

SPECIALISATION IN SPORT - ARE WE STARTING TO YOUNG?



AD FORMULAE - a free gift!

$$\mathbb{M} \odot \checkmark (x + a)^n = \sum_{k=0}^n \binom{n}{k} x^k a^{n-k} \nearrow \skull \clock (x = \frac{-b \pm \sqrt{b^2 - 4ac}}{2a} \text{ ✂}$$

+

$$\sqrt{\text{👍} (1 + x)^n = 1 + \frac{nx}{1!} + \frac{n(n-1)x^2}{2!} + \dots \text{👎} \text{📖}}$$

$x^{1,000,000,000,000}$

THROWING GRENADES





1000 hours

20 repetitions

ATHLETE DEVELOPMENT



MORDOR





THE JUNIOR ATHLETES : THERE IS NO SUCH THING.

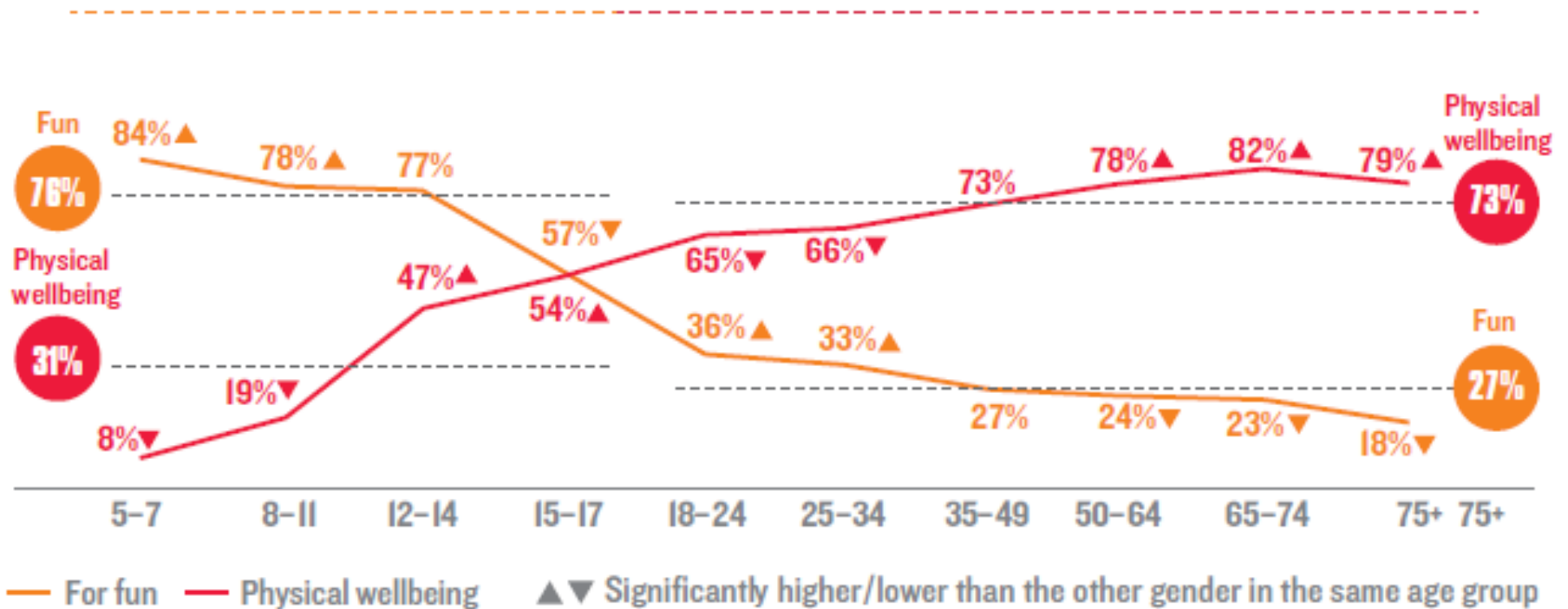
- There are no elite 10-year-old backstroke swimmers.
- There are no high performance 11-year-old soccer players.
- There are no elite level 9-year-old tennis players.
- Your 7-year-old child might be able to swing a golf club but she's not an elite athlete.
- They are kids. That's all – kids.



SportNZ - Active NZ Survey

YOUNG PEOPLE

ADULTS



WHY?

YOUNG PEOPLE



76% For fun



45% To hang out with family or friends



31% For fitness or health



31% To learn a new skill



28% To physically challenge myself or to win



28% I have to (my parents or school make me)

YOUNG PEOPLE

42%

Too busy

17%

I'm too tired / don't have the energy

17%

I already do a good amount of physical activity

16%

It's too hard to motivate myself

BARRIERS

WINNING or LOSING

LEARNING

&

PROCESS



IF WE:

Play tennis

Play squash

Play cricket

Play badminton

Play rugby

Play games

Play football

Play basketball

Play golf

Play table tennis

Play volleyball

Play netball

Play polo

Play lacrosse

Play handball

Play baseball

Play hockey

Play softball

Play futsal

Play touch

WHY DON'T WE PLAY BIKE?



IT'S NOT ABOUT GENETICS,
IT'S ABOUT OPPORTUNITY.







EXCELLENCE CHARACTERISTICS (PCDEs)

- Work ethic & motivation
- Being on time
- Passion
- Honesty
- Body language
- Attitude
- Makes great decisions
- **Problem solving**
- Resilience & Grit
- **Taking ownership of mistakes**
- Adaptive
- Self sufficiency
- Interpersonal skills & communication
- Ability to earn & demonstrate trust
- Coachable
- **Quick learner**
- Commitment

INTRINSIC MOTIVATION

One way to encourage sport for life is to enhance and cultivate a child's intrinsic motivation (IM).

IM is taking part in an activity for the sheer pleasure and sense of fulfilment that one receives from the activity itself.

(Ryan and Deci, 2000)

GAMES + SKILLS = FUN



Sport New Zealand says sports coaches, parents and schools need to stop the obsession with winning in order to keep more kids playing sport and being active.

In the last 16 years participation in sport among 18 to 24 year-olds has dropped by nearly 14 per cent and membership of sports clubs is down by 11 per cent.

Meanwhile, obesity, diabetes and mental health problems rise steadily.

Sport New Zealand's Talent Consultant, Alex Chiet, says too many young athletes are **specialising in one code too early**, leading to burnout and injury, and sporting codes focus too much on a small minority.





EARLY SPECIALISATION

- can interfere with healthy child development by increasing social isolation;
- can hurt, rather than help, skill development, by limiting the range of motor skills developed;
- can lead to overuse injuries;
- promotes adult values and interests, not those of children;
- can shorten athletic careers;
- increases the chances that the child will suffer burnout and quit sports; and
- reduces the chance that children will stay active in sports as adults

EARLY SAMPLING



- longer playing careers
- enhanced peer relationships as school/college athletes
- increased physical capacity and motor skill base
- increased ability to transfer motor and psychological skills to other sports;
- fewer hours being required to reach top levels; and
- increased motivation, confidence, and self-direction.

FUNCTIONAL RoM



SOME CONCLUSION POINTS

- Keep the FUN in sport
- Design training and competition appropriate for young athletes
- Develop a foundation of solid techniques
- Keep competition in perspective
- Guard against over specialisation