Insights and Future Directions of Long-term Athlete Development : A Research and Practitioner Perspective

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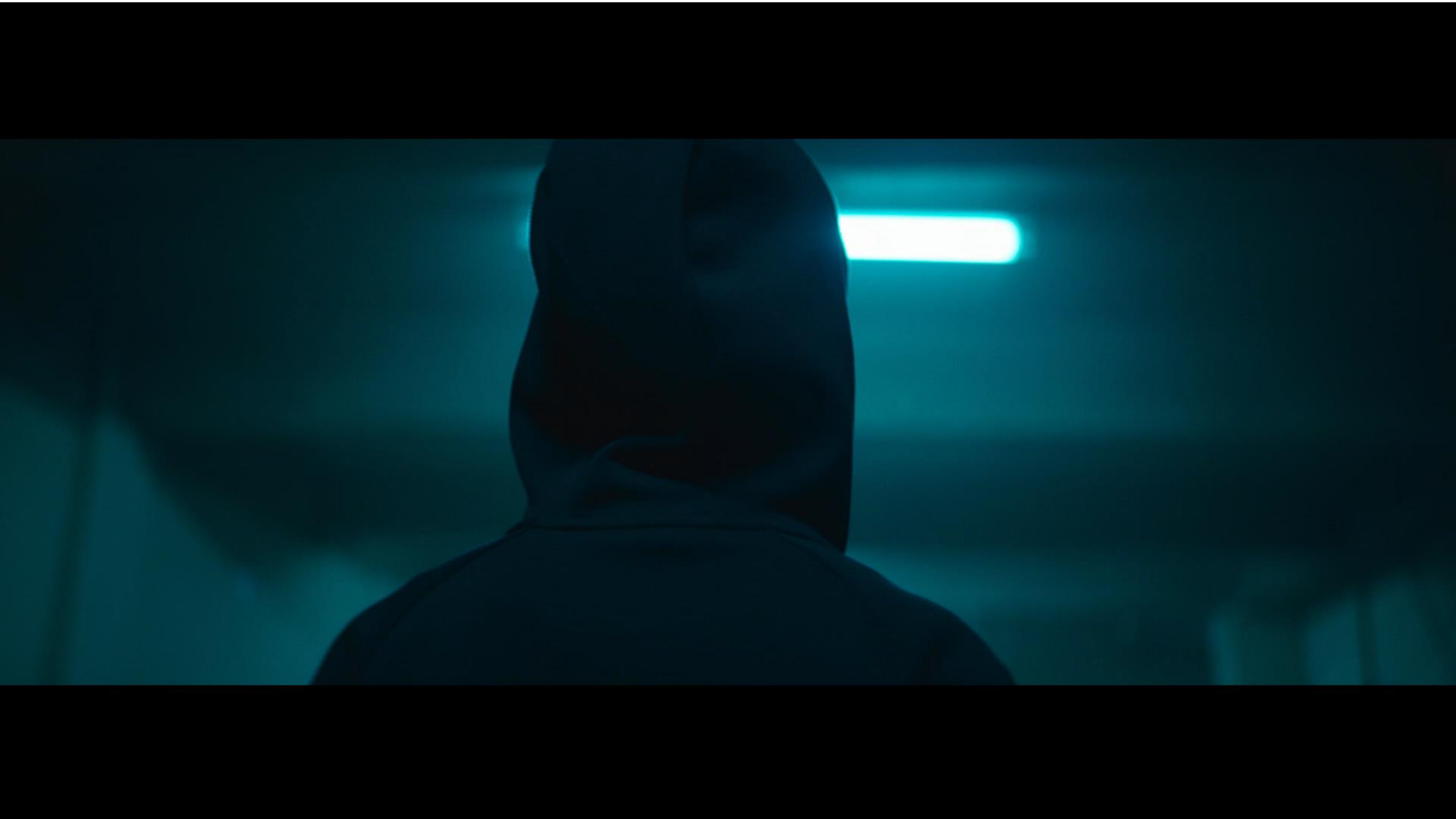**Development Model**

What is the American Development Model?

GOLF'S AMERICAN DEVELOPMENT MODEL

How exactly can athlete development models like the American Development Model help improve athlete outcomes?

Knowing that not every athlete will become or has the desire to become elite, are these models meant for athletes of all skill levels and aspirations?

How can coaches intentionally work the development of positive psychological skills in to their training environment?

Self-regulation

- Reflects an individual's capacity to control his or her learning:

    - The degree to which learners are aware of their own though processes and motivated to proactively attend to their own learning process

Elements of awareness

- Planning (i.e., Am I aware of what I have to do?)

- Self-monitoring (i.e., Am I aware of my actions during the task?)

- Evaluation (i.e., What did I do during the task and what was the outcome?)

- Reflection (i.e., What did I learn and how do I improve?)

Elements of motivation

Degree to which learners are:

- Naturally Motivated to attain a specific goal with:

  1. **Effort** (i.e. willingness to apply oneself to attain a goal)

  2. **Self-belief** (i.e. belief in oneself to execute actions necessary to produce specific performance results)

Developing SR skills

Have complex tasks:

- Task must be complex enough (or framed in a complex manner) to require the athlete to **plan**, **monitor**, and **evaluate** themselves

Developing SR skills

Allow athletes to have a choice in task and level of challenge:

- Offer variety of drills that accomplish the same outcome

- Work together to achieve optimal challenge point

- Engage the athlete in the decision process

- Democratic coaching = ⬆ athlete effort

Developing SR skills

Provide opportunities for self-evaluation:

Performance data – have players pay more attention to their scores on key indicators

Training logs – use training logs to track effort, improvement, etc.

Developing SR skills

Self-belief:

- Focus on improving players' beliefs in their capabilities (mindset, focusing on success, etc.)

- Training logs – use training logs to reinforce positive behaviors and achievements

- Easy to acknowledge where work needs to be done **but** also need to acknowledge the positive learning that took place

Another part of the ADM is planning the overall training environment, how can coaches better go about planning their training environment in a holistic manner?

Bill Cowher

Super Bowl Winning Coach