

**Prof. Dr. Ilka Seidel**

# **Youth Sport – Bridging Sport for All and Elite Sport Mutual Benefits of Sport for All and Elite Sport**

**German – Chinese Symposium**

**13th December 2016, Berlin**



December, 13th, 2016

© Prof. Dr. Ilka Seidel

Youth Sport

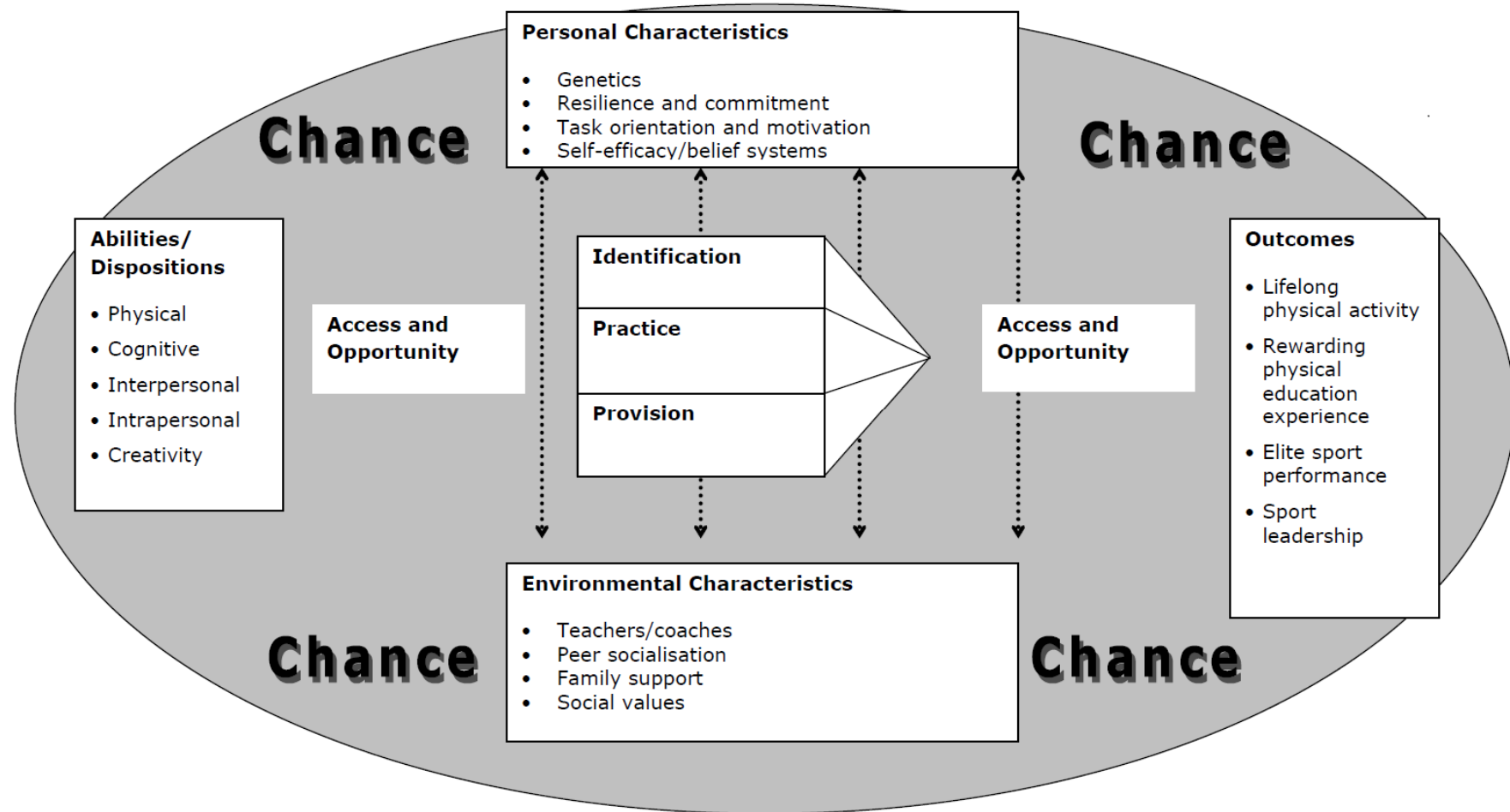
# Youth Sport...



- 1. Sport in School and Sports Clubs – Children and Adolescents**
- 2. Young Elite Sport – long-term development**
- 3. Long-Term-Athlete-Development – Gap or Mutual Benefit?**



# Development in Childhood & Adolescence



(📖 Bailey & Morley, 2006; Bailey et al., 2010)

# Sport in School and Sports Clubs – Sport for All

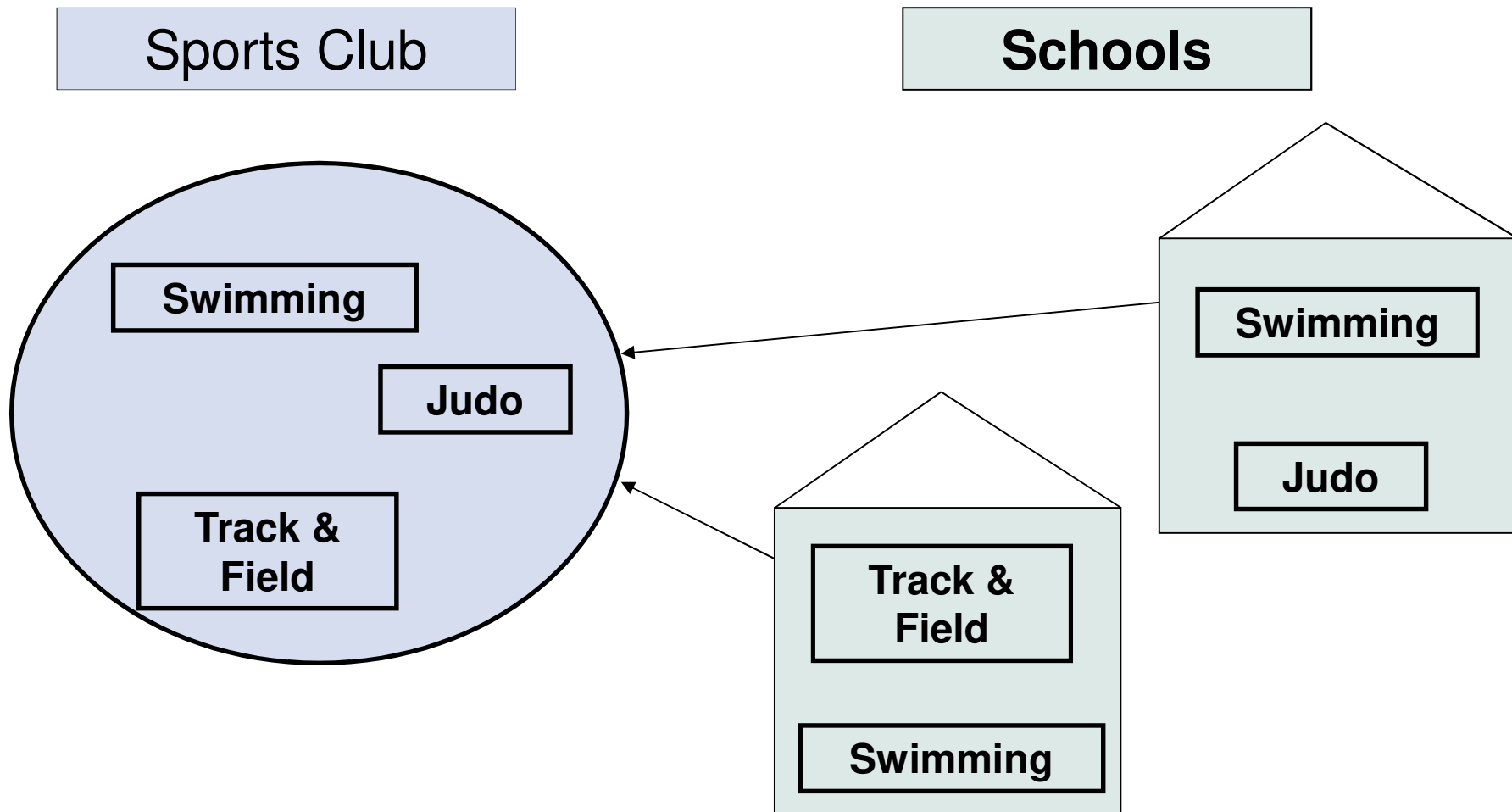


- Sport in Schools including Physical Education (PE) is responsible for the physical, social-emotional and cognitive education processes of all children and adolescents  
(Memorandum zum Schulsport von DSLV, dvs, DOSB, 2009)
- In addition, organized sport in Sports Clubs offers a broad network of partners for sporting activities of children and young people - both in Sport for All and (Youth) Elite Sport

# Sport in School and Sports Clubs – Sport for All



## Co-operation



# Sport in School and Sports Clubs – Sport for All



- ~ 91.000 Sports Clubs
- > 27 Mio. affiliated individual members
- 8,6 Mio. volunteers working in sports
- 290 Mio. hours of voluntary work per year
- general concept and structure:
  - self-government of sports – non governmental structure
  - co-operation of sports organisations and public authorities

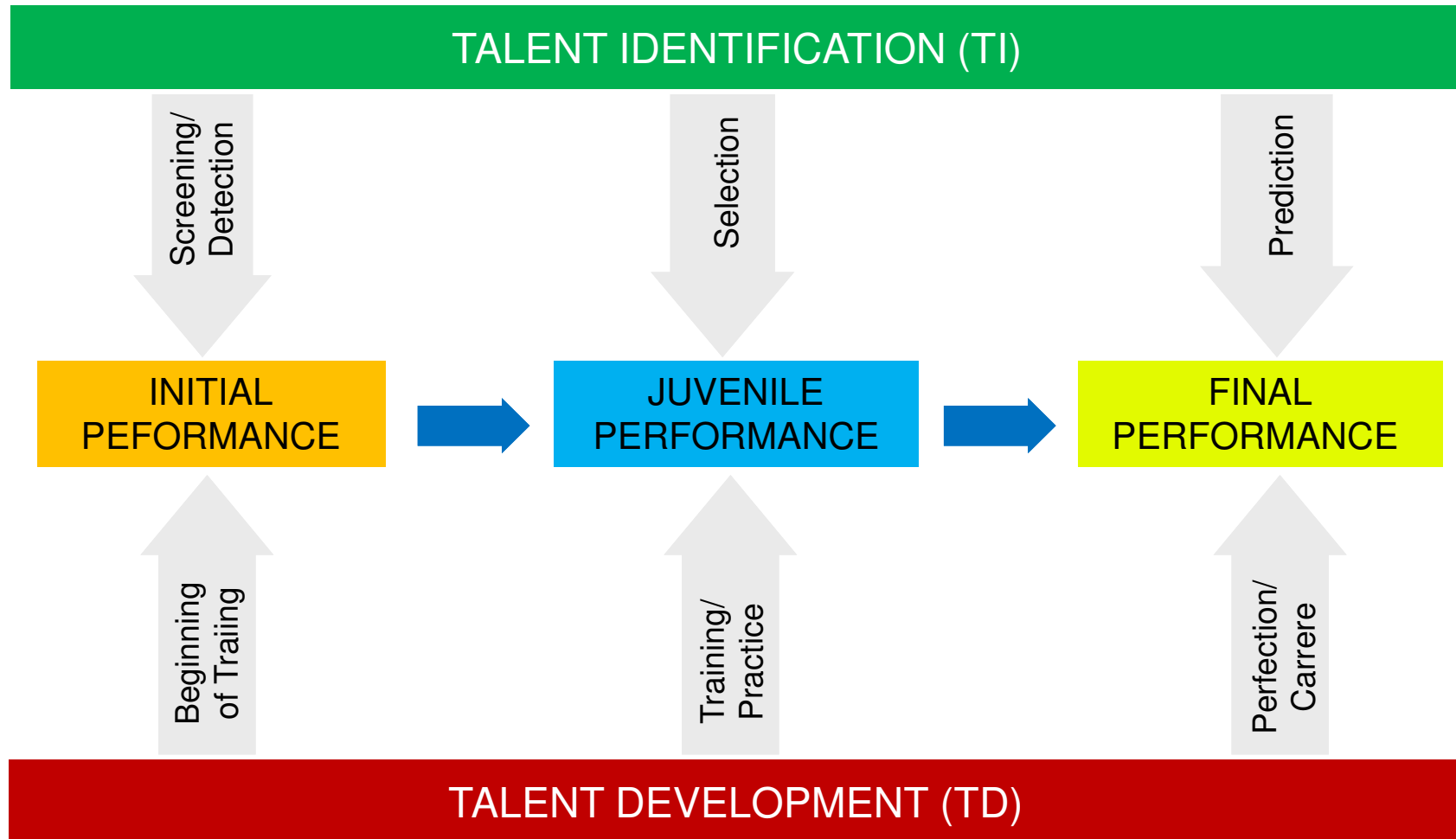


(📖 DOSB, 2016)

# Young Elite Sport – Long-term Development



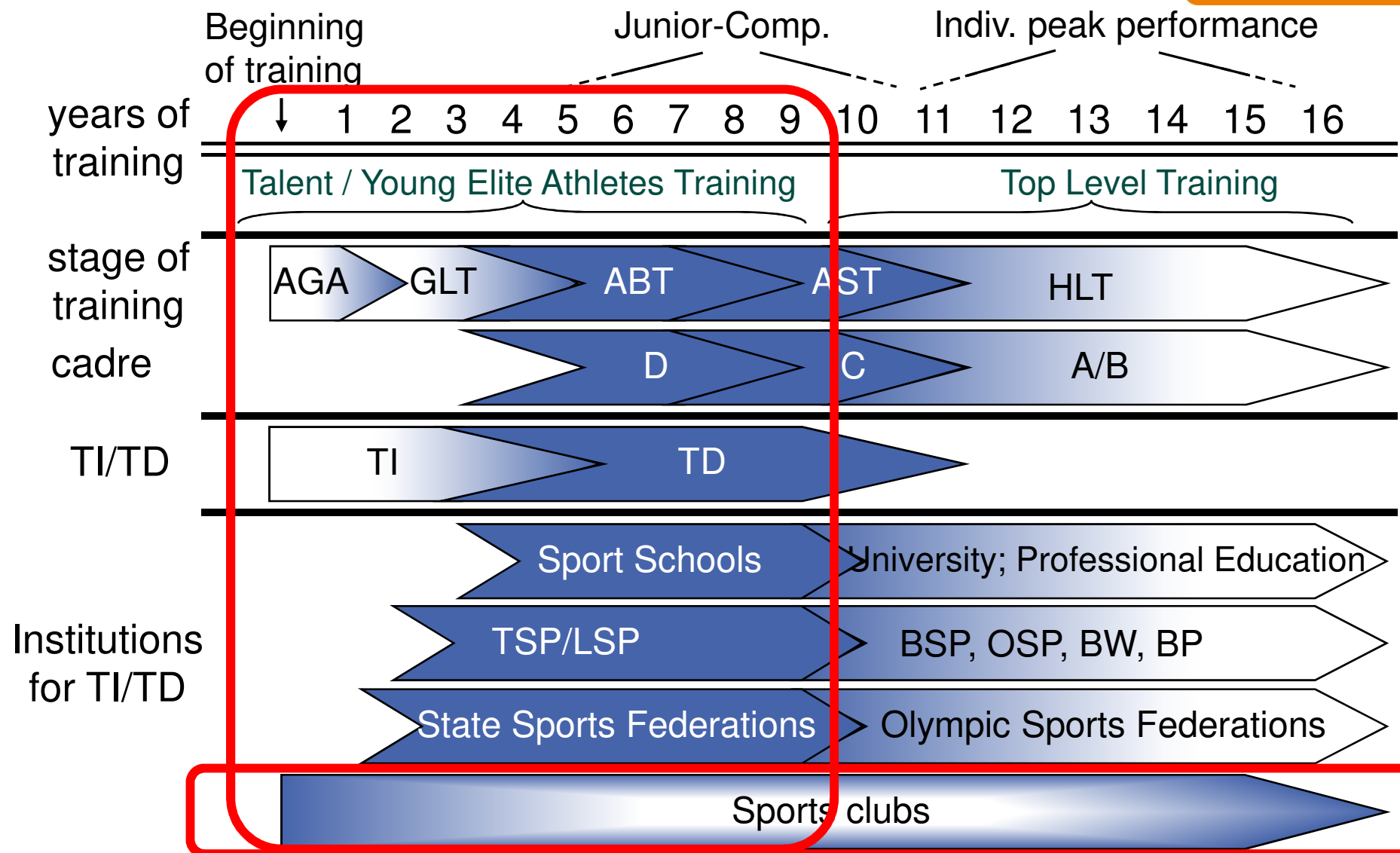
## Stages of TI & TD



(📖 Hohmann & Seidel, 2003)



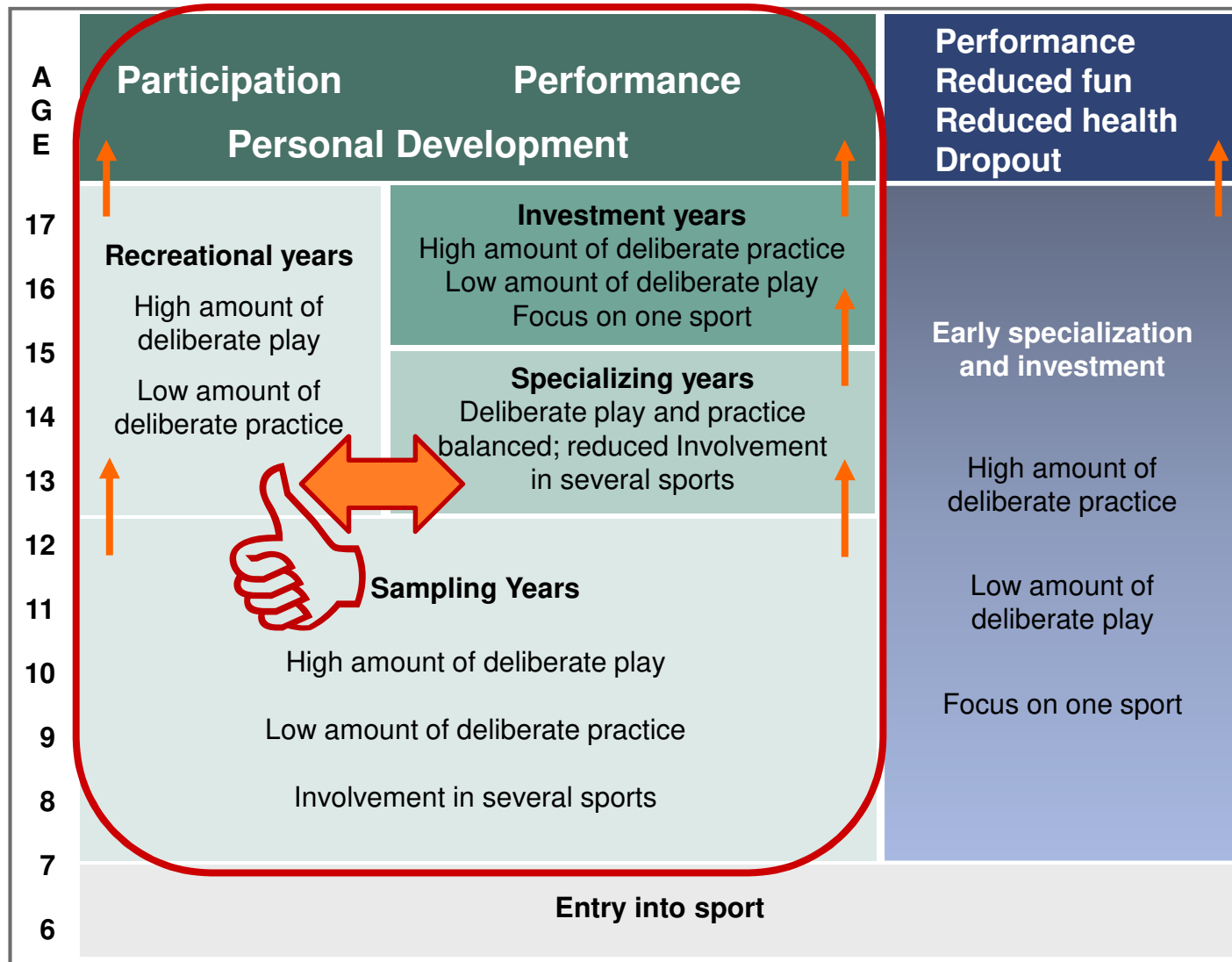
# Young Elite Sport – Long-term Development



(according to Pechtl, Ostrowski & Klose, 1993)



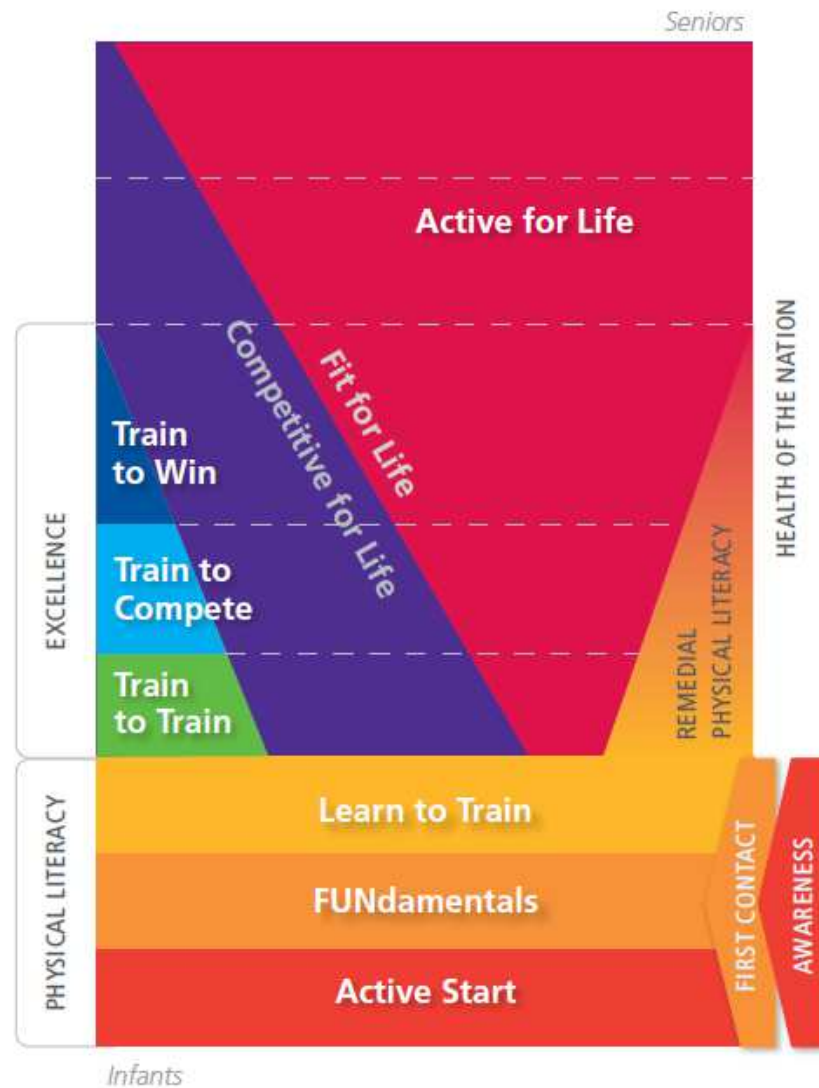
# Life long Sports Participation – Gap or mutual benefits?



(Côté, 1999; Côté, Baker & Abernethy, 2007; Côté & Fraser-Thomas, 2007; Baker et al., 2009)

# Long-Term-Athlete-Development

## Bridging Sport for All and Young Elite Sport



**Youth Sport:  
Sport for All  
AND  
Young Elite Sport**

(📖 Balyi, Way & Higgs, 2013; Canadian Sport for life 2.0)

# Youth Sport – Bridging Sport for All and Young Elite Sport – Examples



**Youth Sport:  
Sport for All  
AND  
Young Elite Sport**

# Youth Sport – Example: Federal Program „Youth trains for Olympia/Paralympics“



**JUGEND TRAINIERT  
FÜR OLYMPIA**

Deutsche  
Schulsportstiftung  
9

MOTIVATION FÜR SPORTTALENTE  
[www.jtfo.net](http://www.jtfo.net)



16 Ministries of Education  
and Cultural Affairs



16 Olympic Sports Organizations



( Jtfo, 2016)

# Youth Sport – Example: Federal Program „Youth trains for Olympia/Paralympics“




**JUGEND TRAINIERT  
FÜR OLYMPIA**

Deutsche  
Schulsportstiftung  
9

**MOTIVATION FÜR SPORTTALENTE**  
[www.jtfo.net](http://www.jtfo.net)

- Competition Program for Schools
- since 1969 in 19 Olympic Sports + supplementary program
- About 800.000 participants annually → World's biggest School Sports Contest
- Provides experiences of fairness, team spirit, fun in competitions
- Spring board from sports in school to training and competition in clubs
- Creates encounters between talents with world champions and Olympic athletes

( Jtfo, 2016)

# Youth Sport – Example: Federal Program „Youth trains for Olympia/Paralympics“



**JUGEND TRAINIERT  
FÜR OLYMPIA**

Deutsche  
Schulsportstiftung  
9

**MOTIVATION FÜR SPORTTALENTE**  
[www.jtfo.net](http://www.jtfo.net)

- High relevance for Schools and Sports Organizations  
→ new declaration between Standing Conference of the Ministers of Education and Cultural Affairs (KMK) and German Olympic Sports Confederation (DOSB)



**KULTUSMINISTER  
KONFERENZ**

( Jtfo, 2016)

# Youth Sport – Bridging Sport for All and Young Elite Sport – Examples



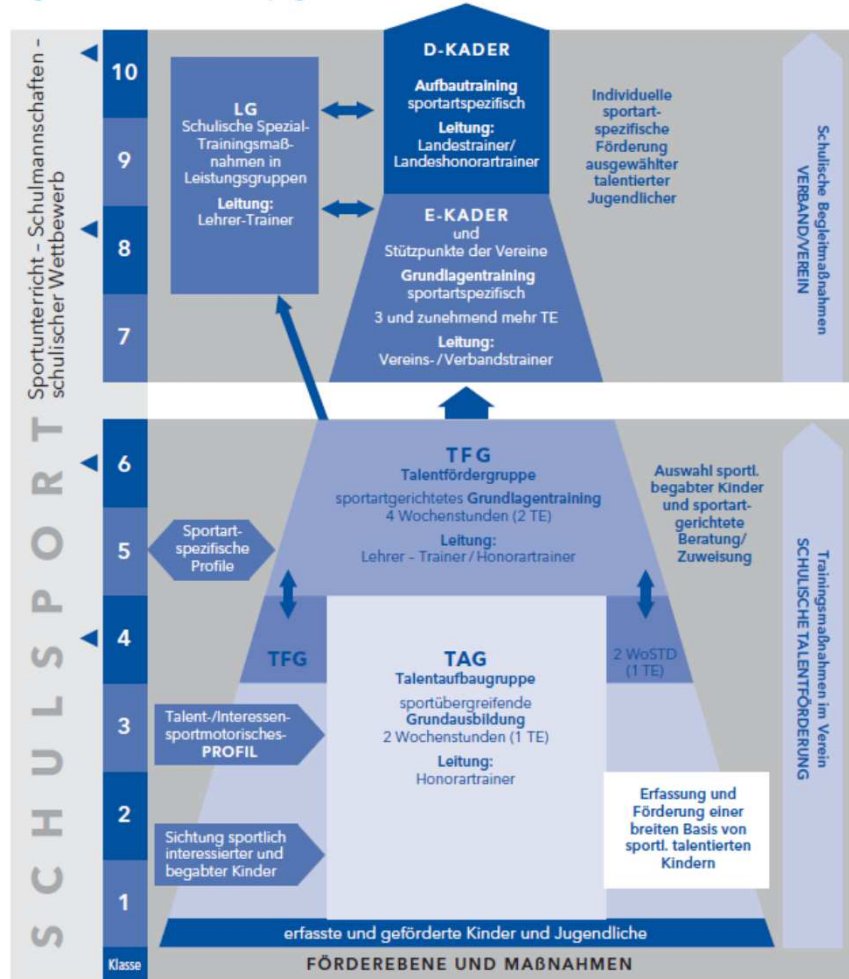
**Youth Sport:  
Sport for All  
AND  
Young Elite Sport**



# Youth Sport – Example: State Program „Talent Search – Talent Promotion“



Organisationsstruktur des Landesprogramms

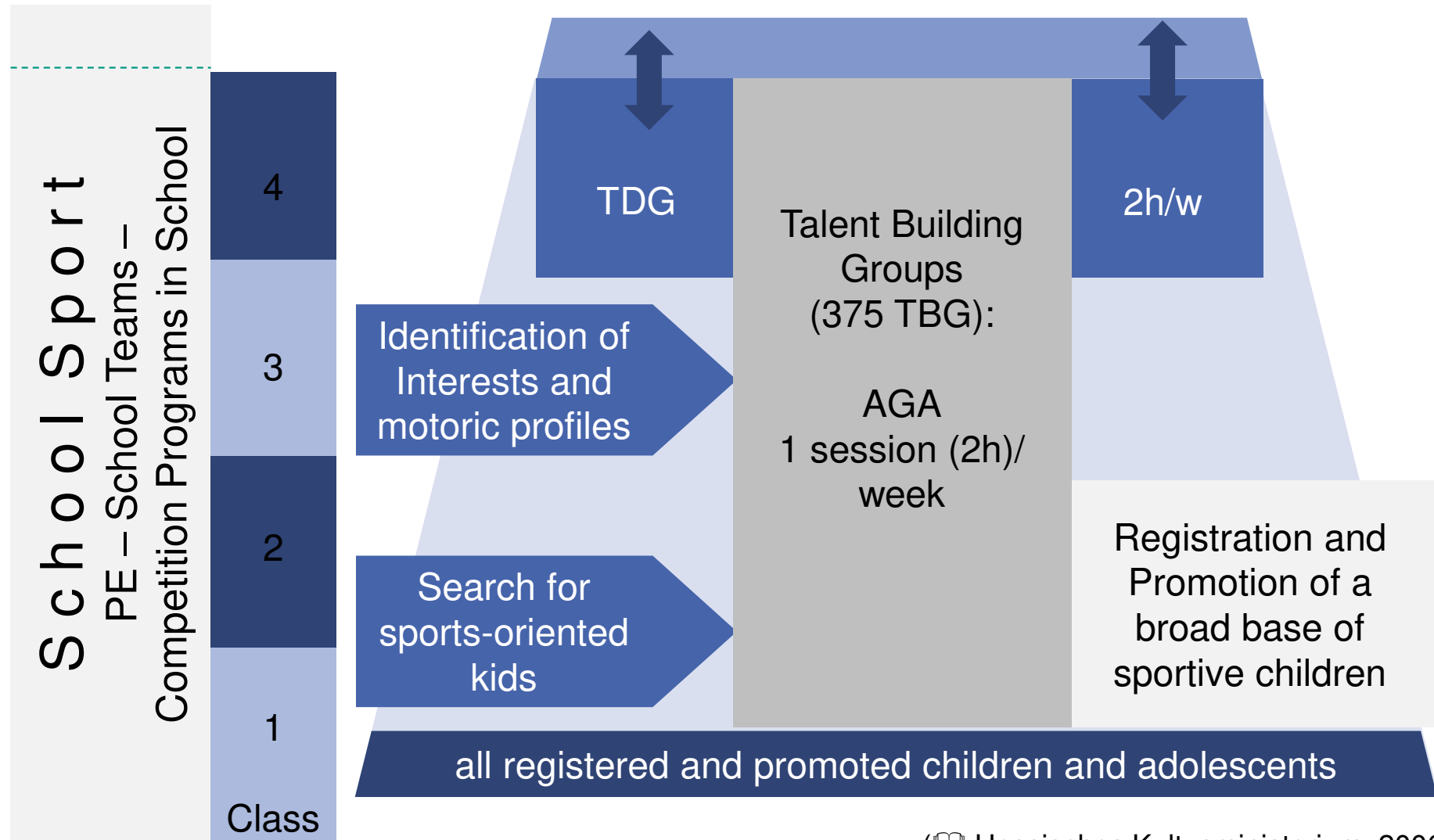


- TI & TD Program for Schools in the State of Hesse
- since the 1990<sup>th</sup>
- 27 + 43 School Sport Centers with Talent Building (375) and Talent Development Groups (237) from class 4 to 10
- Special Teachers for Training and Education in Schools
- 3 Promotion Stages



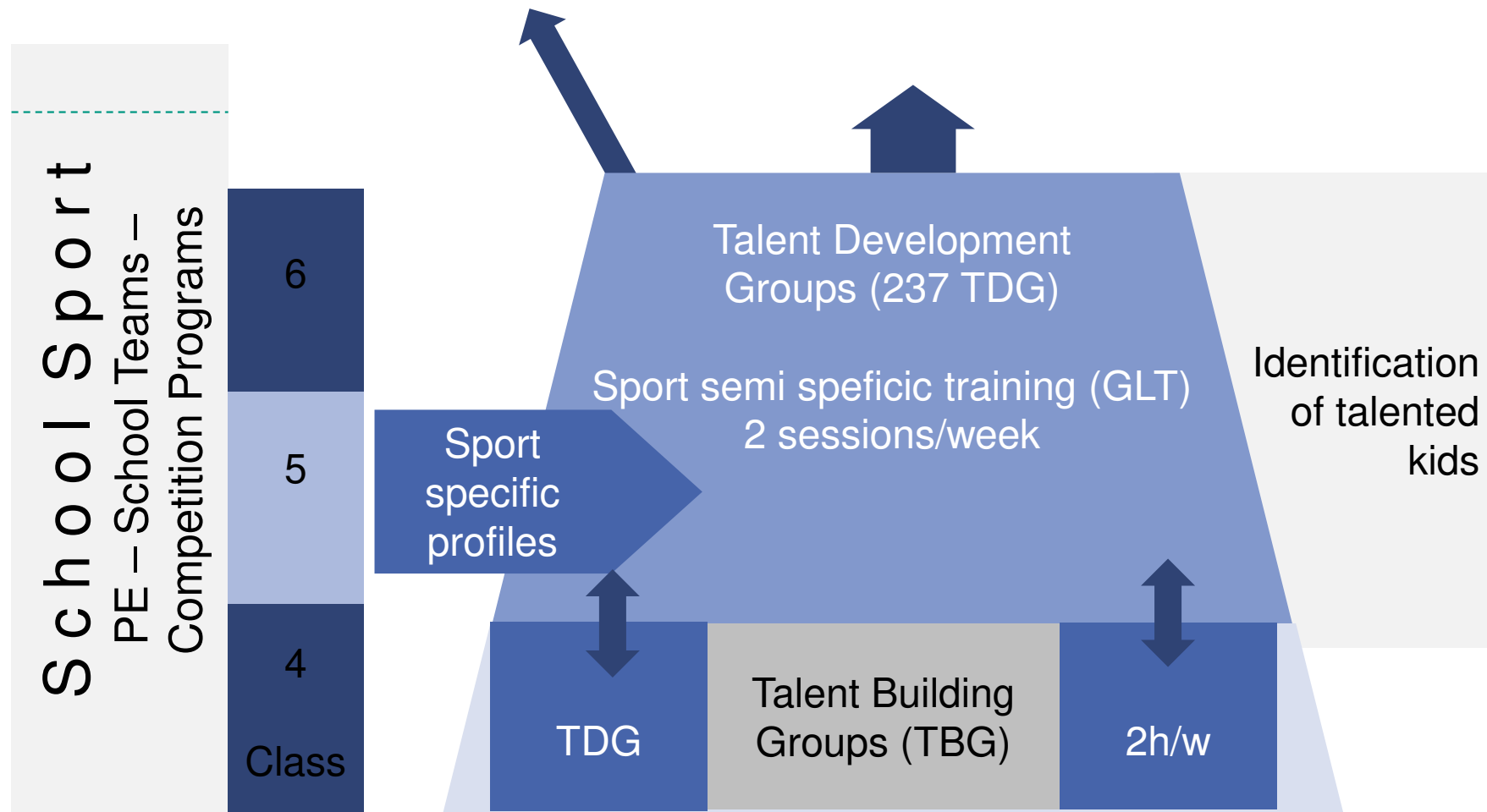
( Hessisches Kultusministerium, 2006)

# Youth Sport – Example: State Program „Talent Search – Talent Promotion“



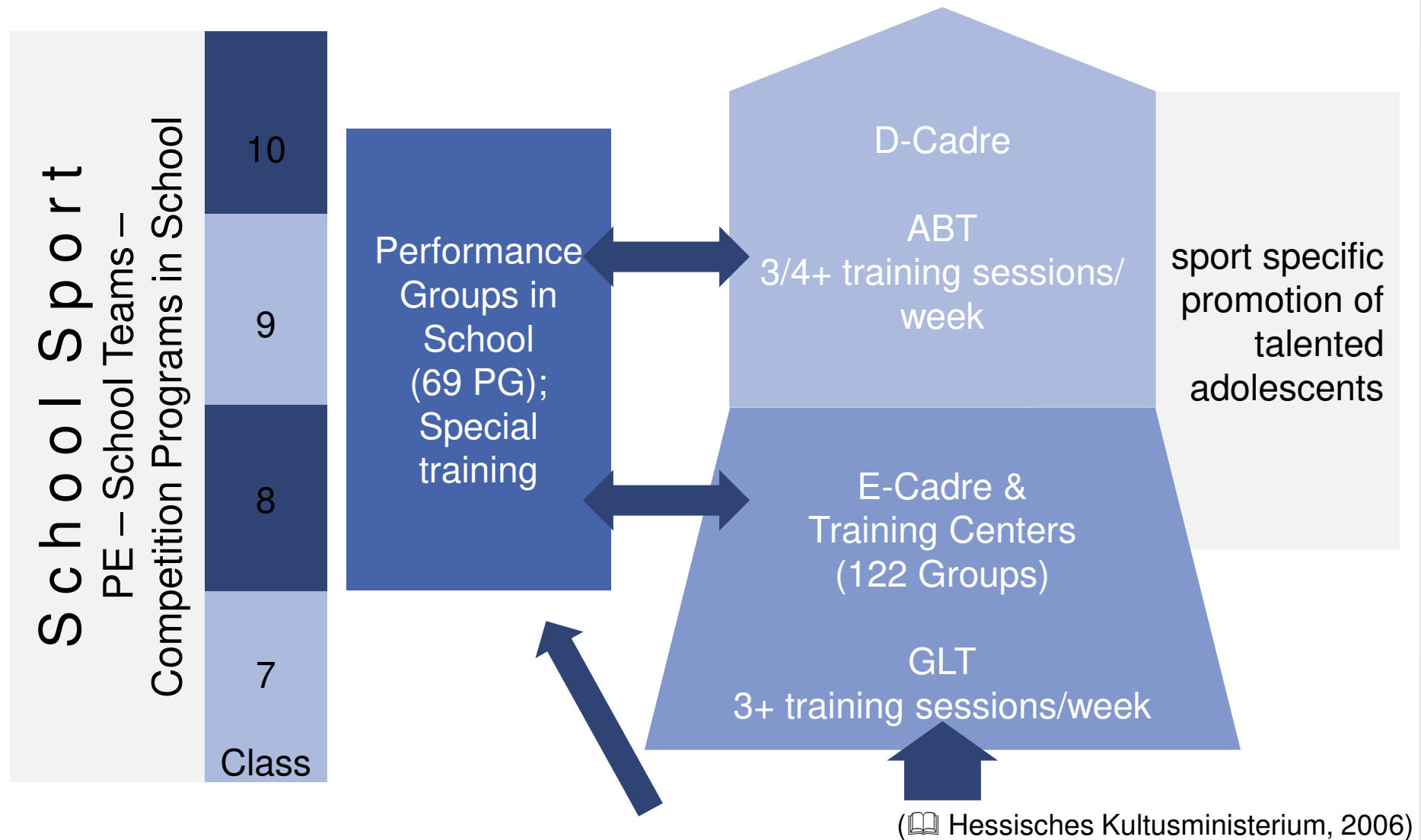
( Hessisches Kultusministerium, 2006)

# Youth Sport – Example: State Program „Talent Search – Talent Promotion“



( Hessisches Kultusministerium, 2006)

# Youth Sport – Example: State Program „Talent Search – Talent Promotion“



# Young Sport – Summary



- Sports Clubs as basis for every sport - also for Elite Sport in GER
- 80% of offers from Sports Clubs for children and youth are competition or performance related
- Aims and content of Training Stages (AGA, GLT, ABT) are relevant both in Sport for All and Youth Elite Sport
- Benefit from young elite athletes, for instance in Sport Schools: classroom climate, performance orientation, ...
- Talent Identification needs a broad basis

# Thank you for your attention



December, 13th, 2016

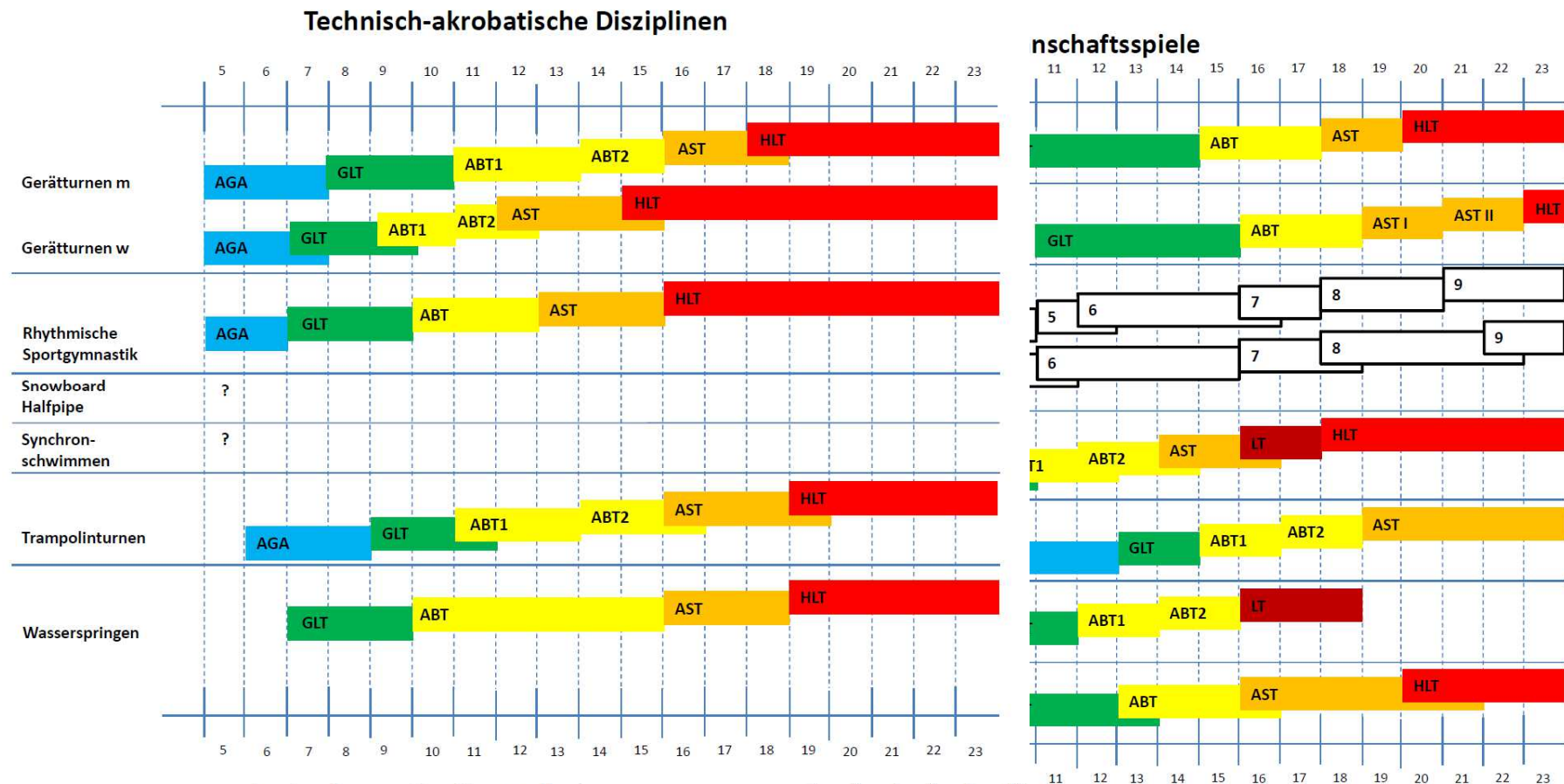
© Prof. Dr. Ilka Seidel

Youth Sport

# Young Elite Sport – Long-term Development



- Different ages for the beginning of training in different sports




(Seidel & Weise, 2016)



# Development in Childhood & Adolescence



- ☐ psychological, emotional aspects
  - ☐ e.g. self confidence, stress resistance, motivation, volition
- ☐ social aspects
  - ☐ e.g. social success, peer relationships, personality, discipline, civic engagement
- ☐ intellectual, cognitive aspects
  - ☐ e.g. success in school, cognitive development
- ☐ physical aspects
  - ☐ e.g. physical fitness, motor abilities and skills, condition, strength, musculoskeletal development, health, physiological resistance

( e.g. Baranowski et al., 1992; Brettschneider, 2003; Fraser-Thomas & Coté, 2004; Larson, 2000; Lüsebrink, 1997; Oerter & Dreher, 2002; Oerter & Montada, 2002; Pinquart & Silbereisen, 2000)

# Life long Sports Participation – Gap or mutual benefits?



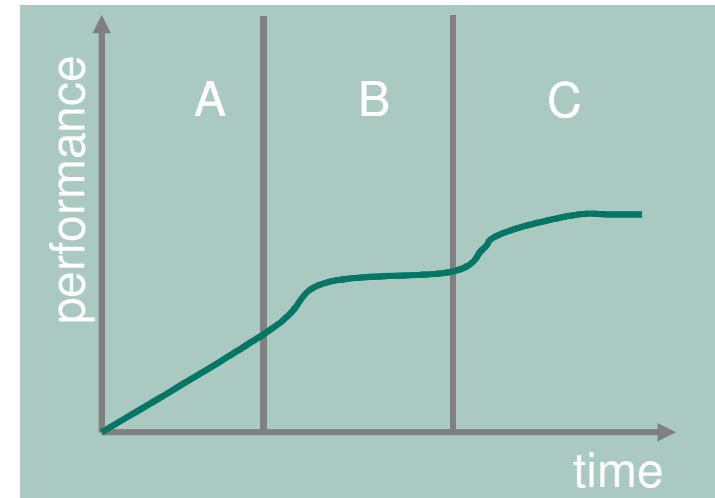
## □ Stage Model of Expertise

(📖 Bloom, 1985; Krampe, 1994)

(A) early years – entrance into the domain,

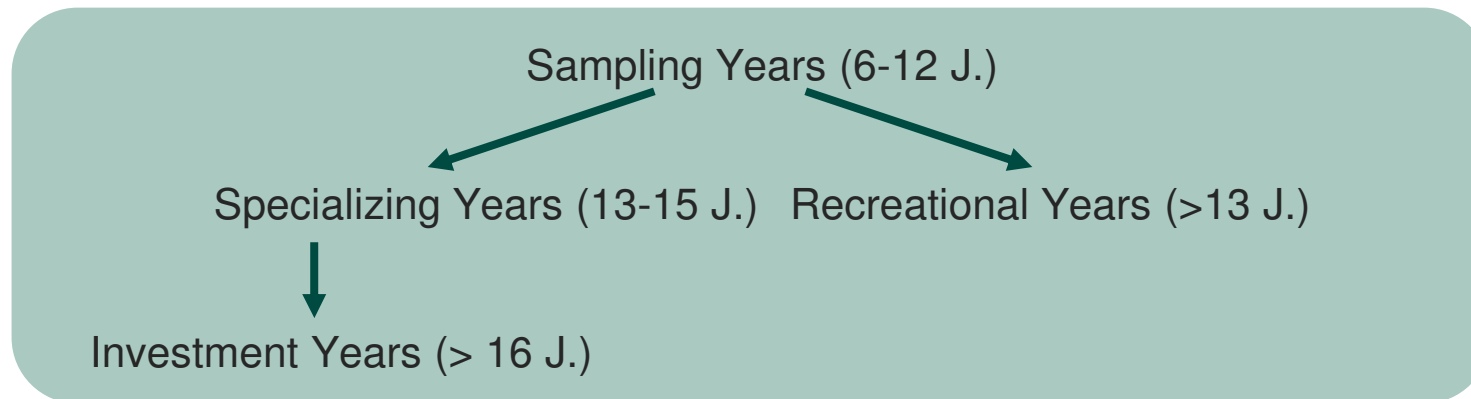
(B) middle years – transition phase,

(C) later years - Expertise

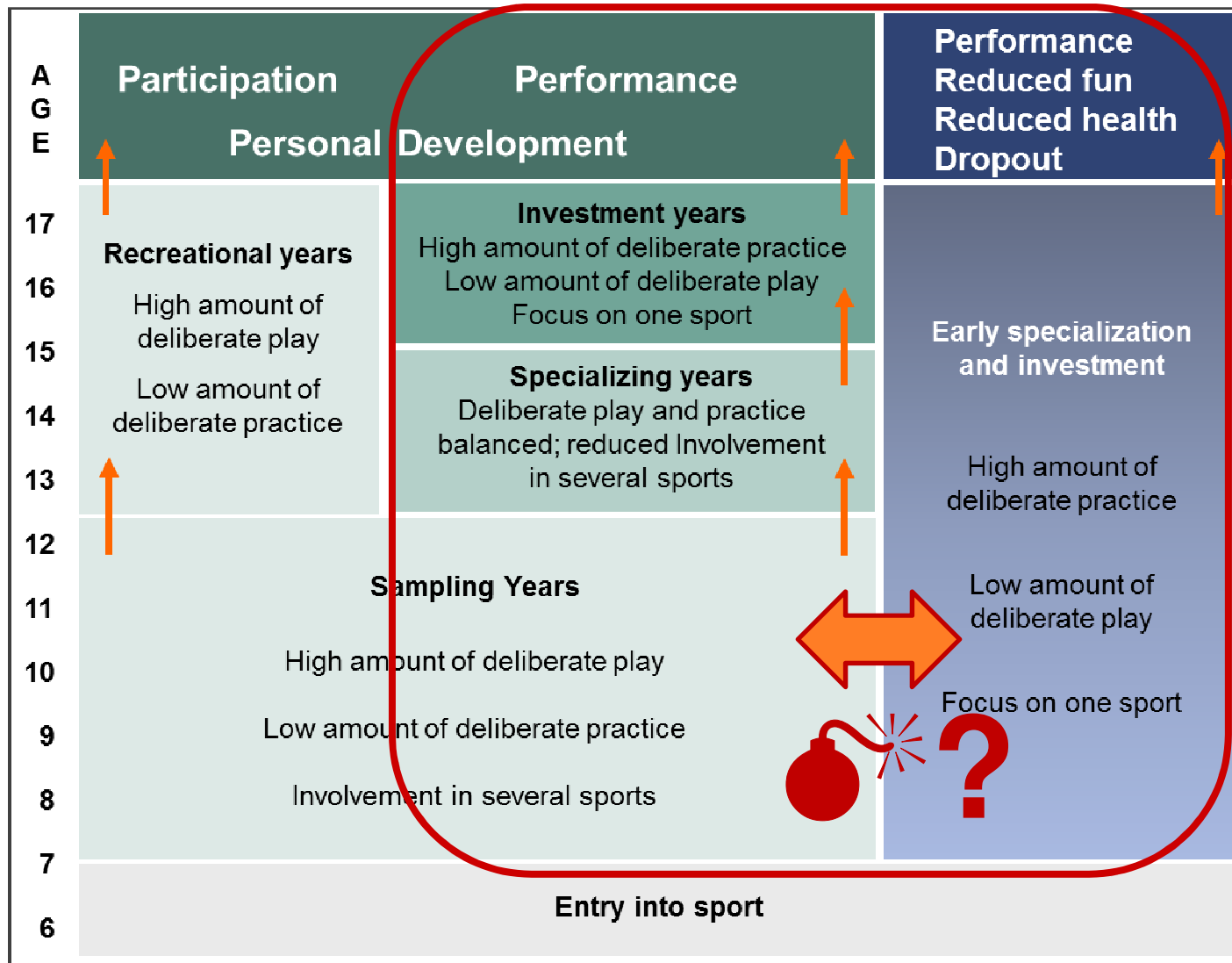


## □ Stages of Sports Participation

(📖 Côté, 1999; Côté & Hay, 2002; Côté et al., 2003; Baker et al., 2003; 2009)



# Life long Sports Participation – Gap or mutual benefits?



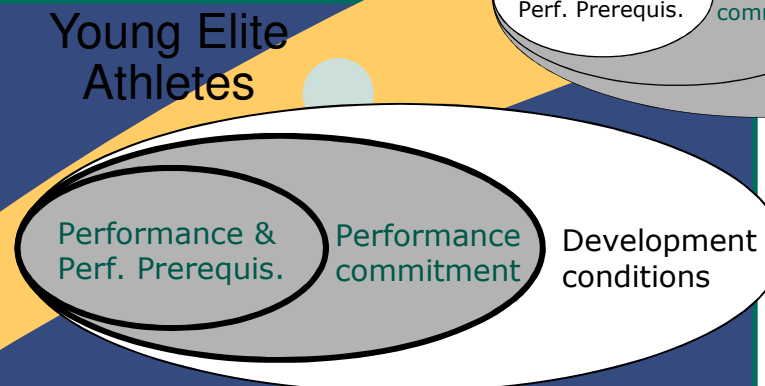
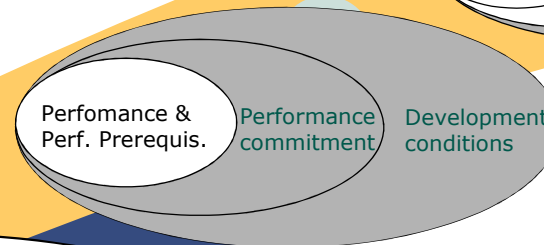
(Côté, 1999; Côté, Baker & Abernethy, 2007; Côté & Fraser-Thomas, 2007; Baker et al., 2009)

# Youth Sport

## Bridging Sport for All and Elite Sport



Top Elite Athletes



Youth Sport

Young Elite Athletes

Sports-oriented children