



ADM



★ **AMERICAN DEVELOPMENT MODEL**

for PARENTS

A parent's role in the sport experience should be one of support and guidance for their child's benefit. The following are recommendations to help ensure your child has a positive experience with field hockey:

1. Safety first! Make sure your child is in a safe learning environment with trained and certified coaches.
2. Sport sampling is important. Encourage your child to try many sports to help enhance their physical literacy and finds sports and healthy activities to enjoy.
3. Encourage multi-activity and sport participation to keep your child from burning out or developing overuse injuries.
4. Acknowledge and celebrate your child's efforts and improvements over performance outcomes. Mentor good sportsmanship.
5. Enroll your child in age-appropriate activities to ensure healthy progression and skill development before advancing to a heavy volume of competition.
6. Monitor the dose and duration your child is playing each week, month and year and encourage rest and recovery.
7. Stay connected with your coaches and administrators to support your child's progress and development. Utilize the USA Field Hockey ADM pathway and resources and recognize where your child stands in terms of stage and development.
8. Support and encourage your child to have fun. Remember that fun is the #1 reason a child participates in sport, and life lessons can be learned through these experiences.
9. You can play field hockey too! Pick up a stick and join the fun. Field hockey is a sport for all ages, and adult recreational leagues exist across the country for beginners through advanced players.
10. Become a coach or umpire. USA Field Hockey provides resources and training to help you get started!

[USAFIELDHOCKEY.COM](https://usafieldhockey.com)