Creating a Pathway of Development

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Developing and implementing a player centric model utilizing the USOC's “American Development Model” stages of development, as a guideline within your club/organization.
American Development Model

US Olympic Committee

LTAD
Long Term Athlete Development

FIVE Key Principles

FIVE Stages
Five Key Principles

1. Create An Opportunity For ALL Athletes
2. Developmentally Appropriate Activities With Emphasis On Motor and Foundational Skill Development
3. Multi Sport Participation
4. Fun Engaging Challenging Atmosphere
5. Quality Coaching At All Levels
Stages

Ages Any Age
Active for life

Ages 15 +

Ages 13-19

Ages 10-16

Ages 0-12

Mentor and Thrive

Excel for high performance
Participate to succeed

Train and Compete

Develop and Challenge

Discover – Learn - Play

Participate to succeed
USOC Participation Pathway ADM

Stage I Discover Learn and play 0-12

Stage ii Develop and Challenge 10-16

Stage iii Train and Compete 13-19

Stage iv Excel for High Performance or Participate and Succeed 15+

Mentor and Thrive Active for life
The Environment

Questions?
Obstacles? Positives? Negatives?
Current Trends? Rec – Travel relationship, League play, Team ownership? Play or Train up? Multi Sport Participation

“Do not tell me what we can’t do…..tell me what we can do within our own environment”

Control the Controllable
How do we build an effective pathway of development?

**Support Infrastructure**

**Leadership**  Officers and Board Members

**Education**  Qualified, Knowledgeable and Specialized Staff

“All decisions made must have the best interest of the players as a priority”
Pathway
Technical Infrastructure

- **Technical Director**
  - All Stages

- **Director of Development**
  - Stage i

- **Pathway Director Stage ii**
  - Associate Staff

- **Pathway Director Stage iii and iv**
  - Associate Staff
Education
Open and Enquiring Minds...

“It’s the first thing you learn after you know it all that counts…”

John Wooden
Coach Education Qualifications Experience

Varying Maturation Rates Bio - Banding

Beyond the License Continued Education Specialist

Characteristics of Children Understanding

Four Pillars Technical, Tactical Physical, Psychological

Guided Discovery Mosstons Theory

Education

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Education
Principles of Development

Age appropriate activities in each stage of the pathway

Identify Teaching Learning priorities

Frequency and duration

Small Sided Games/Activities

Bio Banding - physical and cognitive capabilities

Meaningful performance goals - Feedback

“Players will best develop in a coordinated system that is clearly defined and based upon consistent principles”
Principles of Learning

How do Children Learn?

By Knowledge of result
“Practice Makes Permanent”…. The correct practice in the correct environment are essential to learning….. Repetition….Muscle Memory…. Touch and Feel, Challenging yet achievable

Learning Styles
It is critical to recognize that children have varied learning styles
AUDITORY LEARNERS – Learn best by listening
VISUAL LEARNERS – Learn best by seeing – Demonstrations
KINESTHETIC LEARNERS – Learn best by doing - Repetition
Long - Term Learners

Creating the Environment – Bio Banding

Relative Age Effect
Advantage of players born earlier in the school year
Sept-Dec. Physically mature - pace and power to solve problems
Banded together = finding alternative ways to succeed

May-Aug. Less strength, Technically superior, Over powered = Drop out
Banded together = Encourages flair and time on the ball to solve problems

Patience is a virtue : Create an environment for long term learners?
Principles of Learning

Where in the game does it fit? Big Picture

Problem Solving

Challenging Situations/Next Level Play – Train - Up

Logical Progression
Prior Learning

Active Involvement. Player Input. Correct Information

Experience different roles/positions

Performance Feedback

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US YOUTH SOCCER 2016 WORKSHOP
Baltimore
Teaching Priorities

**Stage i**
- Foundational Motor Skills
  - Ball manipulation
  - Co-ordination
  - Juggle off a bounce
  - Receive
  - 1v1
  - SSG Activities
  - Multi Sports
  - FUN!!!

**Stage ii**
- Develop and Challenge
  - Technical Repetition
  - Running with the ball
  - Turning
  - Dribbling
  - First Touch
  - Pass?
  - #'s up/down, Maze & Directional activities
  - Decision Making

**Stage iii**
- Train and Compete
  - Consistent training schedule, additional training opportunities
  - Increase pressure
  - 4v4, 5v5, 6v6, 7v7 Directional
  - Introduce/utilize sports science, Psychology
  - Nutrition

**Stage iv**
- Excel for High Performance
  - Technical Excellence
  - Dedication Single Sport focused.
  - Phase Play
  - Increased Tactical Awareness.
  - Third of the field Roles, Relationships
  - FUN!!!
Technique vs Skill

Execution of a specific action
A pass: lofted, driven, chipped, swerved etc

Choosing the correct Technique on demand

SKILL = DECISIONS =

Tactical Implementation
Teaching Priorities cont’d

Stage V

Mentor and Thrive

Young Coach Initiative: Former players transition from participant to Coach/Mentor. Club sponsors young individuals through licensing and training.
Thankyou

Educating tomorrow’s players and coaches today

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Small Sided Games

Maximizing Current Field Availability