

# Promotion of physical well-being of emerging athletes: Which strategies to develop?

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# Importance of the issue

- Today's kids are the first generation with a shorter life expectancy than their parents. What would you do with five more years?

<http://www.youtube.com/watch?v=BmOlzRQTabA>



# REQUIREMENTS OF THE SPORT

- Facilities

**Technical environment**

- Equipment

- Coaches

**Social environment**

- Parents







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# TECHNICAL ENVIRONMENT

## Facilities

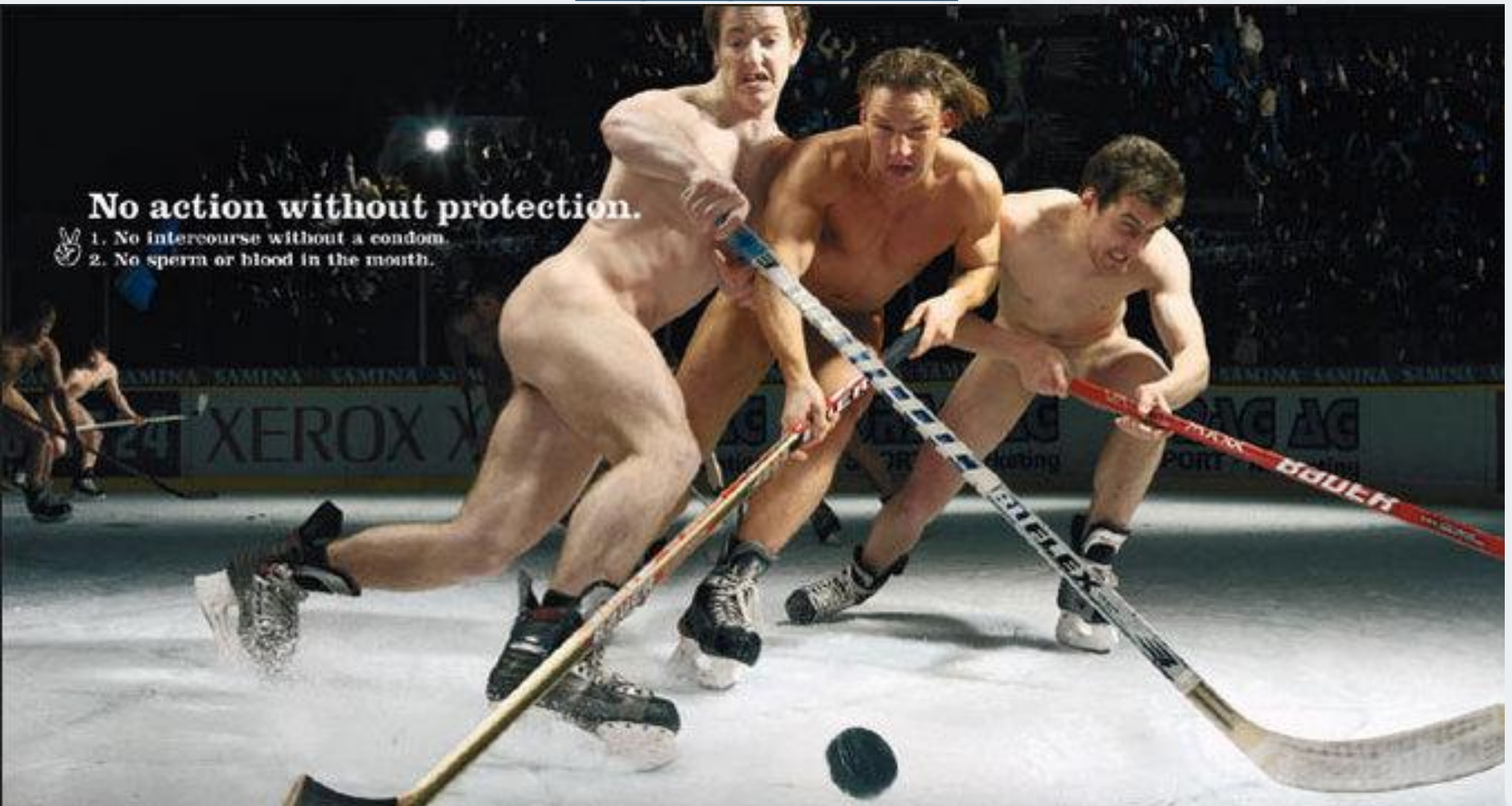
- **Size** – should fit to the age-group
- [tennis.wmv](#)
- <http://canadiansportforlife.ca/resources/videos>





# TECHNICAL ENVIRONMENT

## Equipment





# SOCIAL ENVIRONMENT

## Coach

- *Knowledge* – should be proper to the sport, and the age-group (the athlete buy into what the coach is selling)
- Long Term Athletes Development (Balyi, 2003)

### Active Start

Males and  
Females 0-6



### FUNDamentals

Males 6-9  
Females 6-8



### Learn to Train

Males 9-12  
Females 8-11



### Train to Train

Males 12-16  
Females 11-15



### Train to Compete

Males 16-23 +/-  
Females 15-21 +/-



### Train to Win

Males 19 +/-  
Females 18 +/-



### Active for Life

Enter At  
Any Age





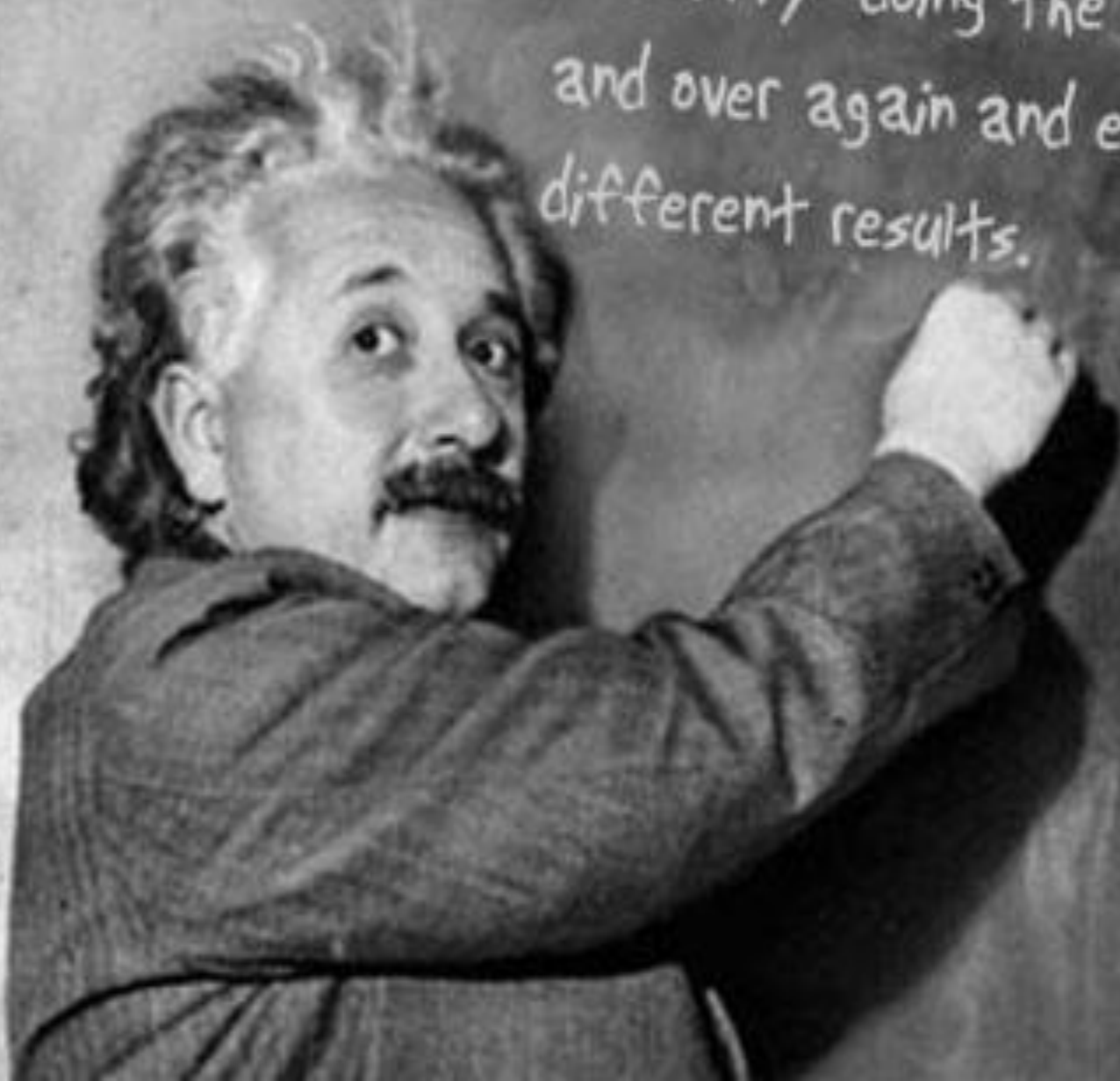
# SOCIAL ENVIRONMENT

## Parents

- Parents are ADULTS – their mind and mentality are different from their children’s mind and mentality.
- <http://www.youtube.com/watch?v=ReKw6J5tK2c>
- <http://www.youtube.com/watch?v=wbcEZxq6uqA>
- *Education of the parents: information, information, information about everything*
- [CAC LTAD for Parents.pdf](#)



Insanity: doing the same thing over  
and over again and expecting  
different results.



# Thank you for your kind attention!

Q + A

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