

SMALL-SCHOOL JUNIOR HIGH ATHLETIC DEVELOPMENT SYSTEM

12-Area Master Development Outline

PROGRAM PURPOSE

Develop young athletes before specializing them. Build sound movement and sport fundamentals, age-appropriate strength, confidence, character, teamwork, school pride, and genuine care for one another - while preparing every athlete to understand and eventually meet the standards of the high-school program.

12 CORE DEVELOPMENT AREAS

1. Fundamental Movement Skills

Run, stop, balance, jump, land, change direction, throw, catch, and move safely.

7. Teamwork & Communication

Share responsibility, communicate positively, accept roles, and help the group improve.

2. Multi-Sport Skill Foundations

Teach transferable skills and athletic awareness without early over-specialization.

8. Encouragement & Confidence

Build courage through specific praise, achievable challenges, correction, and visible progress.

3. Age-Appropriate Strength

Develop body control, posture, mobility, stability, technique, and safe resistance habits.

9. School Spirit & Program Identity

Represent the school well and feel connected to teammates, coaches, families, and community.

4. Attitude & Coachability

Teach effort, listening, response to correction, persistence, and emotional control.

10. Short, Flexible Practices

Use clear priorities, active stations, frequent instruction, variety, and limited standing time.

5. Character & Responsibility

Build honesty, discipline, respect, reliability, gratitude, and ownership of choices.

11. Participation & Discovery

Give athletes meaningful repetitions, opportunities to explore roles, and reasons to return.

6. Belonging & Care for One Another

Teach athletes to include, protect, encourage, forgive, serve, and genuinely value each other.

12. Bridge to High-School Standards

Carry forward the high-school program's language, fundamentals, habits, and expectations at an age-appropriate level.

FOUR UMBRELLA CATEGORIES

A. ATHLETE DEVELOPMENT

1 Fundamental Movement | 2 Multi-Sport Foundations | 3 Age-Appropriate Strength | Teach the Basic Offenses and Defenses of the High-School Program

B. ATTITUDE & CHARACTER

4 Attitude & Coachability | 5 Character & Responsibility | 6 Belonging & Care

C. TEAM & SCHOOL CULTURE

7 Teamwork & Communication | 8 Encouragement & Confidence | 9 School Spirit & Identity

D. PRACTICE & CONTINUITY

10 Short, Flexible Practices | 11 Participation & Discovery | 12 Bridge to High School

THE JUNIOR HIGH STANDARD

Teach the child first, develop the athlete second, and prepare the future high-school teammate through joy, belonging, fundamentals, and steady growth.