

Positive Youth Development Through Sport

Positive Youth Development within Coach Education for Youth Coaches



Portuguese Hockey Federation

2016



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Field Hockey in Portugal



Field Hockey in Portugal



Positive Youth Development

“The increase in youth programming has been a response to societal concerns over the increase in school violence and juvenile drug abuse, incarceration, and prostitution.”

(Martinek & Pérez, 2005, p. 1)



Positive Youth Development

Clinic Psychology



Deficit

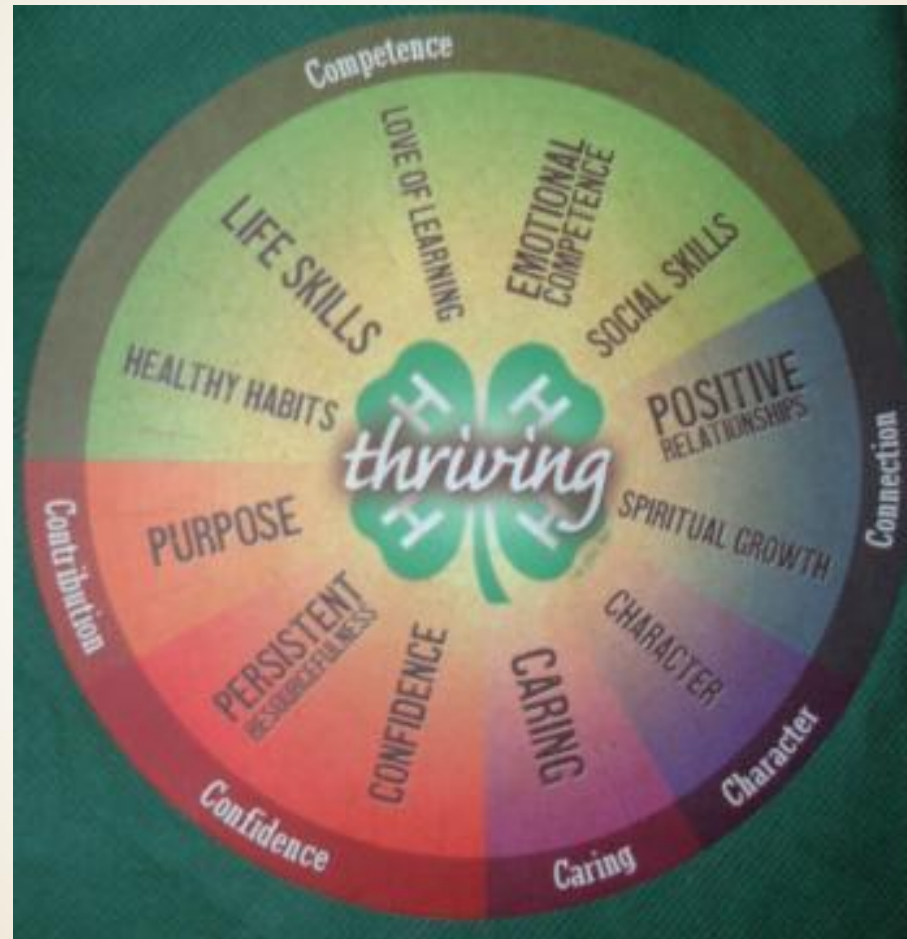
Positive Psychology



Assets

Lerner et al. (2005)

Positive Youth Development



SPORT AGENTS

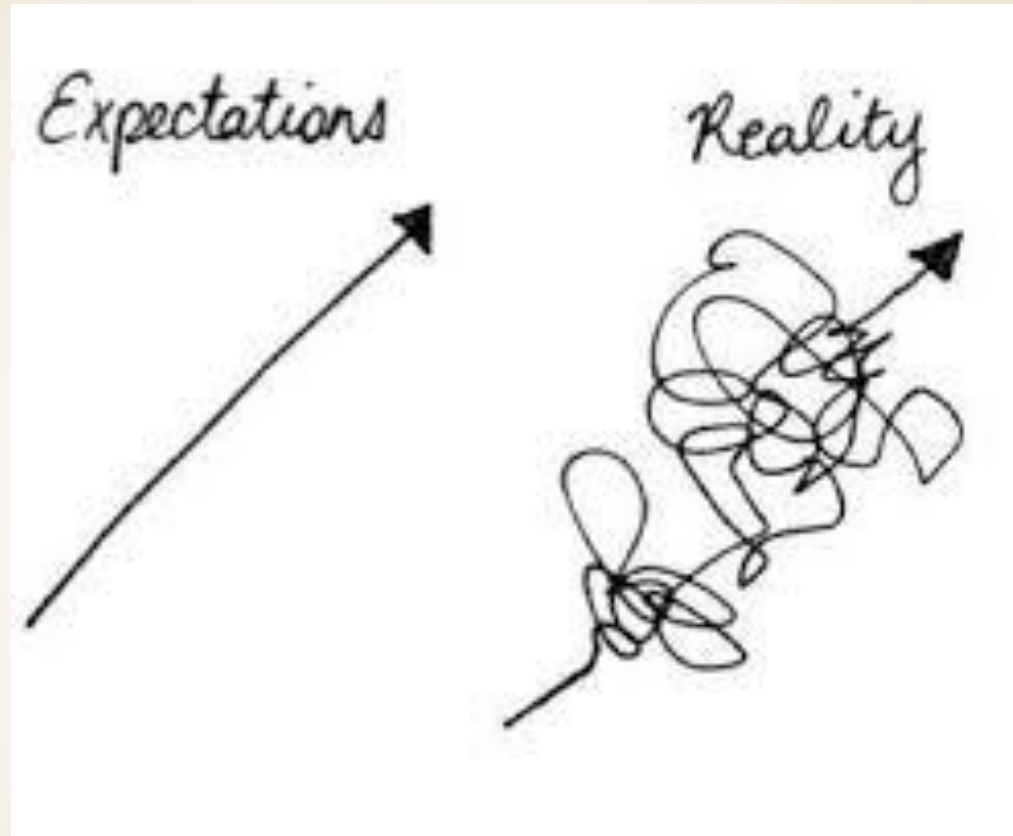


MANAGERS



YOUTH COACHES AS THE MOST
IMPORTANT NON PARENTAL
AGENTS

Petitpas et al. (2005)



Camiré et al. (2013)



A LOOK INTO THE PROCESS...

COACHES' PERCEPTIONS

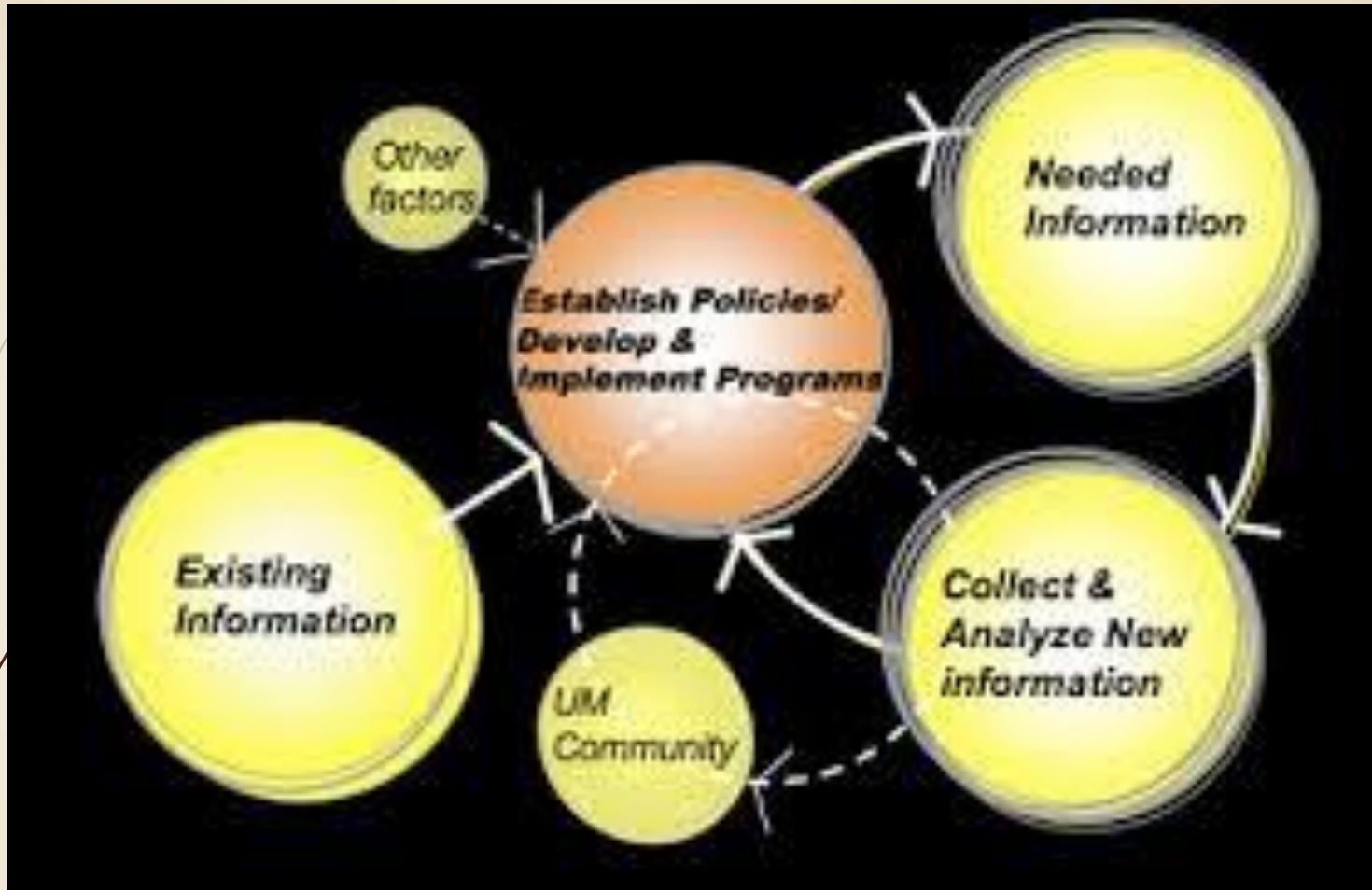
DIAGNOSIS

COACHES' NEEDS

COACHING PRACTICE

TRANSFER FROM COACH EDUCATION







Pilot Coach Education Course

20 Youth Coaches

4 Hours

No Evaluation

Non Mandatory Attendance



In Portugal...



Universities

Federations

Portuguese Sports Institute (IDP)

Pot and Hilvoorde (2013)

Study 1

Youth Sport Coaches' Role in Facilitating Positive Youth Development in Portuguese Field Hockey

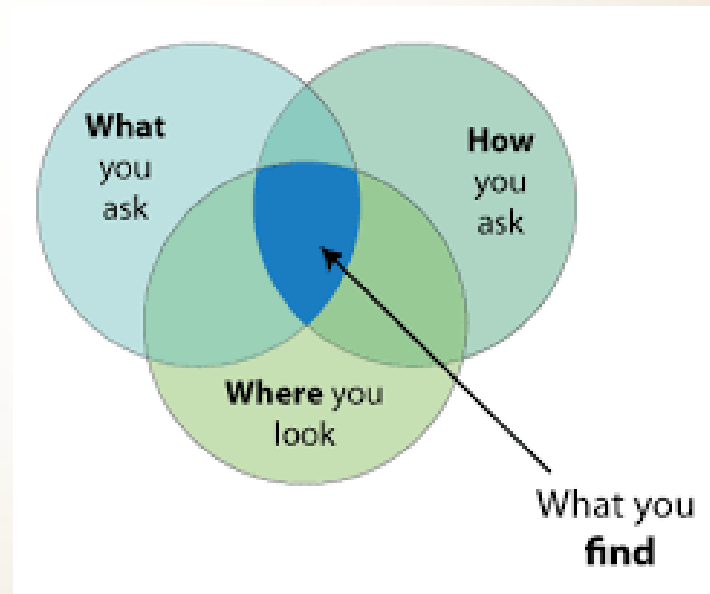


Submitted to the International Journal of Sport and Exercise Psychology

Research Questions

- (a) What are the coaches' perspectives on PYD?
- (b) What strategies do coaches use to promote PYD?
- (c) What is the role of coach education in helping them facilitate

PYD?



Main Findings

- a) The relatively small number of members within clubs was believed to foster a family-orientated culture that allowed coaches to more efficiently respond to their athletes' developmental needs.

Hockey as a sport is spectacular. In Portugal, let's speak about our country, it's a family sport where everyone knows each other and that's an asset for young people because they feel at home and they don't feel discriminated (Coach 1)



Main Findings

b) Winning supersedes other concerns and limits the efforts directed at PYD

They [clubs] want to win at all cost and when things do not go their way, they get aggressive (Coach 3).

Main Findings

- c) When asked to describe in concrete manners how they work explicitly to facilitate PYD, the coaches were not able to provide many examples of deliberate initiatives.

I like to make them look at me as a friend that's there to help, to have fun with them (Coach 10)

Main Findings

d) Half of the coaches believed the coach education courses they took touched on what they considered to be PYD-related elements.

It's more about managing resources, the psychological issues, the way we teach so we can evolve (Coach 5).



Conclusions

- a) sport can be reconciled as an activity where competition and positive youth development are inclusive pursuits;
- b) coach education courses should first be designed to have coaches understand the full spectrum of the concept of PYD;
- c) coach education courses should be more explicitly framed as learning environments where coaches can learn how to foster PYD and promote life skills.



Coach Education Courses

Study 2

Building a Coach Education Curriculum through Youth Coaches Views: The Case of Portuguese Field Hockey



Submitted to...



Research Questions

- a) How youth coaches define their coaching philosophy and coaching outcomes?
- b) How coaches learn to facilitate PYD and life skills development?
- c) Do CEC currently value PYD and life skills development?
- d) What should be the place for PYD and life skills development in CEC?

Main Findings

- a) The coaches were highly motivated to prepare their players to fulfill the technical, physical and tactical demands of field hockey but at the same valued PYD.

*Our main goal is that youngsters enjoy themselves, come back and understand that the goal is not to win. If they learn this, in the future they will win. If they lose, they pick themselves up and keep going.
(Coach 2).*

Main Findings

b) CEC lack in PYD and life skills related content and there is the need to include more practical components.

CEC, level one, should be focused on sports psychology, particularly about PYD and life skills development because coaches will train children and young players. (Coach 9).



Main Findings

c) The majority of the courses is focused on technical, tactical and physical aspects.

We spoke a lot about technical and tactical concepts that are important for every collective sports. For the most part of course, we spoke a lot about technical and tactical components. (Coach 6).

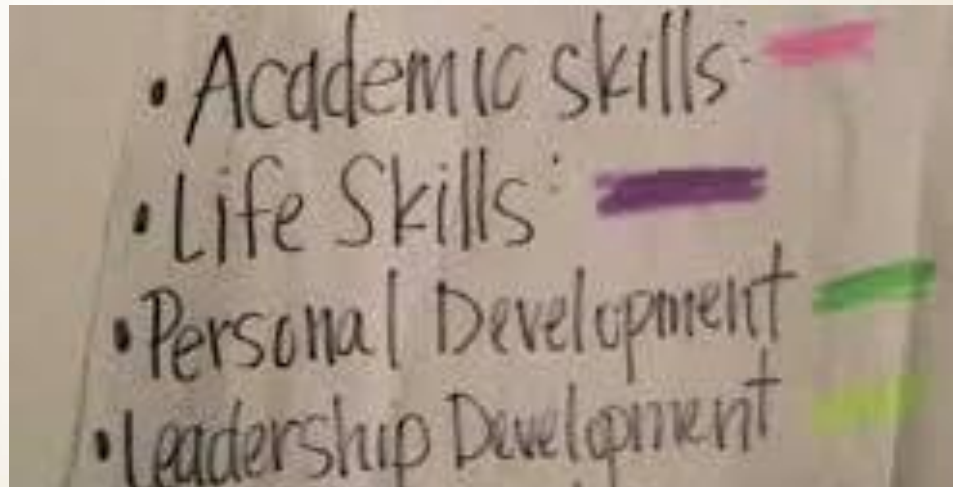
Conclusions

- a) Future CEC should follow these guidelines;
- b) There is the need to assess the influence CEC have on coaches practices, promoting transfer from CEC to the reality of elite sport contexts.



Contents

- a) Positive youth development
- b) Positive youth development through sport
- c) Youth Coaches in PYD



Format

25 Hours Online

- Any Meeting

Twice a Week



Methodology

INTERVIEWS



JOURNAL



Methodology

INTERVIEWS



OBSERVATIONS

(2 COACHES)

Study 4 – Currently...

**Field Hockey Elite Athletes and Former Athletes Views
about their Coaches Role in Life Skills Development**





In the Future...



