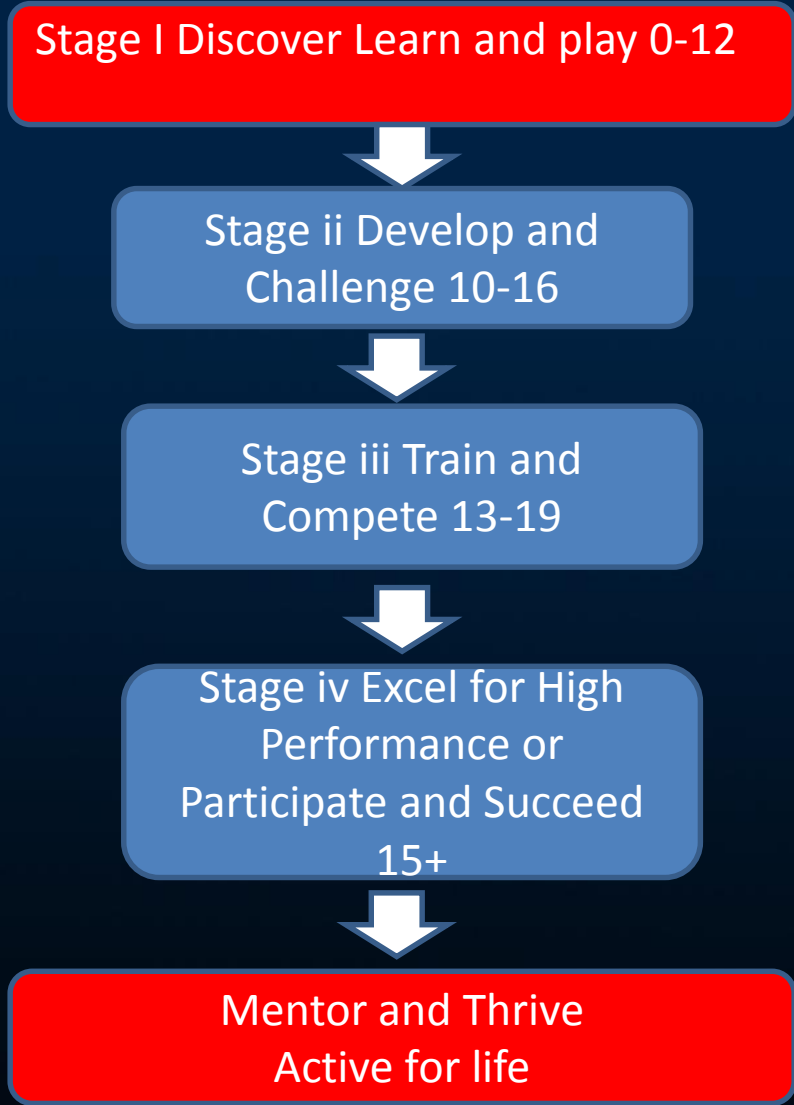
Stages



- **Mentor and Thrive**
- **Excel for high performance
Participate to succeed**
- **Train and Compete**
- **Develop and Challenge**
- **Discover –Learn
-Play**



USOC Participation Pathway ADM



The Environment

Questions?

Obstacles? Positives? Negatives?

Current Trends? Rec –Travel relationship, League play, Team ownership? Play or Train up? Multi Sport Participation

“Do not tell me what we can’t do.....tell me what we can do within our own environment”

Control the Controllable



How do we build an effective pathway of development?

Support Infrastructure

Leadership Officers and Board Members

Education Qualified, Knowledgeable and Specialized Staff

“All decisions made must have the best interest of the players as a priority”



Infrastructure

Officers
President, Vice
President, Secretary,
Treasurer

Leadership

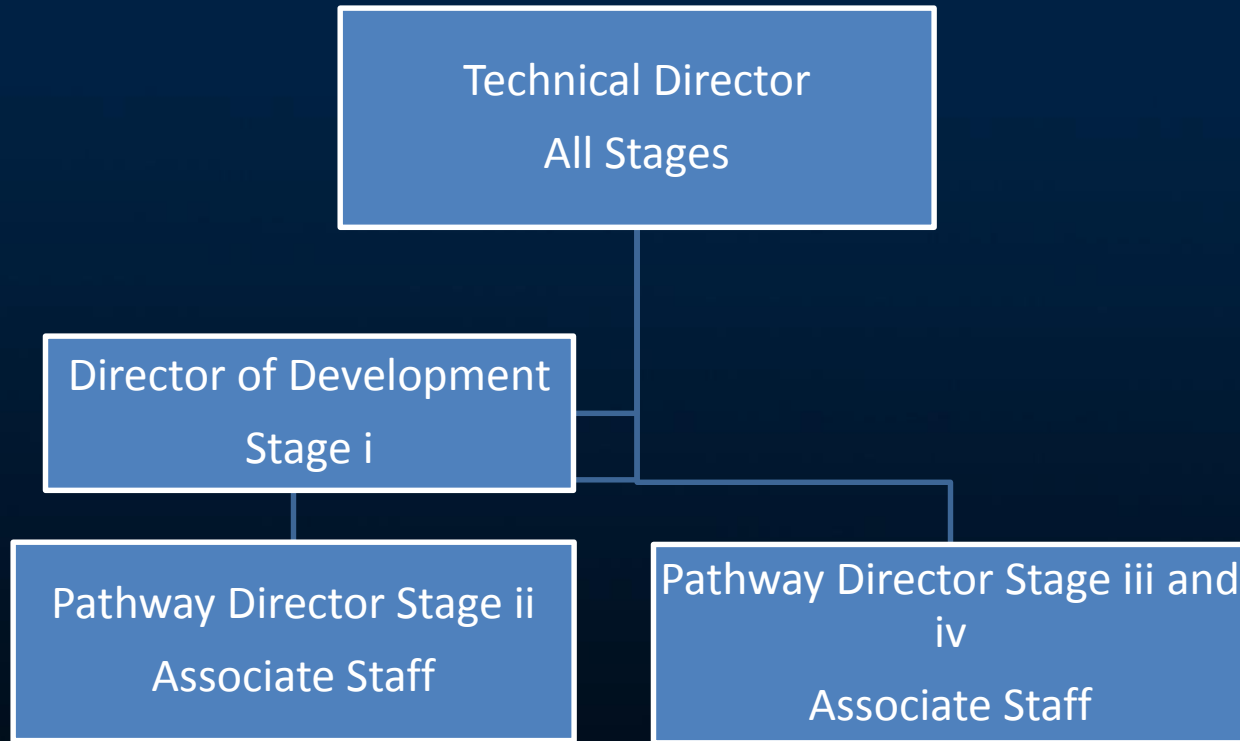


Administrative Staff
Executive Director
Support Staff

Technical Director
Development Director
Pathway Director
Associate Staff



Pathway Technical Infrastructure



Education

Open and Enquiring Minds...



***“It’s the first thing you learn
after you know it all that counts...”***

John Wooden

**Coach Education
Qualifications
Experience**

**Varying Maturation
Rates
Bio - Banding**

**Beyond the License
Continued Education
Specialist**

Education

**Characteristics of
Children
Understanding**

**Four Pillars
Technical, Tactical
Physical, Psychological**

**Guided Discovery
Mosstons Theory**



Principles of Development

Age appropriate activities in each stage of the pathway

Frequency and duration

Identify Teaching Learning priorities

Creating The Environment

Small Sided Games/Activities

Meaningful performance goals - Feedback

Bio Banding - physical and cognitive capabilities



“Players will best develop in a coordinated system that is clearly defined and based upon consistent principles”

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Principles of Learning

How do Children Learn?



By Knowledge of result

“Practice Makes Permanent” The correct practice in the correct environment are essential to learning.... Repetition....Muscle Memory.... Touch and Feel, Challenging yet achievable



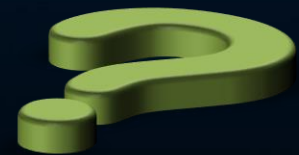
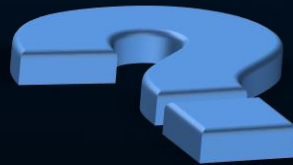
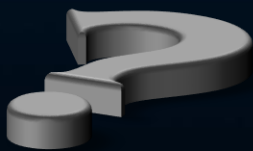
Learning Styles

It is critical to recognize that children have varied learning styles

AUDITORY LEARNERS – Learn best by listening

VISUAL LEARNERS – Learn best by seeing – Demonstrations

KINESTHETIC LEARNERS – Learn best by doing - Repetition



Long - Term Learners

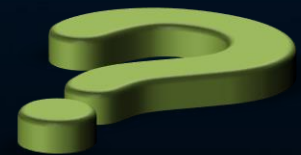
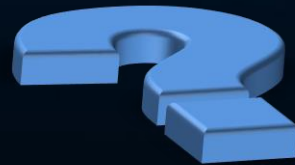
Creating the Environment – Bio Banding

Relative Age Effect

Advantage of players born earlier in the school year
Sept-Dec. Physically mature - pace and power to solve problems
Banded together = finding alternative ways to succeed

May-Aug. Less strength, Technically superior, Over powered = Drop out
Banded together = Encourages flair and time on the ball to solve problems

Patience is a virtue :Create an environment for long term learners?



Principles of Learning



Where in
the game
does it fit?
Big Picture

Problem
Solving

Challenging
Situations/Next Level
Play – Train - Up



Logical
Progression
Prior
Learning

Active
Involvement.
Player Input.
Correct
Information

Experience
different
roles/positions

Performance
Feedback



Teaching Priorities

Stage i

Stage ii

Stage iii

Stage iv

Foundational Motor Skills

Ball manipulation
Co-ordination
Juggle off a bounce
Receive
1v1
SSG Activities
Multi Sports
FUN!!!

Develop and Challenge

Technical Repetition
Running with the ball
Turning
Dribbling
First Touch
Pass?

#’s up/down, Maze &
Directional activities
Decision Making

Train and Compete

Consistent training schedule, additional training opportunities

Increase pressure
4v4,5v5, 6v6, 7v7
Directional

Introduce/utilize sports science, Psychology
Nutrition

Excel for High Performance

Technical Excellence

Dedication Single Sport focused.
Phase Play
Increased Tactical Awareness.

Third of the field
Roles, Relationships
FUN!!!



Technique vs Skill



Execution of a specific action

A pass: lofted, driven, chipped, swerved etc

Tactical
Implementation



Choosing the correct Technique on demand

Teaching Priorities cont'd

Stage V

Mentor and Thrive

Young Coach Initiative: Former players transition from participant to Coach/Mentor. Club sponsors young individuals through licensing and training.



Effective Player Pathway

Recreational

Stage I Discover Learn and play 0-12
Entry ages 5 to 7 - 8 to 10

Travel

Stage ii Develop and challenge 10-15
Small Sided Games
Teams/No Teams ?

Stage ii Develop and Challenge 10-12
Technical Repetition

Stage iv Participate to Succeed 15 +

Stage iii Train and Compete 13-15
Decision Making

Stage iv Excel for High Performance 15+
Tactical Understanding

Mentor and Thrive



Thankyou



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Small Sided Games

Maximizing Current Field Availability

