

The Good Sports Spine is a sense making tool to help understand how adults impact children's sport experiences. The two different 'climates' should be seen as opposite ends of a continuum. Good Sports aims to encourage adults to move towards the Climate of Development.

Climate of PERFORMANCE

Attitudes & Behaviours

Winning & Losing

Focus on results
Mistakes to be avoided
Recognise ability

Only the Best Matter

Playing favourites
Selective support
Encouraging gossip & rumour

Strict Adult Control

Adults make all decisions
Mistakes immediately corrected
Dismiss children's ideas

Performance Training

Repetitive drills
Direct instruction
Punishment & reward

Early Specialisation

Single sport focus
Year-round training
Pressure to select one sport

CHILDREN'S NEEDS

INSPIRATION

Growth Mindset
Process focus
Coping skills

CONNECTION

Support
Sense of belonging
Trust & fairness

EMPOWERMENT

Ownership
Self-direction

PLAY

Opportunity
Imagination
Fundamental movement skills

VARIETY

Sampling
Appropriate structure

Climate of DEVELOPMENT

Attitudes & Behaviours

Effort & Improvement

Focus on getting better
Mistakes necessary for growth
Recognise effort and trying

Everyone Matters

Including everyone
Unconditional support
Encourage friendship & care

Kids Share Control

Children involved in decisions
Time to correct own mistakes
Recognise children's ideas

Learning Through Play

Modified games
Discovery approach
Smart questioning

Late Specialisation

Trying out multiple sports
Balance with school & friends
Waiting to select one sport

GOOD SPORTS SPINE

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