Athlete Development Model (ADM)

Athlete Training Standards from USA Wrestling’s National Coaches Education Program

**Age 5-8**
- Focus is on FUN, games and activities
- Daily agility, balance and coordination drills
- 5-12 hours/wk physical activity (including wrestling)
- No weight loss (unless for health reasons)
- Focus on long-term learning over winning
- Learn wrestling rules and basic techniques
- Learn respect for opponents, coaches & officials

**For Parents**
At this age, it is essential that your child learns basic Fundamental Movement Skills (FMS).
Early success is not a good indicator of future success in wrestling. Provide a fun and positive environment so your child can enjoy wrestling well into the next age groups.

It’s ok to ask your child about practice and events but respect their privacy if they choose not to talk about them. Focus on positives, not negatives.

Children don’t fully understand competition, they just want to make their parents happy. Mistakes at this age are ok and they will learn from them.

**For Coaches**
2-3 practices/wk of 45-60 minutes
- Tumbling and FUN
- Free Play > Technique
  - Recommend 10-25 matches/year

**Age 9-12**
- **Late Childhood to Young Adult**
  - Introduce wrestling specific strategies
  - Learn to focus through a full practice
  - Increase levels of competition

**For Parents**
Ensure goal setting skills are introduced
- Promote confidence and self-discipline
- Emphasize rest and recovery periods after training & competition
- Multi-sport approach
- Athletes should be eating and hydrated daily w/ balanced diets

**For Coaches**
4-6 practices/wk of 60-90 minutes
- Routine and repetitions
- Group and Individual
  - Recommend 30-40 matches/year

**Age 13-17**
- **World-Class**
  - Speed, strength, endurance, power and flexibility
  - Well defined competition style
  - Competitive weight management

**For Parents**
Your athlete should be self-reliant and independent
- Excellent attention control and positive self-talk
- Mastery of technique with advanced concepts
- Elite national & international competitions

**For Coaches**
1.5-2.5 hour practices + key recovery plans
- Sport science specialists essential
- Test and track all training program results

**Age 18-22**
- **Late Childhood to Young Adult**
  - Solid technique in every position
  - Self-motivated

**For Parents**
Trust your coaches, enjoy the sport and support your athlete
- Athletes will typically specialize in one sport
- Athletes learn to take criticism as feedback and they understand winning and losing
- Healthy diets with well structured gradual weight descent plans

**For Coaches**
5-10 practices/wk of 90-120 minutes with rest between sessions
- Focus on routines, core strength and flexibility
  - Recommend 30-60 matches/year

**Age 22+**
- **World-Class**
  - Solid technique in every position
  - Self-motivated

**For Parents**
Trust your coaches, enjoy the sport and support your athlete
- Athletes will typically specialize in one sport
- Athletes learn to take criticism as feedback and they understand winning and losing
- Healthy diets with well structured gradual weight descent plans

**For Coaches**
10-15 practices/wk of varying intensity
- Periodization planning should be utilized year-round

10 Factors for Athlete Development: Physical literacy, Specialization, Age, Trainability, Intellectual/Emotional/Moral Development, Excellence Takes Time, Periodization, Competition, System Alignment, Continuous Improvement

**2018 UWW Senior World Champions**
- Kyle Dake
- David Taylor
- J’Den Cox
- Adeline Gray

Photo by Justin Hoch and John Sachs.