

Coaching Journey in Youth Development

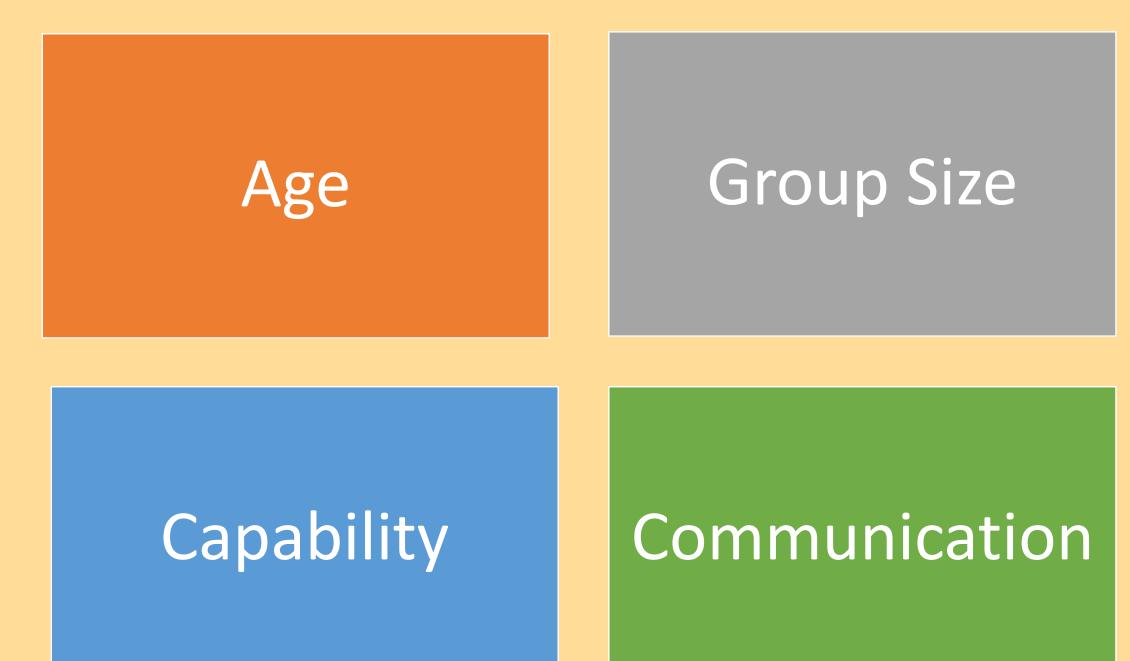
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INDAMENTALS OF ATHLETE DEVELOPMEN



Coaching Considerations for Athlete Inclusion





FUNDAMENTALS OF ATHLETE DEVELOPMENT

Expectation

Gender*



Women / Girls in ABA Programs



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ABA Learn to play (All Girls



Intermediate Program (Mixed Program)

- 9-12 years old
- 13-15 years old



The Growth Over The Years



















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Thoughts?



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How can we better create an environment to nurture resilience?





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How does it help?

Expectation

Accountability

Confidence

Commitment

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Trust

Consistency