




Growing the Sporting Habit in Children






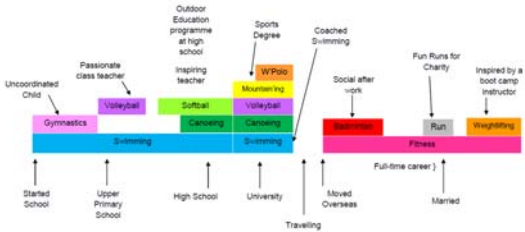


A Lifelong Habit

Someone who maintains a pattern of regular participation over many years getting back into the routine each time it is interrupted



A Lifelong Habit





Research and Insight

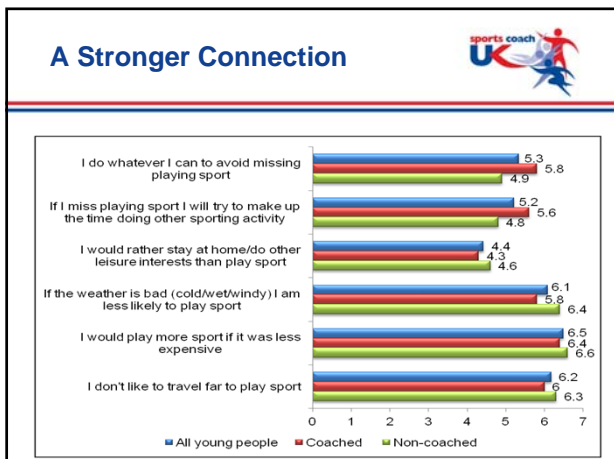
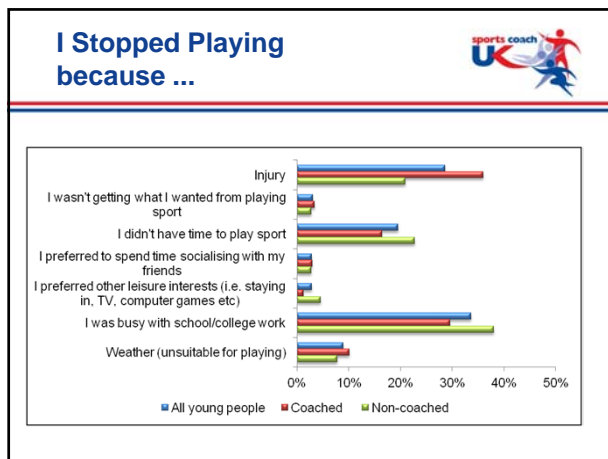
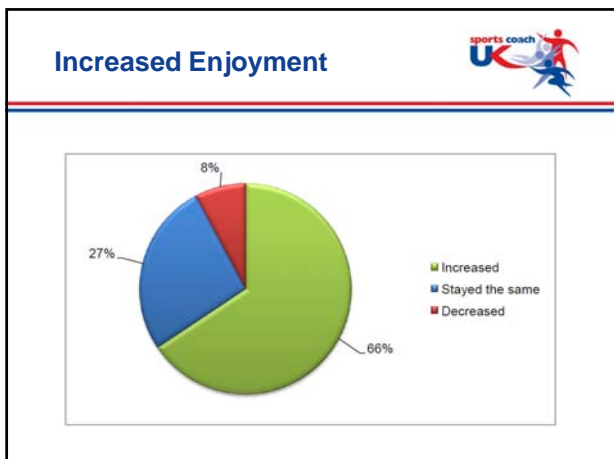
<p>The Impact of Coaching on Participants</p> <p>sports coach UK Research team</p> <p>sports coach UK May 2014</p>	<p>Psychological Factors in Recreational Sport</p> <p>Loughborough University 2013</p> <p>Sophia Jowett and Luke Felton</p>	<p>How we play – the habits of community sport</p> <p>Sport England 2013</p> 
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The Impact of Coaching on Participants

sports coach UK Research team

sports coach UK May 2014



Research Summary

Young people who are coached are more likely to play more often than those who are not

They enjoy sport more than non-coached young people

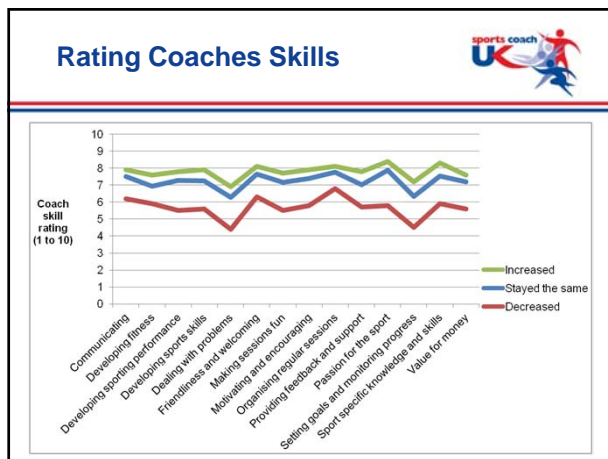
And they display a stronger connection to playing


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Priority Skills 

Coached Adults	Coached Young People
Communicating with you	Developing your sporting performance
Dealing with problems you have	Developing your sports skills
Motivating and encouraging you	Dealing with problems you have
Providing feedback and support	Passion for the sport(s) they coach
Setting goals and monitoring progress towards them	Setting goals and monitoring progress towards them



Psychological Factors in Recreational Sport

Loughborough University 2013

Sophia Jowett and Luke Felton

Psychological Factors in Recreational Sport 

Coaches will be required to be **competent in the sports they coach**. A sound appreciation of basic principles and provide sessions that incorporates **challenge, variation and feedback**

Coaches require skills that reflect **interpersonal qualities and communication skills**

Psychological Factors in Recreational Sport 

Goal setting emerged as an important aspect of recreational participation. Prefer coaches to be **aware of their intentions** and to plan sessions accordingly

Sport clubs, leisure and rec centres should have qualified coaches and provide a **range of sport** activities on various days and **flexible** times





How we play – the habits of community sport


Sport England 2013



Coaching for Sporting Habit




 **Short term interruptions** threaten long term habits

 **Weather** is a key short term interruption

 **Life transitions** are a reason for leaving sport as well as an opportunity for habit creation

 Potential participants don't believe they are **healthy enough** to play sport

 Cross sport approach

Coaches Supporting Habit



Short term interruptions

Injury

Weather

Lack of time

Life stages and transitions

Lack of money