UNITED STATES TENNIS ASSOCIATION'S

AMERICAN DEVELOPMENT MODEL
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.

<table>
<thead>
<tr>
<th>STAGES</th>
<th>ATHLETE</th>
<th>ATHLETE WITH DISABILITY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1</strong> DISCOVER &amp; LEARN</td>
<td>Age: Entry-11</td>
<td>0-3 years of athletic experience*</td>
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<tr>
<td><strong>2</strong> DEVELOP &amp; CHALLENGE</td>
<td>Age: 12-18</td>
<td>3-6 years of athletic experience*</td>
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<tr>
<td><strong>3</strong> PLAY FOR LIFE</td>
<td>Age: 18+</td>
<td>6+ years of athletic experience*</td>
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</tbody>
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*Number of years of athletic experience for an athlete before and after acquiring a permanent disability, per U.S. Paralympics guidelines.
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.