



# Project DITEAM12

## Diverse and Inclusive teams for children under 12

MOTIVATION – understanding and  
use





# What will you learn today?

- What is motivation?
  - Definition
  - Explanation
  - Reasons for sport motivation
  - Observation
- Why is motivation needed?
  - How could children/ parents/ coaches benefit from this competence?
- How can motivation be achieved?
  - Examples of parental behavior
  - Goal-setting



# What is this competence?

## Defining motivation

*Motivation* concerns those internal processes that give behavior its energy, direction, and persistence.

The study of motivation wishes to answer two questions:

*What causes  
behavior?*

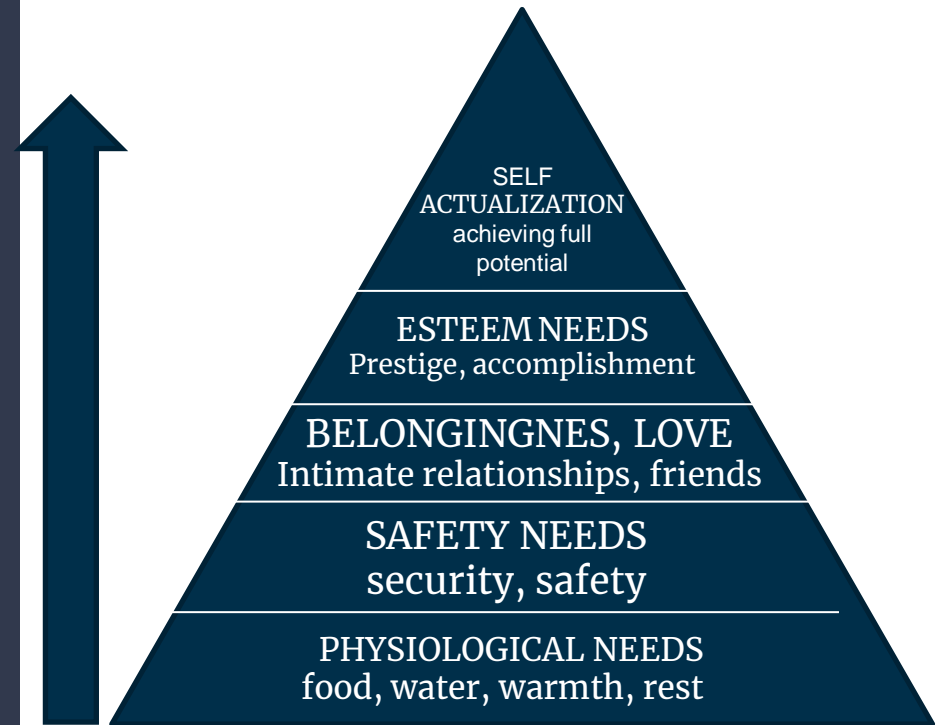
*Why does  
intensity of  
behavior  
vary?*



# What is this competence?

Explaining motivation

Maslow's hierarchy of needs

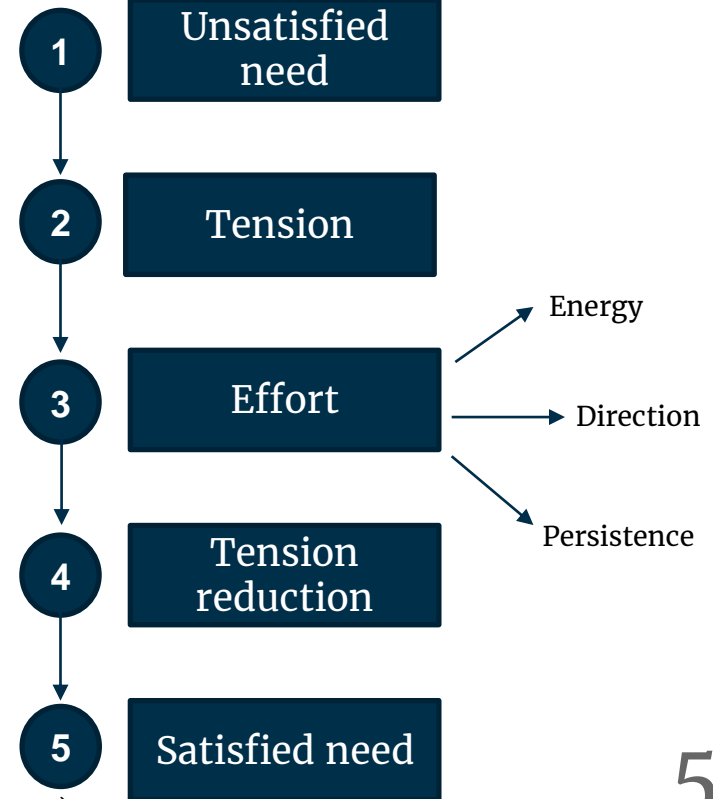




# What is this competence?

Motivation explained

## PROCESS OF MOTIVATION





Why do we exercise?	What is behind the motivation?	Example:
Fun, enjoyment	Intrinsic motivation	A child spontaneously does sports – they play football or learn judo out of sheer enjoyment
Personal challenge	Flow	A child can get “in the zone” when the sport optimally challenges their skill
Forced to do so or asked to so by their parents	External regulation	A child does sports because their parents tells them to do so
Accomplish a goal	Goal	A child wants to win a championship
Health benefits	Value	A child does sport because he wants to be healthy
Inspiration	Possible self	A child watches a famous person (e.g. Cristiano Ronaldo) and wants to play football
Pursuit of a standard of excellence	Achievement strivings	A child runs track to be the fastest amongst hi/hers peers
Satisfaction from a job well done	Competence	A child masters a complex sport step by step and makes progress while feeling more confident (e.g. judo)
Good mood	Positive affect	A child is happy when playing a sport
Alleviate guilt	Introjection	A child plays a sport because he/she doesn't want to be excluded from friends
Relieve stress	Personal control	A child plays football after school
Hang out with friends	Relatedness	Playing sports is a social event for a child to enjoy time with friends

**Table 1**  
*Possible reasons for a child to play sports*



# What is this competence?

## Types of motivation

AMOTIVATION

INTRINSIC  
MOTIVATION

EXTRINSIC  
MOTIVATION



# What is this competence?

## Observing motivation

### Behavior

- Effort
- Persistence
- Choice
- Probability of response
- Facial expressions
- Bodily gestures

### Engagement

- Emotions
- Cognitions
- Agency

### Self-report

- Conversation
- Scientific measurement





# Activities

Activities to work on understanding  
motivation

# [Activity 1]



Think and write up to five reasons why a child would be motivated to play sports?

## ACTIVITY HELP - Questions:

- Where does the motivation to play sports come from?
- What is the motivation to play sports?
- Why would a child not wish to play sports?
- Is motivation stable? Elaborate.



# [Activity 2]

How would you recognize if your child is not motivated to train the sport he or she is enrolled in?

**ACTIVITY HELP** – focus on:

- Behavior
- Engagement
- Self-report





- Why is motivation needed? How could children/parents/coaches benefit from understanding motivation?

- Key factor for any behavior
- Helps develop child's interest in sport from an early age
- Mothers and fathers are child's role models and are especially important in his/hers motivation for sport
- Motivation for sport leads to important development
  - Self-esteem
  - Social skills
  - Movement skills
  - Healthy lifestyle



# How can this competence be achieved?

## Step 1

Examples of parental  
behavior positively  
affecting child  
motivation

### Example 1

#### *Providing positive verbal feedback*

- Giving positive praise has been shown to produce adaptive forms of motivation
- „I saw you did a very good job today at practice.“
- „You handled the ball well today and included your teammates into play.“



# How can this competence be achieved?

## Step 1

Examples of parental  
behavior positively  
affecting child  
motivation

### Example 2

#### *Behavioral reinforcement*

- Means to reward wanted outcomes in sport
- „I saw you are really focused on improving your skills as a judoist, so we are going to get you a new kimono.“
- „As your team played well today we are going to your favorite ice cream shop to celebrate.“



# How can this competence be achieved?

## Step 1

Examples of parental  
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motivation

### Example 3

#### *Autonomy supportive style of parenting*

- Means to show interest in the child.  
Having conversations about his or her sport with the child.
- „What new skill have you learned at practice today?“
- „It is your decision if you wish to continue competing in football and I will support your decision.“



# How can this competence be achieved?

## Step 1

Examples of parental  
behavior positively  
affecting child  
motivation

### Example 4

#### *Focusing on child – parent relationship*

- Means to have a positive relationship with your child inside and outside of sport.
- „I look forward to seeing you play in the game on Sunday“
- „If you want to talk about what happened in the game, please do so.“
- „If you have a problem regarding your sport or anything in your life, you can come to me always.“





# How can this competence be achieved?

## Step 1

Examples of parental  
behavior positively  
affecting child  
motivation

### Example 5

#### Having expertise in the child's sport

- Showing knowledge about your child's sport.
- „Coach tells me your pick & role is improving, but you need to improve your zone defense.“
- „There is a professional judo competition this week. Do you want to go and see how they perform the Kibisu Gaeshi?“



# How can this competence be achieved?

## Step 1

Examples of parental  
behavior positively  
affecting child  
motivation

### Example 6

#### Having and showing tolerance

- Showing tolerance towards the child and having the absence of negative reactions in regards to a mistake or defeat.
- „You and I can both be angry about what happened at today’s game, but the important thing is that you are developing your skills and having fun“.
- „I am not angry that you made a mistake in the game. I am actually proud of you and how you handled it afterwards. You did not stop trying.“



# How can this competence be achieved?

## Step 1

### Examples of parental behavior positively affecting child motivation

#### Example 7

##### Parental support and facilitation

- Material and emotional support
  - Taking child personally to a practice or game.
  - „I will drive you to practice and I am looking forward to spending time with you.“
- Unconditional support
  - Showing unconditional support independent of outcomes of games/practices.
  - „It does not matter to me how well you play, I just want to see you have fun and will support you.“
- Watching – spectating
  - Coming to the child’s practices and games.
  - „No matter how busy I am on Saturday, I will come to your game and watch you.“



# How can this competence be achieved?

## Step 1

Examples of parental  
behavior positively  
affecting child  
motivation

### Example 8

#### Encouraging participation

- Showing the child that it is important to participate in practice or competitions, and that results are not what is most important.
- *„Have fun playing the game. Regardless of winning or losing I enjoy watching you play when you are continuously developing your skills and having fun.“*
- *„If you are the best at practice like you say, maybe you can try and spend some time teaching the skills you know to your friends so you all can participate.“*



# How can this competence be achieved?

## Step 1

Examples of parental  
behavior positively  
affecting child  
motivation

### Example 9

#### Facilitating practice and play

- Enabling the child to perform the sport at home after practice or after a game to showcase what he or she has learned.
- „Let’s go play outside and you can show me how you have improved your skills.“
- „I set up a basketball hoop outside the building so you can practice.“



# How can this competence be achieved?

## Step 2

### Effective goal-setting

A goal is something we are trying to accomplish and in turn generate motivation.

Principles of effective goal setting:

Difficulty

Specificity

Congruence



# How can this competence be achieved?

## Step 2

## Effective goal-setting – examples

- Goal difficulty
  - A goal has to be difficult enough for us to want to achieve it, but realistic so we can achieve it as well.
  - „Son since you made 5 passes to your teammates at the last game, I believe you are right and you can try getting 6 passes today.“
- Goal specificity
  - Clearly define a goal – what specifically do we want?
  - DON'T SAY „Play nice with other players today“  
RATHER SAY „Try and give the ball to each of your teammates today“
- Goal congruence
  - Goal has to match the child's needs and wishes.
  - „You said this is something you wish to do, so lets see it as a goal.“

Remember to  
always have fun...  
and not replace the  
coach 😊

- We presented you examples on how you can motivate your child and be supportive of his/her sport participation.
- A coach might use the same steps to try and motivate your child. Please remember you should always be a parent first and not replace the coach, but do remember you are important to your child's motivation for sport.
- We encourage you to try and find ways to work with the coach so the child can benefit from the parent-coach relationship the most.
  
- Most importantly as a parent...  
*notice and praise every behavior the child makes to achieve his/her goal.*





# Good Practices

Examples of good practices in  
fostering motivation

# Good Practice #1

- How can you help motivate your children when it comes to their sport?
  - Written by dr. Lara Mossman for Working with Parents in Sport (WWPIS)
  - **10 tips** to help sustain higher quality motivation for your child
  - <https://www.parentsinsport.co.uk/2019/03/10/how-can-you-help-motivate-your-children-when-it-comes-to-their-sport/>

# Good Practice #2

- 4 Key Sport Parenting Tips to Help Kids Grow & Excel
  - Written by dr. Chris Stankovich
  - Helpful tips for sport parents. Remember the child wants to have fun while playing the sport
  - <https://drstankovich.com/4-key-sport-parenting-tips-to-help-kids-grow-excel/>



# Think/ Practice!

1. What is motivation?
2. How can motivation be observed?
3. Why is motivation important?
4. Which parental strategies can influence child's motivation?
5. How can we set goals to motivate?



# Further resources

- What is motivation? <https://www.verywellmind.com/what-is-motivation-2795378>
- What to do when you have no motivation? <https://www.verywellmind.com/what-to-do-when-you-have-no-motivation-4796954>
- The influence of parents in youth sport <https://believeperform.com/the-influence-of-parents-in-youth-sport/>
- Youth in Sport – Keeping kids in the game <https://www.youtube.com/watch?v=yGQDm5o6-7U>
- Changing the game in youth sports <https://www.youtube.com/watch?v=VXwoXGOVQvw>
- SMART Goals - <https://www.youtube.com/watch?v=1-SvuFIQjK8>
- Sport Psychology - Parents motivating children <https://www.youtube.com/watch?v=u5l6YNeZ3pI>



# What have you learned?

- Definition of motivation and basic understanding of how it works
- Reasons for a child to be motivated for sports
- Observing motivation in everyday settings
- Importance of motivation
- Parental behavior influencing child's motivation
- Basics of goal-setting



# Sources

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