Examining Coaching & Coach Education in the US: The USOPC’s Contribution

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1 – Who We Are
Understand the USOPC Mission & Coaching Department Role

2 – How We Operate
Influence and support NGB’s to enhance quality coach and athlete performances and experiences

3 – What We Do It
Practically apply evidence-based coach and athlete development frameworks, pathways, trainings and resources

4 – Q & A
Who We Are

Mission:
Empower Team USA athletes to achieve sustained competitive excellence and well-being.
USOPC Coaching Department

Education

Development

Recognition

USOPC Coaching Department
How We Operate: Our Anchor

1. Coaching Knowledge
2. Athlete Outcomes
3. Contextual Fit
4. Coach Well Being
How We Operate: Our Guides

Coaching Principles

Coach Code of Conduct

USOPC, NGB & Partner Working Groups

Strategic Plans & Goals
ADM Key Principles

• Universal access to create opportunities for all athletes
• Developmentally appropriate activities that emphasize motor and foundational skill development
• Encourage multi-sport / multi-activity
• Fun, engaging and challenging atmosphere
• Quality coaching at all age levels
What We Do: The ADM Vision

- Visual NGB Pathway
- Competition & Participation Guidelines
- Coach Education / Training
- Physical Literacy & Fundamental Movement Skills
- Educational Resources & Evaluation Tools
- Identifying and Marketing ‘Good’
ADM Aligned Programs to Fuel and Support Growth

**5 STAGES OF DEVELOPMENT**

1. **Discover**
   - Let's Move
   - Love the Game

2. **Play & Learn**
   - Compete & Improve
   - Seriously Fun

3. **Hockey for Life**
   - Peak Performance
   - Lifetime Engagement

4. **Space Dribble**

5. **ADM**

**USA FIELD HOCKEY**

**USA FUNDAMENTALES**

**Seguridad, Salud y Bienestar**

Los deportes deben proveer un ambiente seguro para aprender y crecer. Participación en múltiples actividades y deportes ayuda a construir una base sólida para un estilo de vida saludable.

**Inclusión y Accesibilidad**

El hockey sobre césped es un deporte que todos pueden disfrutar.

**USA FIELD HOCKEY**

**STICK2SPORTS**

1. Create a square playing area with cones or markers.
2. Each player needs a stick and a ball.
3. Players will move the ball around the playing area with their stick – this is called dribbling. The ball should always be in contact with their stick.
4. Players should try to find space (an empty area) as they dribble.
5. Players can go anywhere in the playing area as long as they don’t bump into another player.

- Only use the flat side of the stick (wide side of the OD Stick)
- Look up and try not to kick the ball
- Do not allow swinging of sticks
- Do not bump into other players
What We Do: Partnerships

[Logos of various organizations]
What We Do: Digitally Connect
Final Thoughts

Are we leading by CHANCE or CHOICE?

Minimum Standard

U.S. CENTER FOR SAFESPORT

HOW TO COACH KIDS

AMERICAN DEVELOPMENT MODEL
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