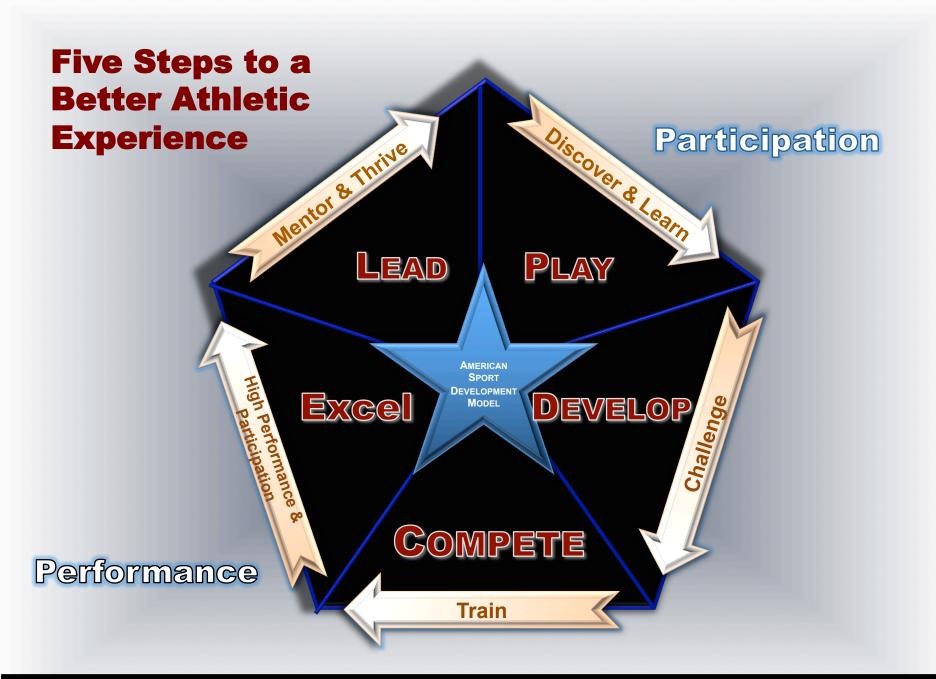
The American Sport Development Model

An integrated, strategic framework for the development and growth of sport in the US

DAVID MCCANN SPORT DEVELOPMENT CONCEPTS SEPTEMBER 2014

K. DAVID MCCANN

- Principal, Sport Development Concepts
- President Institute for Sports Coaching
- Former Associate Director American Sport Education Program
- Former Director on Educational Services US Ski and Snowboard Education
- Former Coaching Education Manager USOC
- Former Vice-President for the Americas ICCE
- Past President of the National Council for the Accreditation of Coach Education
- Former Director of Coaching and Sport Development USA Rugby



- Safety and Fun
- Maximum Participation
- Movement Skills
- Play Other Sports

(0 = 12 years old)

Get children active and developing fundamental skills that transfer between sports

AMERICAN **SPORT** DEVELOPMENT MODEL

(10 - 16 years old)

Motor and Foundational Skill Development Keep children engaged in sports by developing skills and fueling a passion for sports

Skill development

- Ethical development
- **Experimentation**
- Communication
- Teamwork
- Conditioning
- **Nutrition**

- Primary sport
- Mental preparation
- Balanced
 lifestyle

AMERICAN SPORT DEVELOPMENT MODEL

Value system
 Dealing with competition
 Specialization

COMPETE (14 - 20) years old)

Provide avenues to fulfill athletic potential

Focused Training

- Perfection and Participation Full time sport focus
- Adaptation
- Recovery
- Innovation
- Leadership

(18 + years old)

> Support National & International Performance

Encourage **Participation &** Success

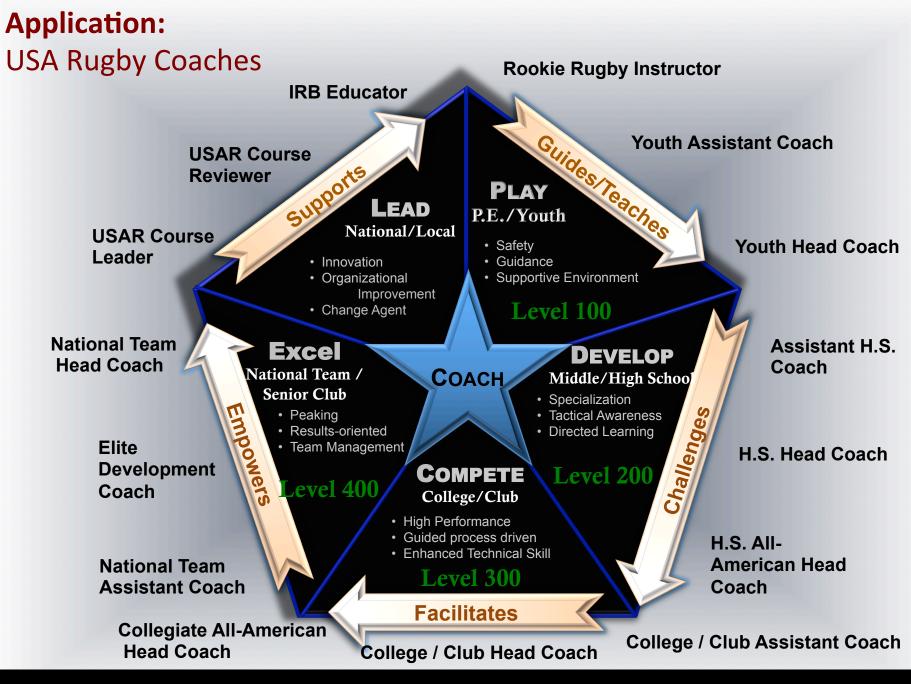
AMERICAN **SPORT** DEVELOPMENT MODEL

- Coaching
- Mentoring
- Promoting
- Organizing

LEAD (When Ready)

Stay involved, giveback, have an active and healthy lifestyle

Give Back



The Essence of ASDM

Teamwork

Patrick Duffy 1959 - 2014

- Visionary
- Leader
- Pioneer
- 🕴 Coach
- Educator
- Colleague
- Friend
- Inspiration



"Be curious. Never give up, however difficult things might seem. Remember to look up at the stars, not down on your feet. And however difficult life may seem, there is always something you can do to succeed. It matters that you don't just give up."

Stephen Hawking

Thank You

Feel free to contact me: K. David McCann **Sport Development Concepts** 719-332-4685 dmccannsdc@gmail.com