



ADM



★ **AMERICAN DEVELOPMENT MODEL**

for **PROGRAM LEADERS**

Schools, clubs and recreation programs are a key part of the delivery of the youth and adult field hockey experience. Use these recommendations to help maximize the impact of your field hockey program in your community.

1. Safety first! Require all coaches, program leaders and adults who work with kids to have background checks and SafeSport training. Abuse of any kind is unacceptable.
2. Create a program that is inclusive to all. Eliminate cuts for ages below 12 and focus on long-term development over short-term outcomes. Value and teach life skills in addition to field hockey skills.
3. Keep participation and competition costs affordable to make your program accessible. 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!
4. Provide physical literacy training (e.g. agility, speed, coordination) at every practice for all levels.
5. Balance training and rest time for your players to reduce overuse injuries and burnout. Encourage multi-sport activities and cross-training to keep your players active and developing outside of your program.
6. Use developmentally-appropriate practice plans, equipment and competition formats for the age and stage of your programs.
7. Provide qualified and trained coaches and umpires at all age levels and encourage lifelong learning by providing professional development opportunities.
8. Use the USA Field Hockey ADM to design your own club development pathway for participation and competition offerings.
9. Focus on effort and improvement over outcomes to reinforce physical, technical and tactical advancements. Of course, winning is fun, but not at the expense of development.
10. Stay connected with your stakeholders through regular communication and review of program goals and philosophies. Utilize the USA Field Hockey ADM pathway and resources for support.

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