INDIANA ODP STATE POOL  
TRAINING POOL GOALS, PURPOSE, AND PROCEDURES

One of the main goals of the Indiana Olympic Development Program is to create positive, challenging, demanding, and fun training environments which allow the best players in our state to develop their game within developmentally appropriate environments based on ability. To help accomplish this goal all training is designed around the concept of training pods within the training pools (1999-2001, 2002-2003, 2004) at the State Pool level—the “A”, “B”, and “C” training pods. Since this concept was implemented the feedback from players and coaches has been extremely favorable. The implementation of training pods has been a positive and necessary step toward creating appropriate and homogeneous training environments to challenge players at the State Pool level.

Training Pods within each State Training Pool improves the training environments in the following ways:

- Ability to train a greater number of players at the State Pool level keeping the program more inclusive.
- Ability to create homogeneous and tighter training groups at each level. If we are to create the best environment to challenge all players, regardless of ability, we must have the ability to put players into homogeneous training groups to maximize the player’s level of challenge and chances to be successful.
- Ability to challenge each player at an appropriate level unique to the individual allowing for positive growth, development and success.
- Ability to create comfortable and safe training environments allowing players to be pushed outside their comfort zone technically, tactically, psychologically, and physically.
- Ability to see a clearer picture of a player’s work rate in training, attitude on the field, and desire to improve one’s game.
- Ability to move players up or down depending on their overall ability, attendance, improvement, attitude, work rate, and coachability within the training sessions.
- Ability to provide a greater level of feedback to each player. Smaller training groups allows for a higher level of personal interaction between the coaching staff and the players.

Selection of Training Pods in each age group will adhere to the following protocol:

- **State Pool players must register for the upcoming training session 3 days before the scheduled training session (Thursday before Sunday, Wednesday before Saturday). This does not mean that you cannot sign up later than 3 days before but it may mean that you will not be placed in the appropriate training pod for that session.**
- Players who begin the day in the “A” pod will not be moved down during that particular training date.
- Players can be evaluated to a higher training pod during a training date.
- All new players to the State Pool will automatically be placed in the “B” or “C” training pod for evaluation purposes but may move up at any time.
Other important issues to understand regarding the State Pool Training Pods:

- The Age Group Coordinator and Age Group Coaches along with the Director of ODP will be responsible for the curriculum development for the training pools.

- The Age Group Coordinator, whenever possible, will rotate through the training pods to ensure that each player at the State Team level will be seen, trained, and evaluated.

- All training pods will do the same training sessions and work on the same concepts during each session. The training sessions may be manipulated by limiting time and space, touches, and numbers to challenge each group in an appropriate manner to achieve success.

- There will not be a set number of players in each Training Pod. The number of players will be dependent on the ability of the registered players to create homogeneous training groups. The “A” Training Pod could be 12 one week and 20 the next. It is important to note that the numbers will always be flexible and changing.

- The final selections for the Age Group State Team will come from all training pods within each training pool. Each player will be fairly evaluated in the four components of the game (technical, tactical, psychological, and physical), their ability to contribute to the team, an individual’s versatility as a player, and the ability to be competitive at the Regional Tournament/Showcase or Camp.

- Players in younger training pods who need to be challenged at a higher level will be given the opportunity to train with an older training pod from time to time. A player will only be moved up if they can physically and mentally compete in the top training pod of the older training pool. If the age group staff feels a player can be challenged in this way, the idea will be presented to the player and the player will have the choice to move up for a training session or not. Under no circumstances will a player be forced to train with an older training pod if they don’t feel comfortable doing so.

What does this mean and why has the Indiana Olympic Development Program implemented Training Pods within each training pool at the State Pool level? The reality of the situation is that we do have different levels of players within ODP State Pool Training, just like a club team, high school team or environment where you have a collection of players. So the issue at hand is how do we provide all players within the ODP structure the environment which allows their continued development at a level appropriate to each player? The concept behind the Training Pods is to put players in more homogeneous training groups and challenge them in environments appropriate to each player. The Training Pods allow us to train more players at the State Pool level with players of equal ability. The goal is to create the best environment for each player ready to compete at the State Pool level. We feel the incorporation of Training Pods within each Training Pool has created the training environments necessary to challenge the top players in Indiana.