



ADM



★ **AMERICAN DEVELOPMENT MODEL**

for **PLAYERS**

Playing is fun. As a player, you ultimately drive your sport experience and athletic development and are responsible for the choices you make on and off the field. At the end of the day, it's up to you to determine what you want to put in and what you want to get out of the experience.

The following recommendations are designed to help players achieve their goals and maximize their full potential in sport:

1. Safety first! If you or someone you know does not feel safe in your sporting environment, speak up and ask for help. All sports should be safe from mental and physical abuse.
2. Take care of yourself mentally and physically by maintaining a healthy, balanced and active lifestyle. Avoid burnout or developing overuse injuries by enjoying different sports and activities. Multi-sport activities and cross-training will help you develop and achieve all-around success.
3. Listen to your body and understand that rest and recovery are an important part of the sport development process.
4. Focus on your individual and team skill proficiencies. Set achievable goals for yourself and seek support as needed. Welcome feedback from coaches, teammates, experts, mentors and professionals to help achieve your goals.
5. Every player learns and develops differently. If you don't understand something, ask questions and watch and learn from others.
6. Use free-play opportunities to stay active and build creativity outside of structured play.
7. Be a good teammate. The relationships, communication and problem-solving skills inherent to team sports can lead to lifelong connections and friendships on and off the field.
8. Be a good sport. Show respect for yourself, others and the game.
9. Be coachable. Every coach has a different style and philosophy. Do your best to willingly accept feedback and recognize that no coach or umpire is perfect.
10. Have fun! However, recognize that not every moment of training will be fun. Improvement takes hard work, discipline and perseverance is required for success in sport and in life, and is an important part of the process. USA Field Hockey offers tools, resources and training to help you achieve your field hockey ambitions.

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