



UNITED STATES  
OLYMPIC & PARALYMPIC  
COMMITTEE

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# The American Development Model (ADM) & Quality Coaching Resources

## MICROLEARNINGS

- 1. Multi-Sport Participation:**
  - Promotes sport sampling to enhance physical literacy and foster love for sport/movement.
  - Encourages cross-training to reduce injury risk and support long-term athlete development.
- 2. Deliberate Practice:**
  - Defines quality practice as structured, feedback-rich, and age/developmentally appropriate.
  - Emphasizes focused repetition over unstructured time as athletes develop.
- 3. Competition and Stages:**
  - Aligns competition formats with insights on developmental stages.
  - Recommends modifications to rules and game structures to support inclusive, skill-based learning to meet athletes where they are.
- 4. Competition Duration and Dose:**
  - Provides brief stage-appropriate guidance on frequency and intensity of competition.
  - Aims to reduce burnout and keep youth engaged in sport.
- 5. Competition Training:**
  - Advocates for practice-to-competition ratios that support athlete readiness.
  - Introduces periodization concepts for sustainable athlete development.
- 6. Competition and Results:**
  - Shifts focus from winning to learning and effort.
  - Encourages growth mindset and long-term development metrics.
- 7. Overuse Injuries:**
  - Educates on injury prevention through rest, sport variety, and open communication.
  - Warns against early specialization.
- 8. Periodization:**
  - Explains how to balance training, rest, and recovery for optimal performance.
  - Stresses age-appropriate training plans.
- 9. Dealing with Ups and Downs:**
  - Offers guidance for coaches and parents on navigating emotional highs and lows in sport.
  - Encourages goal setting, feedback, and perspective-building.



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## COURSES

1. **The American Development Model (ADM):**
  - A comprehensive 20–30-minute course introducing the ADM’s origins, purpose, structure, and value.
  - Highlights how ADM supports inclusive, developmentally sound sport experiences for all athletes and is championed collectively by the USOPC and NGBs.
  
2. **Connection Based Coaching:**
  - A free series of e-learning modules for all coaches, anywhere in the world, to enhance positive connection with their athletes.
  - Through the story-telling lens of Team USA athletes, coaches and staff, three 30-minute interactive modules guide participants to greater awareness of social and emotional skills to support their coaching techniques.
  - It is a self-paced platform designed to practice these important topics and approaches that will positively influence the lives of the next generation of children in sport.
  
3. **Training, Organization, and Delivery:**
  - This course introduces coaches to the principles of Training Organization and Delivery through the lens of the Assess–Plan–Do–Review framework and is applicable to coaching individuals, teams, or groups of individuals.
  - This structure empowers coaches to design purposeful training sessions that align with athlete needs and long-term development.
  - This framework supports continuous improvement and impactful coaching practice, empowering coaches to deliver efficient and effective training.
  
4. **The Athlete Centered, Coach Driven Approach:**
  - This course introduces the core principles of an Athlete-Centered, Coach-Driven approach to coaching.
  - Coaches will learn to assess athletes comprehensively and tailor strategies that prioritize their needs, autonomy, and development.
  - This course will provide a foundation for coaches to leverage the athlete's background and skill level to tailor cues, adapt training strategies, and create impactful, athlete-centered learning outcomes.