



# ADM



★ **AMERICAN DEVELOPMENT MODEL**

## for **COACHES**

Coaches play an important role in the development of athletes and have the opportunity to teach life lessons and fuel a lifelong passion for health and fitness through sport.

The following recommendations can be used to achieve greater success and enjoyment for you and your players:

1. Safety first! Make sure you, your fellow coaches and program leaders have appropriate background checks and SafeSport training and certification to provide safe learning environments.
2. Provide physical literacy training (e.g. agility, balance, coordination) at every practice at every level.
3. Use developmentally-appropriate exercises, practice plans and equipment to best support and motivate your players.
4. Balance training and rest time for players to avoid injuries and burnout. Encourage multi-sport participation and cross-training.
5. Operate with a learner-centered philosophy by creating fun, engaging and challenging field hockey experiences across every stage of development. Use effective questioning techniques to engage players as active learners.
6. Adopt the Teaching Games for Understanding (TGfU) approach to develop skills, techniques and tactical knowledge through game play.
7. Stay connected with your players and their parents by providing regular feedback on progress, development and communicating individual and program goals. Utilize the USA Field Hockey ADM pathway and resources for support.
8. Focus on effort and improvement over outcomes in order to reinforce physical, technical and tactical advancements. Of course, winning is fun, but not at the expense of development. Value and teach life skills in addition to field hockey skills.
9. Maximize player potential and retention at all stages of development. Remember that fun is the No. 1 reason people choose to participate in sports. Keep it fun!
10. Be a lifelong learner. The sport of field hockey continues to evolve. Attend Coach Education courses and network with others to stay current and inspired. Become a USA Field Hockey Member to access tools and resources.

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