Principles of Alignment

Key considerations in building a clear and holistic athlete development pathway by aligning the Athlete Development Matrix guidelines with Podium Pathway benchmarks





Four Areas of Alignment

1. Objectives

2. Communication

3. Order of Operations

4. Resources & Priorities





Objectives

- ADM & GMP have different objectives
- ADM predominates in early stages of athlete development & Podium Pathway predominates in High Performance athlete development
- ADM provides a developmental foundation for achieving the benchmarks laid out in the Gold Medal Profile
- Progression along the Podium Pathway is determined by athlete performance and their ability to close identified GMP gaps – not a linear process
- All athletes in excellence stages of LTD can use GMP benchmarks as aspirational goals





Different Focus – Same Framework

Decision-making
Game Preparation
Communication
Court Awareness
Defence
Offence
Transition

TACTICAL

Chair Set-up Receiving Passing Chair Skills Ball Handling

TECHNICAL

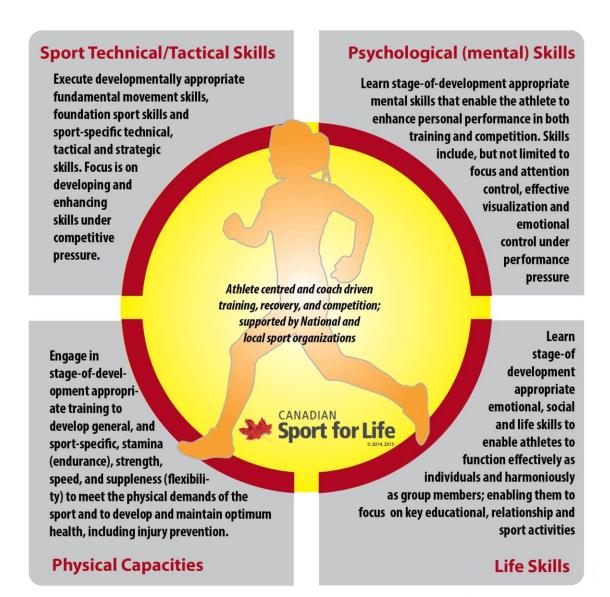
GOLD MEDAL PROFILE

PSYCHOLOGICAL

Coachability
Leadership
Life-Sport Balance
Mental Toughness
Mental Preparation
Motivation

PHYSIOLOGICAL

Endurance Speed Anthropometric Health & Nutrition Physical Attribute Mobility & Flexibility Strength & Power



Communication

 Sport Development & High Performance staff must work together to develop benchmarks & guidelines for all Excellence stages of the LTD

- Language consistency (Glossary of Terms) within your sport
 - Use common language to describe the development of skills and capabilities in all contexts and at all stages of athlete development





Who needs to be involved?

GMP Expertise

The NSOs ADM covers all the skills and attributes athletes need to develop across their life-span. It must be aligned with the sport's GMP

High performance and sport development units working together with input from P/TSOs and clubs

High performance and sport development units working together with input from P/TSOs and clubs

ADM Expertise

Sport specific Knowledge

Athlete

Development

Matrix

While Sport for Life
works across all 7
stages of development
Own the Podium is
focused on Train to
Compete and Train to
Win,





Order of Operations

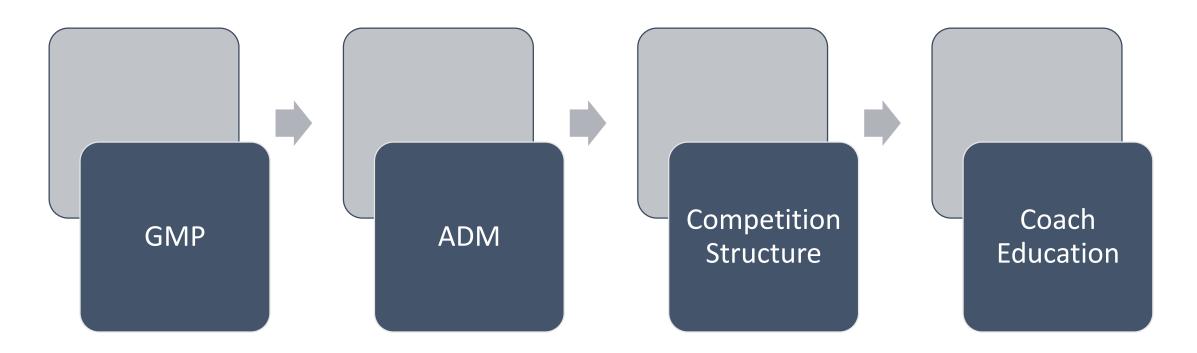
- Planning best practice: work backward from the target event
 - Where possible, develop GMP before ADM

- Well-developed ADM and GMP help NSO's design better competitive sport environments
 - More effective coach education material
 - Better competition review processes
 - More meaningful competition structures





Where Are You Now?







Resources & Priorities

- Knowledge & Awareness
- Technical Resources
- Leadership
- Commitment

What is your capacity?





The impact

