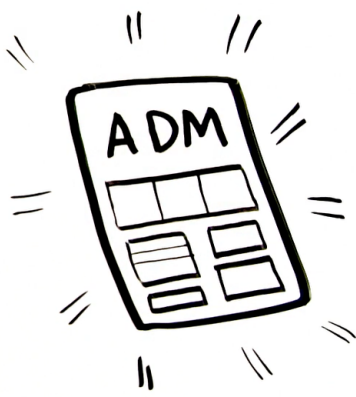


WHAT TO KNOW ABOUT THE ATHLETE DEVELOPMENT MATRIX



WHAT IS AN ADM?

An Athlete Development Matrix (ADM) is a guide of key skills or essential attributes that a player must develop through their participation in softball at the community, competitive, and high performance levels. It is broken down by stages of development and follows Softball Canada's Long Term Player Development Model.

WHO SHOULD USE IT?

The ADM can be used by Athletes, Parents, Coaches and Local Associations! It is the document that steers Softball Canada's coaching programs and is the foundation by which Softball Canada aligns its resources.



HOW DO WE USE IT?

From setting goals, to planning a practice, the ADM has different functions for different users.

- Athletes can see the skills they will be learning and refining and to take responsibility for their own softball development.
- Coaches can use the ADM to shape positive sport experiences both on and off the field in their practice planning.
- Parents can use it as a guide to support their child's softball development.
- Local Associations can use it to help determine any gaps within their clubs programming.



WHAT ARE THE BENEFITS?

This living document is the road map for training Canada's next generation of softball youth and developing both well-rounded future National Team athletes and dedicated life-long softball participants.



WHAT IS IMPORTANT TO REMEMBER?

The ADM is a guide of what softball players need to learn, develop and build as they advance through the sport. It is not a cookbook for high performance excellence but rather a way for all players to maximize their enjoyment of softball.



HOW CAN WE FIND OUT MORE?

All of Softball Canada's LTPD resources are available for **FREE** to download at www.softball.ca or you can contact your Provincial/Territorial Softball Association for guidance. Connect with @SoftballCanada on social media to stay up to date with any new information!



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