



CHANGING THE GAME

HOW TO HELP YOUR ATHLETES EXCEL IN SPORTS AND LIFE

PRESENTED BY **JOHN O'SULLIVAN**

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7 out of 10

players **QUIT** organized sports by the age of 13



WHY KIDS QUIT SPORTS



THE PUSH FOR EARLY SPECIALIZATION



EARLY EMPHASIS ON WINNING, TRYOUTS AND CUTS



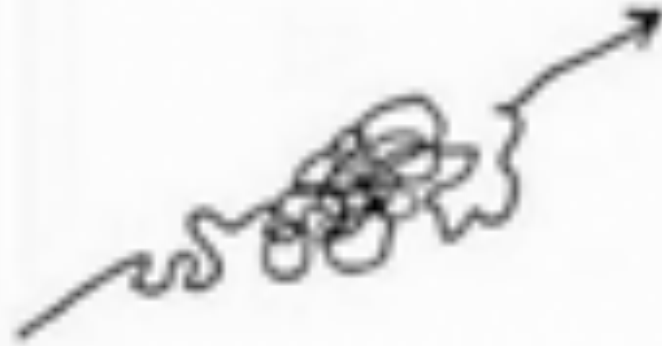
IS HE REALLY "9" YEARS OLD?



HOW TALENT DEVELOPS



what people think
it looks like



what it really
looks like

WHY KIDS PLAY SPORTS



WHAT MAKES SPORTS FUN?



MORE FUN

1. TRYING YOUR BEST
2. WHEN COACH TREATS PLAYER WITH RESPECT
3. GETTING PLAYING TIME
4. PLAYING WELL TOGETHER AS A TEAM
5. GETTING ALONG WITH YOUR TEAMMATES
6. EXERCISING AND BEING ACTIVE

WHAT MAKES IT LESS FUN?

LESS FUN

Much less of a priority than simply having a chance to play.

- 48. **WINNING**
- 63. PLAYING IN TOURNAMENTS
- 66. PRACTICING WITH SPECIALTY TRAINERS AND COACHES
- 67. EARNING MEDALS OR TROPHIES
- 73. TRAVELING TO NEW PLACES TO PLAY
- 81. GETTING PICTURES TAKEN

PERFORMANCE = POTENTIAL - INTERFERENCE



WHAT IF WE ACTED AT A PIANO RECITAL...



...LIKE WE DO AT SOCCER GAMES?



Green

Yellow

Purple

Red

Blue

Yellow

Red

Purple

Red

Blue

Yellow

Red

Blue

Red

Green

Yellow

Purple

Blue

Red

Green

Blue

Blue

Yellow

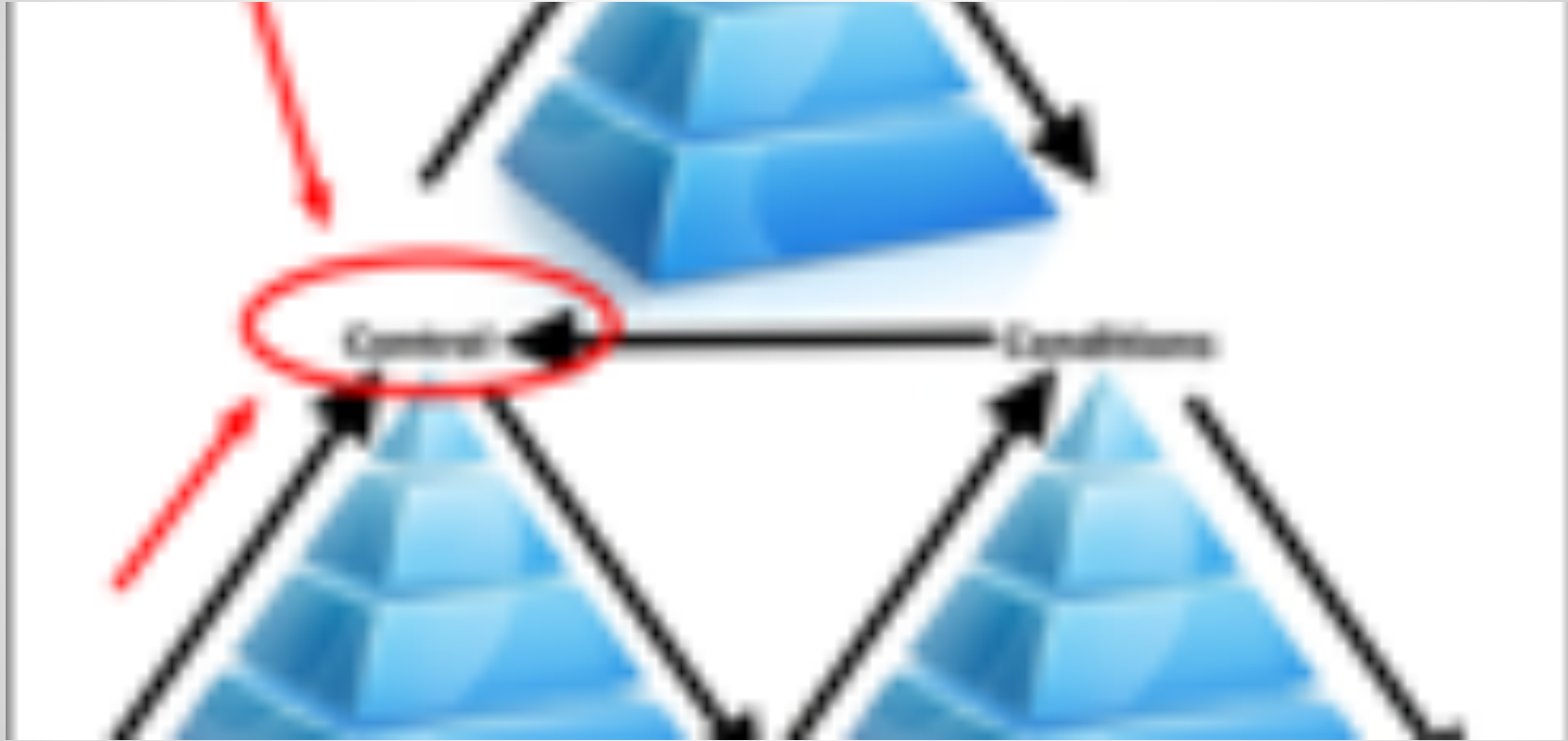
Purple

Green	Yellow	Purple	Red	Blue	Yellow
Red	Purple	Red	Blue	Yellow	Red
Blue	Red	Green	Yellow	Purple	Blue
Red	Green	Blue	Blue	Yellow	Purple

HELP BUILD A HIGH-PERFORMING STATE OF MIND



GIVE YOUR KIDS CONTROL/OWNERSHIP



THE RIGHT CONDITIONS



EMBRACE DESIRABLE DIFFICULTIES



...ESPECIALLY ON THE RIDE HOME



...ESPECIALLY ON THE RIDE HOME



CARING AND UNCONDITIONAL LOVE

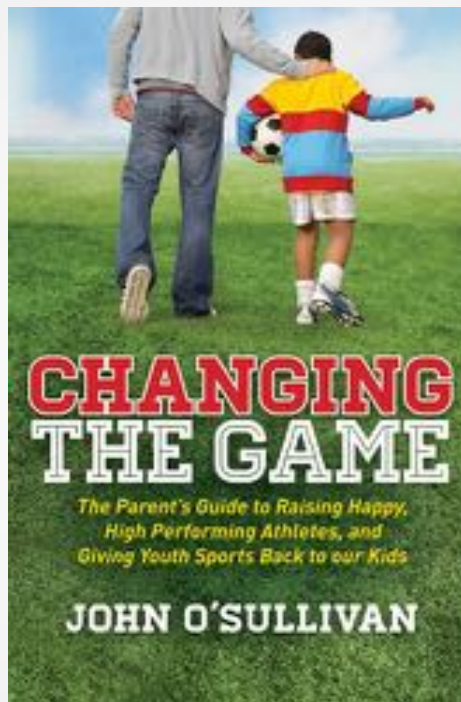
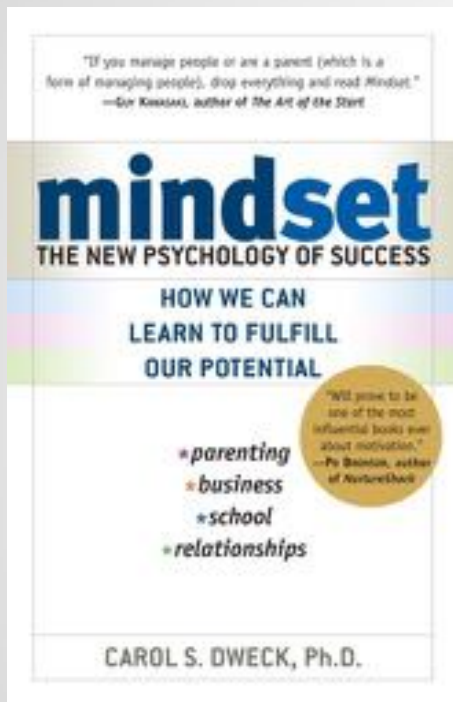


THE FIVE MOST IMPORTANT WORDS...



**I LOVE WATCHING
YOU PLAY!**

RECOMMENDED RESOURCES



CONTACT US

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WAY OF CHAMPIONS
TRANSFORMATIONAL COACHING CONFERENCE

PODCAST AND COACHING CONFERENCE



FIXED MINDSET

Results oriented

Effort is meaningless

Your abilities are fixed

Average performance



GROWTH MINDSET

Effort is everything

Try new things

Seek input

Anything can be learned

HOW DO WE CREATE A MOVEMENT?



THE FIRST FOLLOWER



THE STROOP EFFECT

**“A DEMONSTRATION
OF INTERFERENCE
WITH THE REACTION
TIME OF A TASK.”**



CAROL DWECK: FIXED OR GROWTH MINDSET?

I'm not good

I'm not good...
YET!

PARENTS AND COACHES WORKING TOGETHER!



PARENTS AND COACHES MUST TRUST EACH OTHER



WHY KIDS QUIT



5 QUESTIONS THAT COACHES SHOULD ASK PARENTS

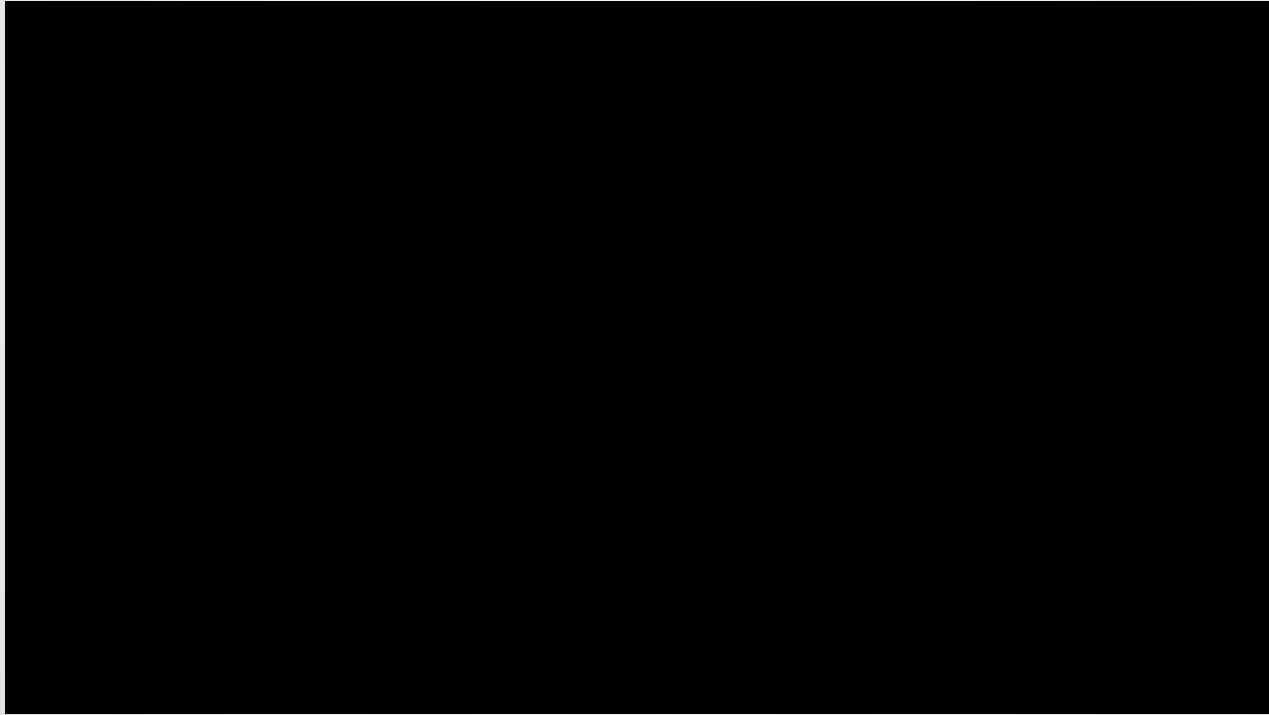


1. LIST 1 MEASURABLE PERSONAL AND 1 TEAM GOAL YOU HAVE FOR YOUR CHILD THIS SEASON.
2. WHAT DO YOU WANT YOUR CHILD'S EXPERIENCE TO BE LIKE IF HE/SHE CANNOT ACCOMPLISH THOSE GOALS?
3. WHAT WOULD YOU LIKE YOUR PARENT EXPERIENCE TO BE LIKE?
4. WHAT CAN YOU DO TO HELP CREATE THAT EXPERIENCE?
5. HOW CAN THE COACHES HELP FACILITATE THIS?

WHY KIDS PLAY SPORTS



POSITIVE TEAM ENVIRONMENT



CHILDHOOD SUCCESS PREDICTS ADULT SUCCESS



WHY KIDS SWIM



COUNT THE PASSES



Instructions

Count how many times the players wearing white pass the basketball.

PERFORMANCE = POTENTIAL - INTERFERENCE



SOURCE: GALLWAY, *INNER GAME OF TENNIS*

HELP THEM OVERCOME FEAR AND MISTAKES



SELECTIVE ATTENTION





PETER SMITH
USC MENS TENNIS
5X NCAA CHAMPION

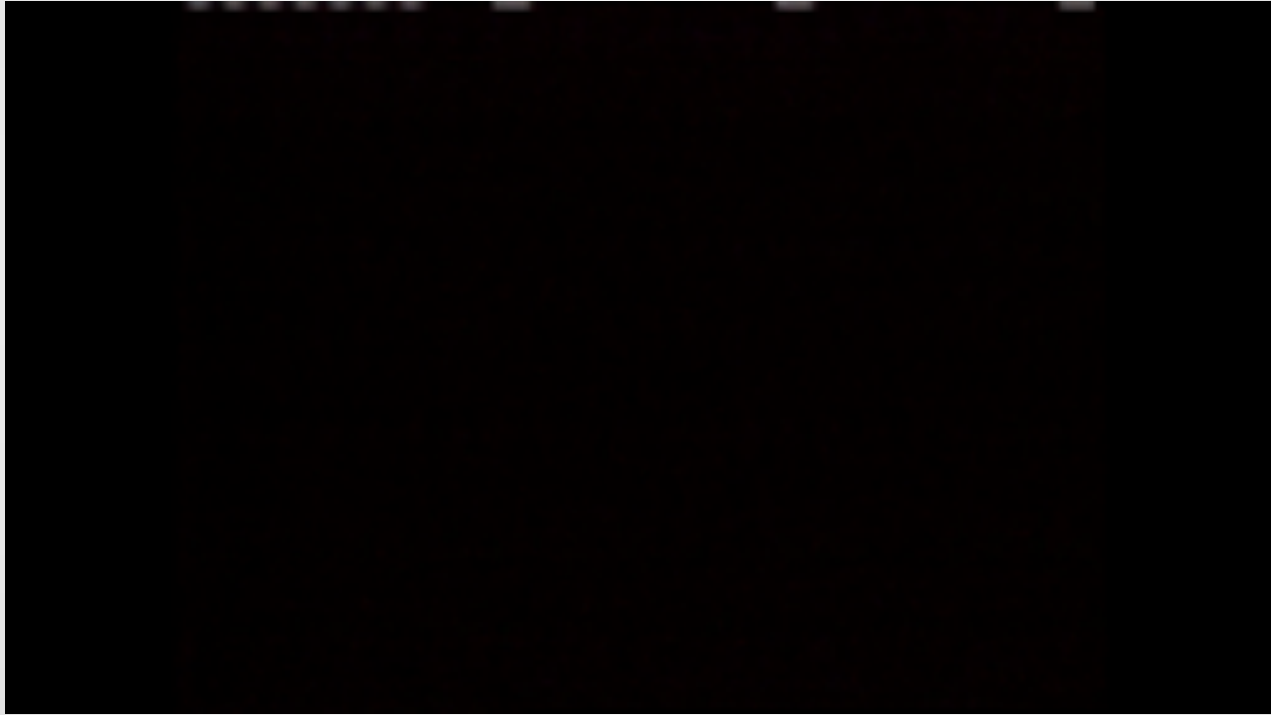
DO WE PICK OUR TEAMS BASED ON ZODIAC SIGN?

Capricorn  22 Dec - 20 Jan	Aquarius  21 Jan - 18 Feb	Pisces  20 Feb - 20 Mar	Aries  21 Mar - 20 Apr
Taurus  20 Apr - 20 May	Gemini  21 May - 20 Jun	Cancer  22 Jun - 22 Jul	Leo  23 Jul - 22 Aug
Virgo  23 Aug - 22 Sept	Libra  23 Sept - 22 Oct	Scorpio  23 Oct - 22 Nov	Sagittarius  23 Nov - 22 Dec

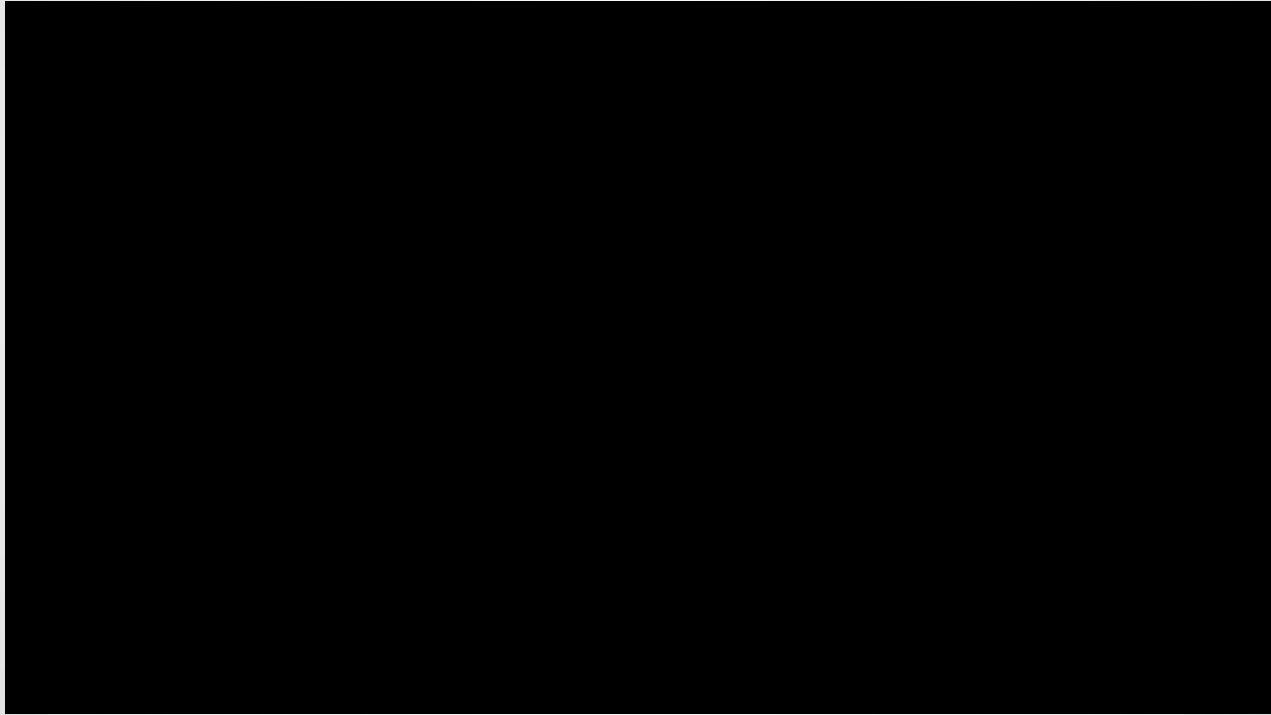
SPORTS AS AN INVESTMENT



WOULD IT HELP?



WHY THIS MATTERS



PARENTS AND COACHES TOGETHER!



ATHLETE-CENTERED OUTCOMES



Athlete outcome	Description
Competence	Sport-specific technical, tactical and performance skills; overall health, fitness and physical well-being
Confidence	Self-belief, resilience, mental toughness and sense of positive self-worth
Connection	Interpersonal skills, ability to build and sustain meaningful and positive relationships
Character	Respect for the sport and others, integrity, self-discipline, and ethical and moral decision making

Active Kids Do Better In Life

What the research shows on the compounding benefit



THE THREE BIG MYTHS THAT CAUSE KIDS TO QUIT



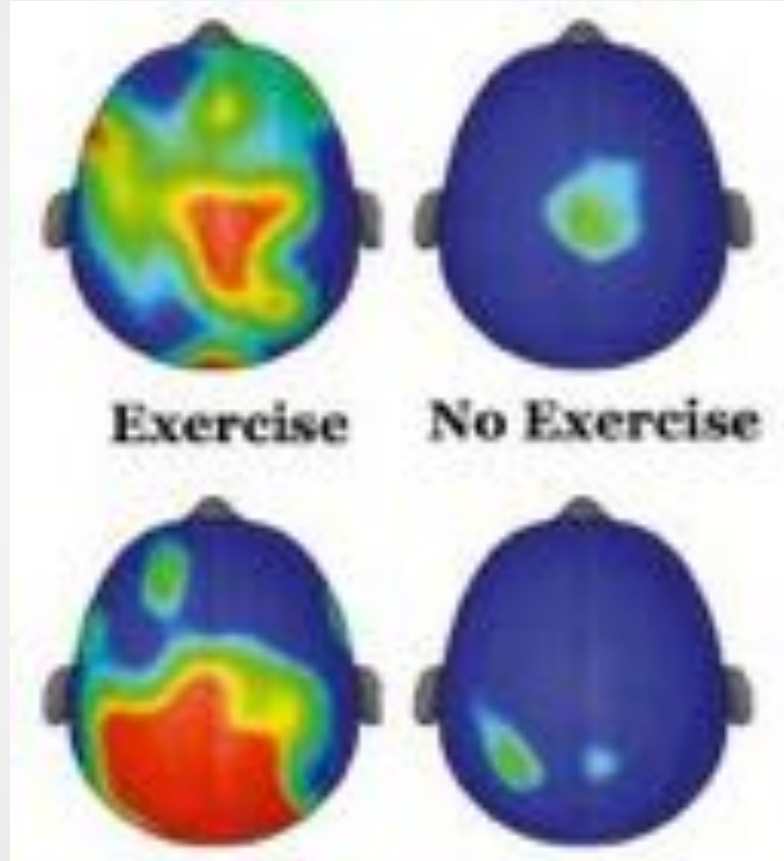
WHY DOES THIS MATTER?

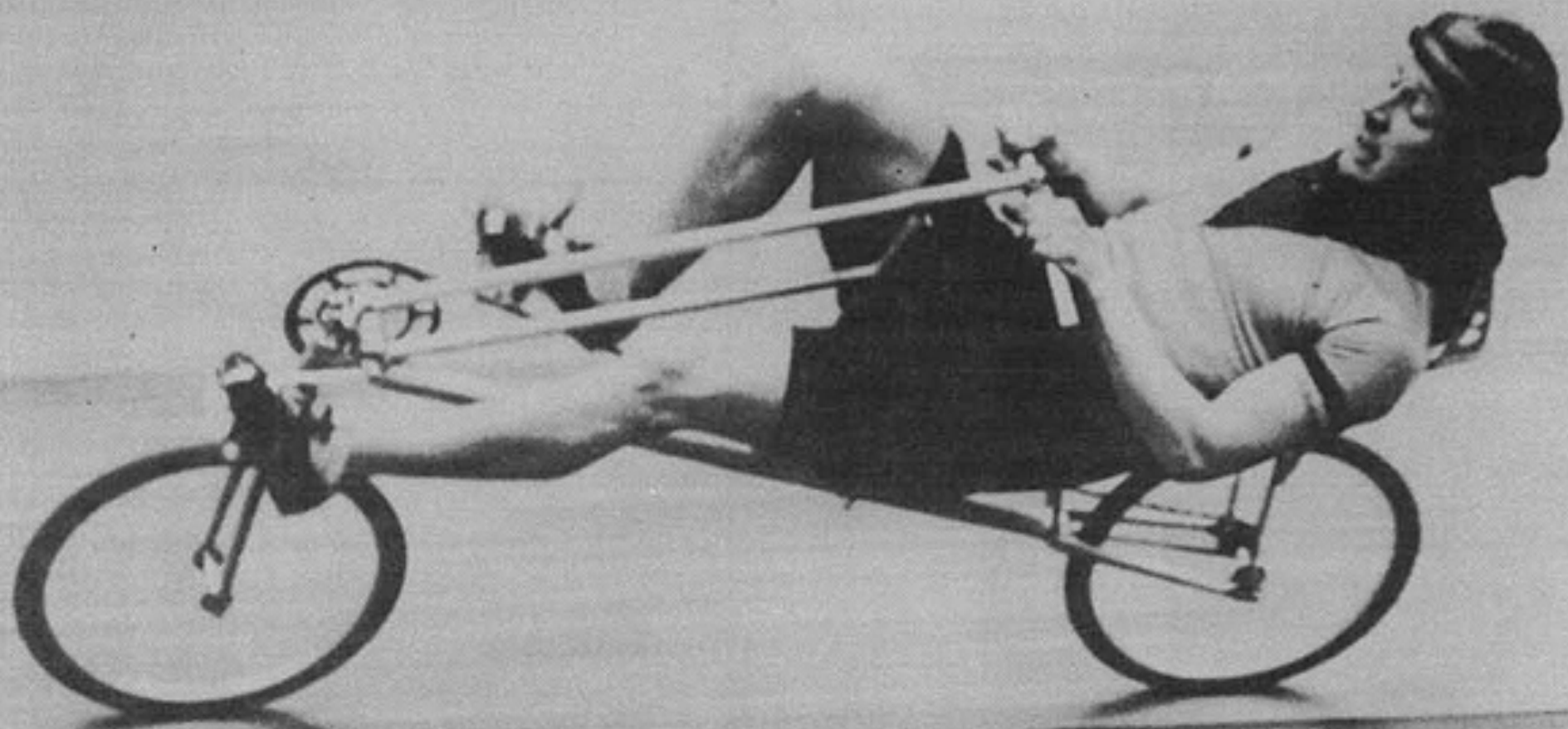


WE NEED QUALITY COACHING

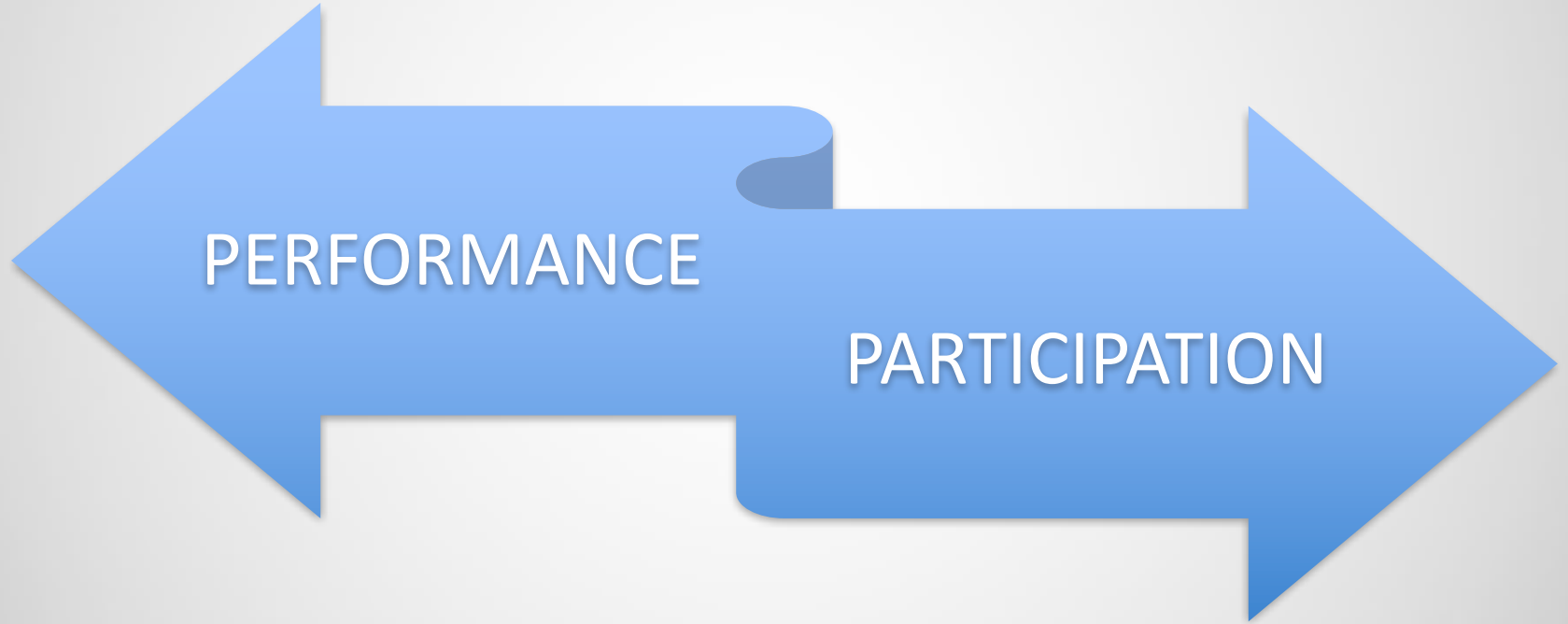


ACTIVE KIDS DO BETTER IN SCHOOL AND LIFE!





WHAT PATH ARE THEY ON?



2006 Study of 55 Top Junior Serbian U14 Soccer Players

Skeletal age rates measure

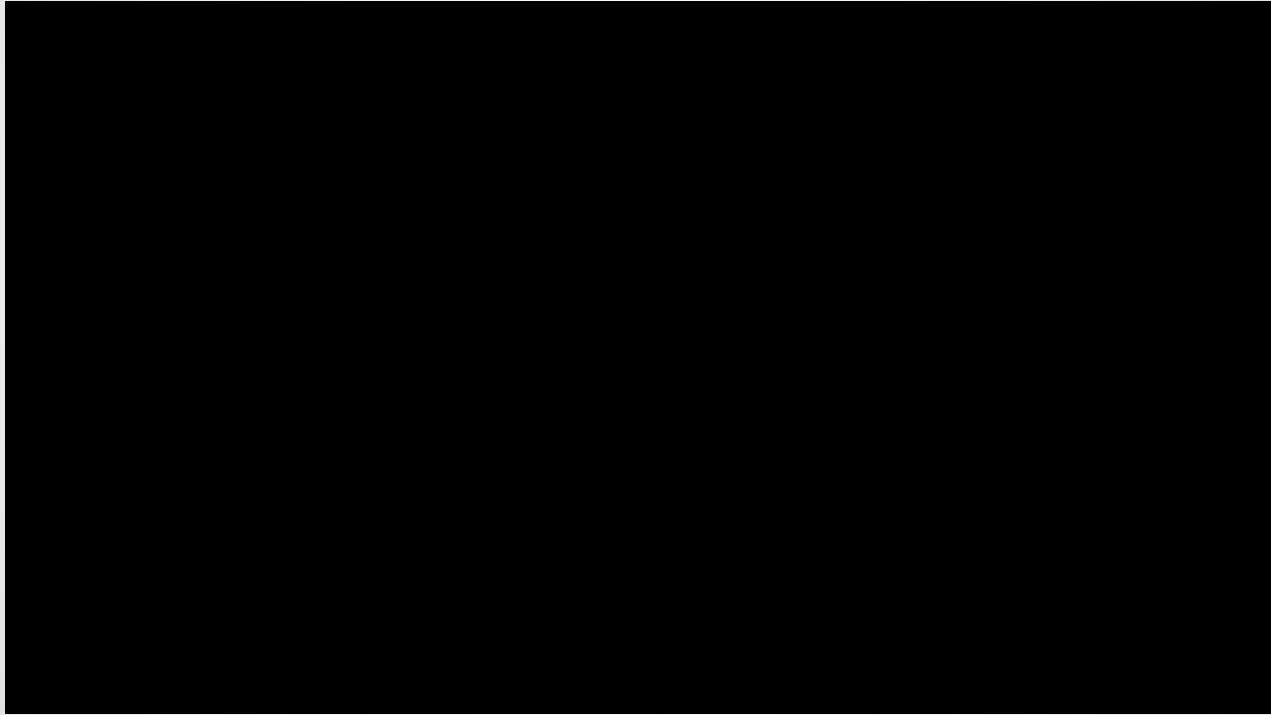
- 43.8% Early Maturity
- 35.4% Neutral Maturity
- 20.8% Late Maturity

2012 Study: 16 Players Went on to Play Elite Level

Of the Elite Level Players...

- 11.8% Early Maturity
- 38.1% Neutral Maturity
- 60.1% Late Maturity

SPORT PARENT SUPPORT GROUP



KIDS ARE GROWING UP IN A DIFFERENT WORLD



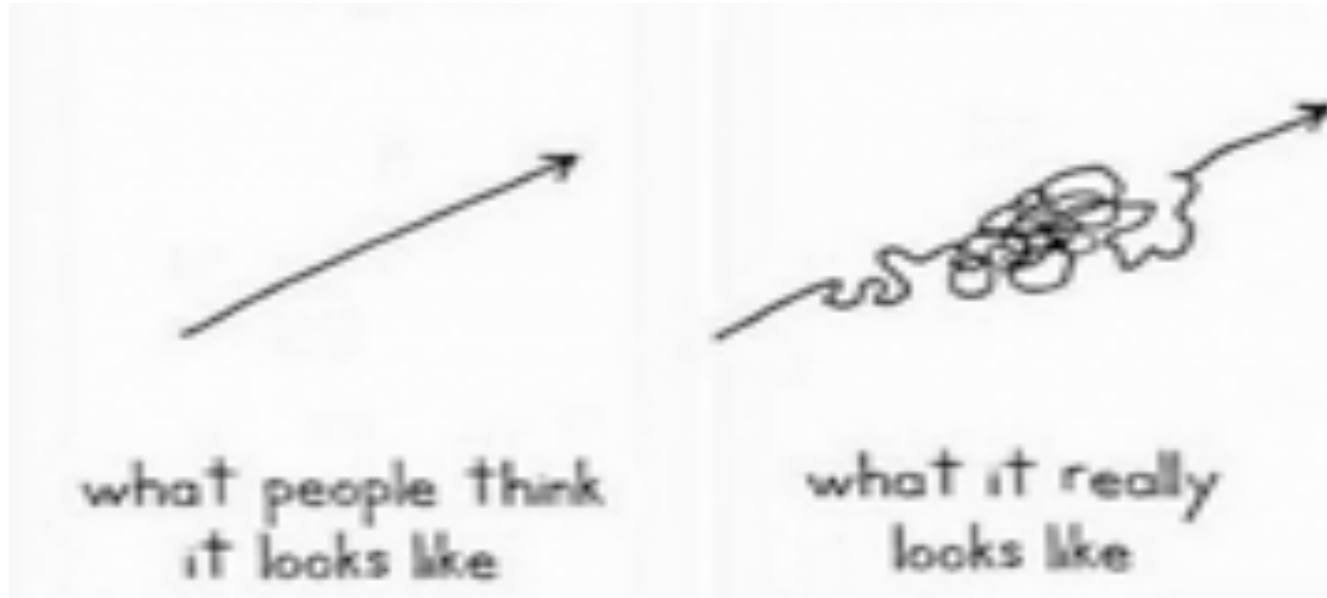
WHY DO WE DO WHAT WE DO?



Don't Put All the Eggs in One Basket



How Talent Develops



PROGRESSIVE EVOLUTIONS IN THE USA



- ABOLITION
- PUBLIC EDUCATION
- PENAL REFORM
- CIVIL RIGHTS
- WOMEN'S SUFFRAGE
- NUCLEAR REFORM
- ENVIRONMENTAL PROTECTION

LETTER FROM MY FRIEND



A year ago you told me to simply “love watching my kids play” and now its the only thing I say to the kids after a game. I don’ t say anything about how they played or wins and losses. Just that it is such a privilege and honor to watch them, and it is amazing how each time I say it, it becomes more true and more impactful for even me. It has opened my eyes to a whole other kind of joy and contentment.

Sport For All, Play For Life Model

Broad access leads to sustained participation



Spurring the pyramid creates athletes for life, at all levels.



SPORTS DEVELOPMENT PYRAMID.

KIDS ARE NOT MINI-ADULTS



“Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it’s the only thing that ever has.”