

# BEST IN THE WORLD



## **2015 Club Excellence Conference**

**Best Practices in Athlete Evaluation for  
all Phases of Development**

**May 12, 2015**

# USSA Club Programming

## Long-Term Athlete Development

*Optimal training, competition and recovery programming with relation to biological development and maturation.*

*An individually based, age-appropriate approach to training and competition, based on science, that will lead the athlete to their full potential in the long run*

**BEST  
IN THE  
WORLD**



# Goals for USSA Athlete Evaluations

1. Be consistent with your mission and vision
2. Adhere to long-term-athlete- development and USSA training systems models
3. Use as a way to educate staff, parents and athletes about the priorities established by research in each phase of development
4. Establish the holistic, professional and well-rounded nature of your programming and club
5. Increase athlete retention
6. Encourage self-evaluation, better communication, and clearer expectations with parents and athletes
7. Create consistent templates for all sports and all ages

**BEST  
IN THE  
WORLD**



# Mission, Vision, Values

Most clubs have clear mission vision and value statements referring directly to:

- Life Skills
- Personal Excellence
- Healthy Lifestyles
- Integrity
- Sportsmanship
- **Advancing Technical and Tactical Skills**
- **Athletic Performance**
- Sport for Life

Are we measuring, communicating and evaluating these?

**BEST  
IN THE  
WORLD**



# LTAD-USSA Resources *an integrated strategy*

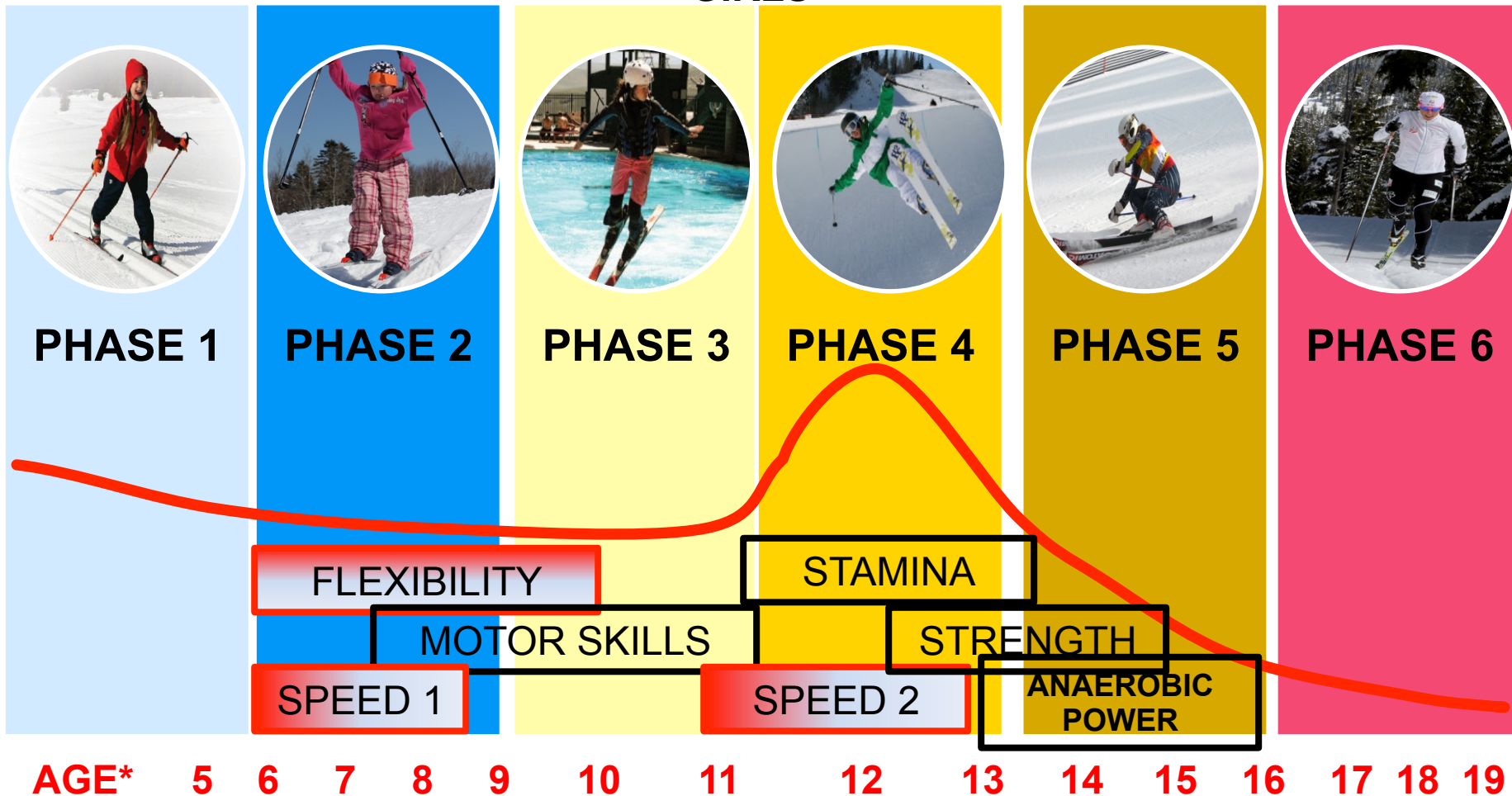


**BEST  
IN THE  
WORLD**

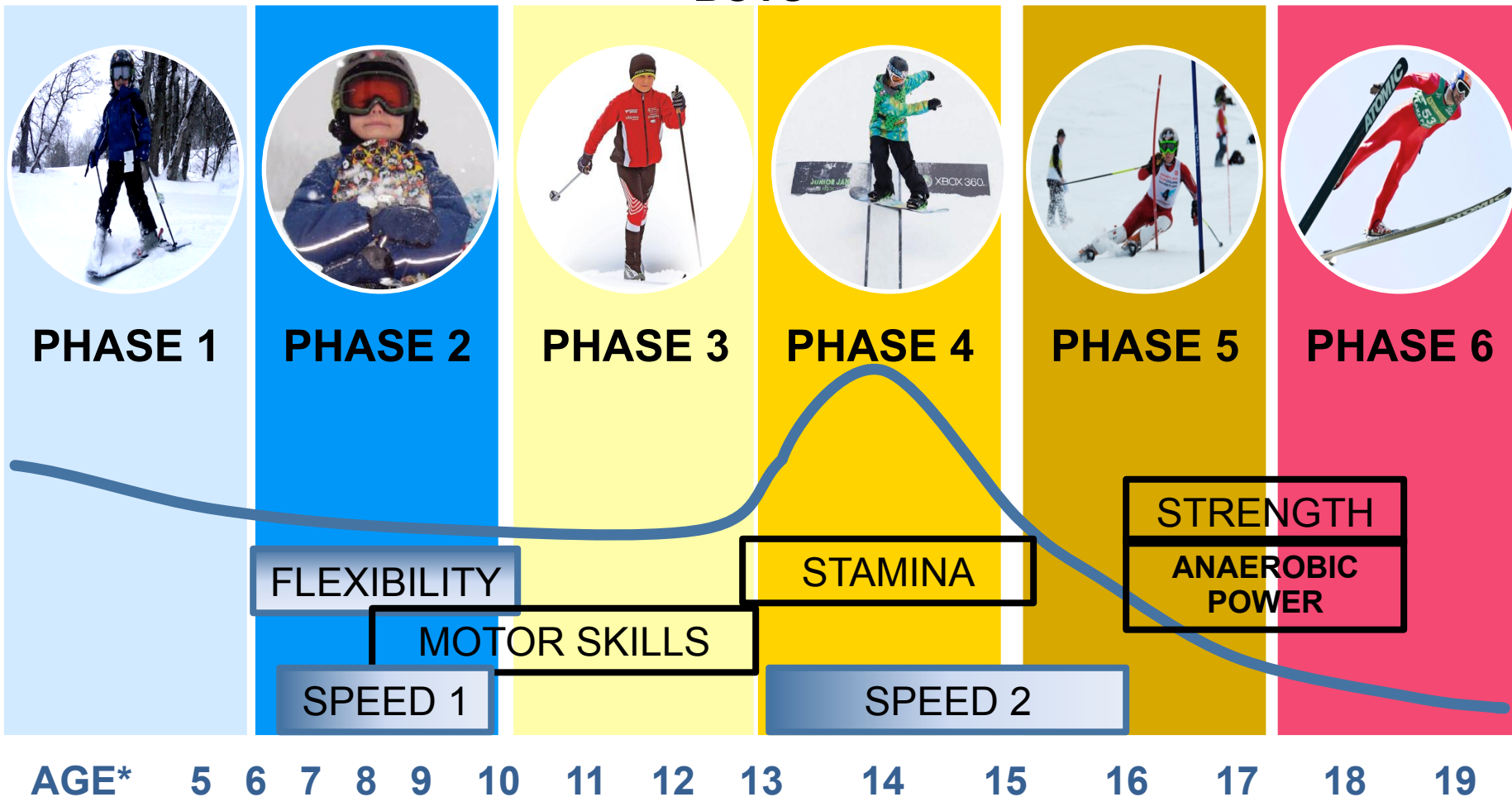




# GIRLS



# BOYS



**PHASE 1**



**PHASE 2**



**PHASE 3**



**PHASE 4**



**PHASE 5**



**PHASE 6**

**FLEXIBILITY**

**MOTOR SKILLS**

**SPEED 1**

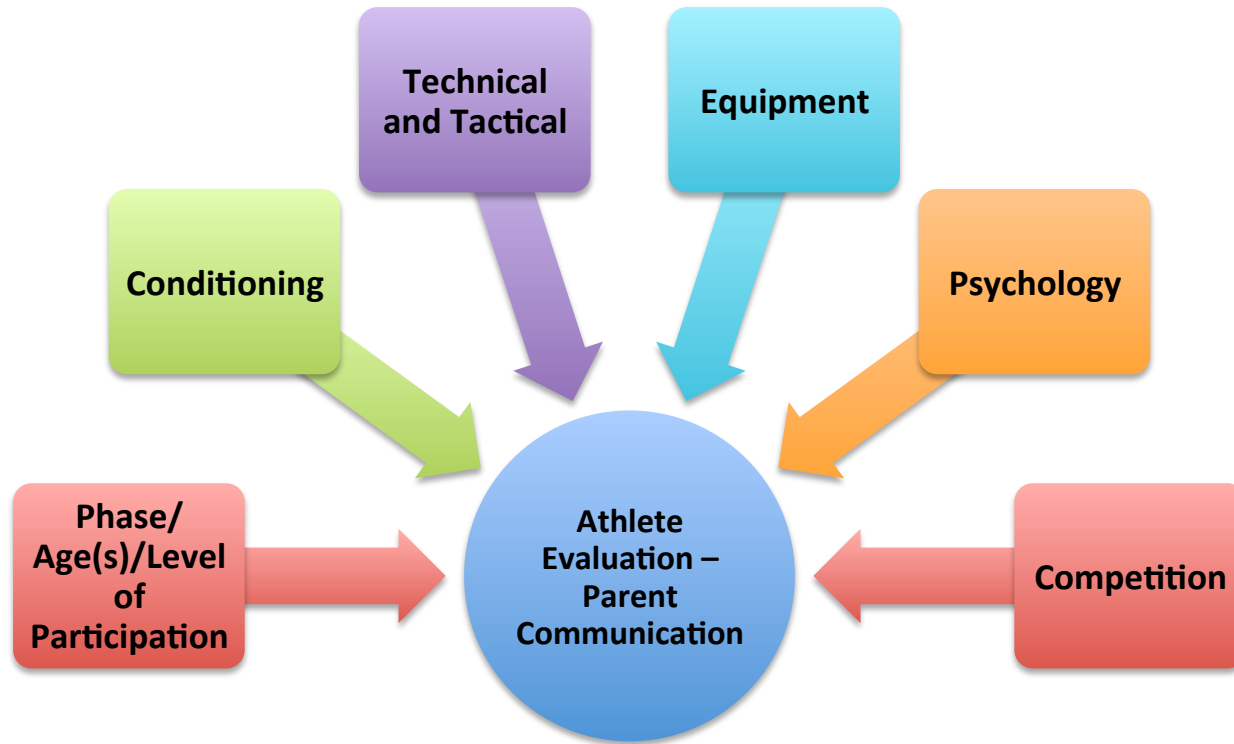
**STAMINA**

**SPEED 2**

**STRENGTH**  
**ANAEROBIC POWER**

**AGE\*** 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19

# Evaluation Template



**BEST  
IN THE  
WORLD**





# Also INCLUDE!

- Where have you been?
  - Athlete progress in all areas
  - Parent progress/involvement/education
- Where are you going?
  - Projections into future years with the program
  - Camps?
  - What to expect in all areas
  - Financial expectations

**BEST  
IN THE  
WORLD**



# Long Term BALANCE

