



## **Advantages of versatility-oriented sports activities for motor development ages 3-7**

Educational aspects of promoting health & performance-oriented aspects.

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### **Findings**

The habit of being active forms early in childhood, at home and in organized sports. The organized sports in this instance are the sports clubs and after-school programs.

Good examples from parents at home and participation in organized sports add a significant level to children's activity.

Participation in early childhood leads to more active children with a higher intensity.

Fun is the main motivator for children to take part in sports. The main reason for leaving organized sports is disinterest and a lack of fun.

A well developed basic movement repertoire leads to more fun in sports.

Young children experience versatile classes based on improving a large variety of motor skills as more fun than traditional one-dimensional and sport-specific classes.

Girls and boys have different needs so we need to be aware what appeals to them.

## **The optimal path to success**

### **Versatility**

Versatile movement experiences at a young age and the sampling of a large variety of sports increase thereafter

- the likelihood that a child finds the most appropriate sport (functional matching).
- improved performance through a large variety of stimulation in training and competition.
- reduced risk of burnout due to frustration.
- children decide on their own for a specific sport with a more mature mind later on.
- 93% of children find their optimal sport based on their genetic physical predisposition.
- Build, increase and maintain the talent pool for later specialization.

### **Performance-oriented**

There are many different, individual ways to become a professional athlete.

### **Specialization**

There are very few sports where children reach their peak as adolescents as gymnastics and specialization happen earlier. But the most promising developmental path for children is

- versatile movement experiences from age 3-7,
- sampling many different sports and gradually choosing one main sport by the time they hit age 8-12.
- More goal-oriented, sport-specific training between the ages of 13-15 and beyond follows

This is not only the most promising but also the most suitable and most child-appropriate path for success.

Performance athletes have the highest potential for success when they start to specialize in one sport at age 12.

The vast majority of game sports need a wide range of movement skills, tactical

awareness, creativity and social interactions with their own team or the opponent's team is a must.

An earlier but not exclusive specialization in team sports is age-appropriate.

### **To do's for optimal learning & fun**

- Offer training that is less frequent to keep children in sports and promote togetherness in addition to regular, more performance-oriented training.
- There is a great need to offer training for both, fun groups and performance groups.
- Give children the ability to enter any sport at any age.
- Focus on motor skill development at a young age. Do not measure the results or use them as preparation for competition.
- Set realistic goals with enough time to complete them.
- Create positive emotions in the group
- Offer competitions where children can show their skills as they get older.
- Get them involved in group competition rather than individual competition.
- Have appropriate offers for girls.

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