



5 STAGES OF DEVELOPMENT

USA Field Hockey ADM is:

- A framework to support a fun and healthy sport experience
- Based on best principles on what, when and how to teach, train and play
- Prioritizing long-term development over short-term outcomes
- Supported by tools, resources, programs and equipment



DISCOVER: People discover field hockey in different ways and at various ages and stages of life. A positive and fun first exposure is critical to instilling a desire to get involved in the game.

PLAY & LEARN: Proper and appropriate introduction to the basic skills and concepts using a fun, active and learner-centered approach can fuel a desire for continued interest and growth, and a desire to compete and improve.

COMPETE & IMPROVE: Being part of a team, preparing for competition, and competing is fun and challenging and teaches valuable life lessons. It's also a great way to improve and grow.

SERIOUSLY FUN/PEAK PERFORMANCE: You're hooked, love the game and are committed to the sport. For all, the inspiration is fun and continual improvement, as well as the health and social benefits. To some, it's the pursuit of greatness, striving to achieve and perform at the highest possible level.

LIFETIME ENGAGEMENT: Field hockey is a sport for life and a great way to stay active, fit and involved. Adults are the foundation for grassroots growth and sustainability. Stay engaged as an athlete, coach, umpire, program leader, parent, fan, avid supporter, advocate, mentor or all of the above.

The USA Field Hockey ADM was developed in partnership with the United States Olympic Committee.

GROW THE GAME. SERVE MEMBERS. SUCCEED INTERNATIONALLY.

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