

UNITED STATES TENNIS ASSOCIATION'S

# AMERICAN DEVELOPMENT MODEL





# INTRODUCTION

The American Development Model (ADM) is a concerted effort between the United States Olympic Committee, its 50 national governing bodies, and United States Paralympics to apply long-term athlete development principles in order to guide parents and coaches as their players develop and mature.

For over a decade, the USTA has been applying the principles of long-term athlete development within Player Development as well as in its delivery of youth programming. Now with Net Generation - official youth tennis of the USTA - common objectives of curtailing early specialization, developing multi-sport athletes, and increasing youth physical activity are key priorities.

Designed to establish **fun** and positive experiences for tennis players, the USTA's ADM offers a comprehensive framework for providers, coaches, athletes, and parents. By growing **friendships**, improving **skill**, and maximizing the potential of players at all levels, this framework will improve the health and well-being of tennis participants and our sport for a lifetime.



# KEY PRINCIPLES

## **Developmentally Appropriate Teaching and Coaching Methods**

Emphasize motor and foundational skills through developmentally appropriate training and coaching.

## **Train All Coaches**

Ensure coaches at all age levels are qualified and trained.

## **A Clear Development Pathway**

Integrate tennis into physical education programs in schools and recreational community programs and advance into age- and skill-based programs and competitions.

## **Support Multi-Sport or Multi-Activity Participation**

Build athletes through a multi-sport approach within tennis programming and cross-promotion with other sports and activities.

## **Fun and Athlete-Centered**

Focus on creating a fun, positive, engaging atmosphere within a team culture rather than wins and losses.

## **Universal Access**

Make sure playing tennis is safe, accessible, local and affordable.

## **Parent/Player Guidance, Education and Transparency**

Provide parents and players the information they need to guide their tennis development.

# DEVELOPMENT STAGES

Designed to create a healthy tennis experience these development stages support learning and advancement based on physical, social, mental and emotional levels of the athlete.



STAGES	ATHLETE	ATHLETE WITH DISABILITY
1 DISCOVER & LEARN	Age: Entry-11	0-3 years of athletic experience*
2 DEVELOP & CHALLENGE	Age: 12-18	3-6 years of athletic experience*
3 PLAY FOR LIFE	Age: 18+	6+ years of athletic experience*

\*Number of years of athletic experience for an athlete before and after acquiring a permanent disability, per U.S. Paralympics guidelines.





# KEY DEFINITIONS

Under each of the three stages of the ADM, players develop their athletic abilities across the 5 Cs. The 5 Cs are majorly influenced by Positive Youth Development principles from the sports sciences and youth development perspectives.



## COMPETENCE

Technical, tactical and performance skills.



## CONFIDENCE

Self-belief, resilience, mental fortitude and a sense of positive self-worth.



## CHARACTER

Respect for the sport and others, integrity, self-discipline and ethical and moral well-being.



## CONNECTION

Interpersonal skills and the ability to build and sustain meaningful and positive relationships.



## CREATIVITY

Providing a unique and imaginative environment that promotes engagement and a positive athlete experience.

**DISCOVER.  
DEVELOP. PLAY.**

