

Developing Talent in Sport


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REVIEW ARTICLE

The Great British Medalists Project: A Review of Current Knowledge on the Development of the World's Best Sporting Talent

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- **Genetics, anthropometric, and physiological factors:** Important for performance, however, talent selection with adolescents based on these factors is not reliable.
- **Personality traits:** Emerging personality traits of elite performers include conscientious, optimistic, and perfectionist, however, these traits are not reliable for talent selection.
- **Birthdate:** Relative age effects exist but not consistent across all sport.
- **Psychological skills and motivation:** Factors such as perceptual skills, confidence, resilience, perceived control, motivation are important contributors to performance.

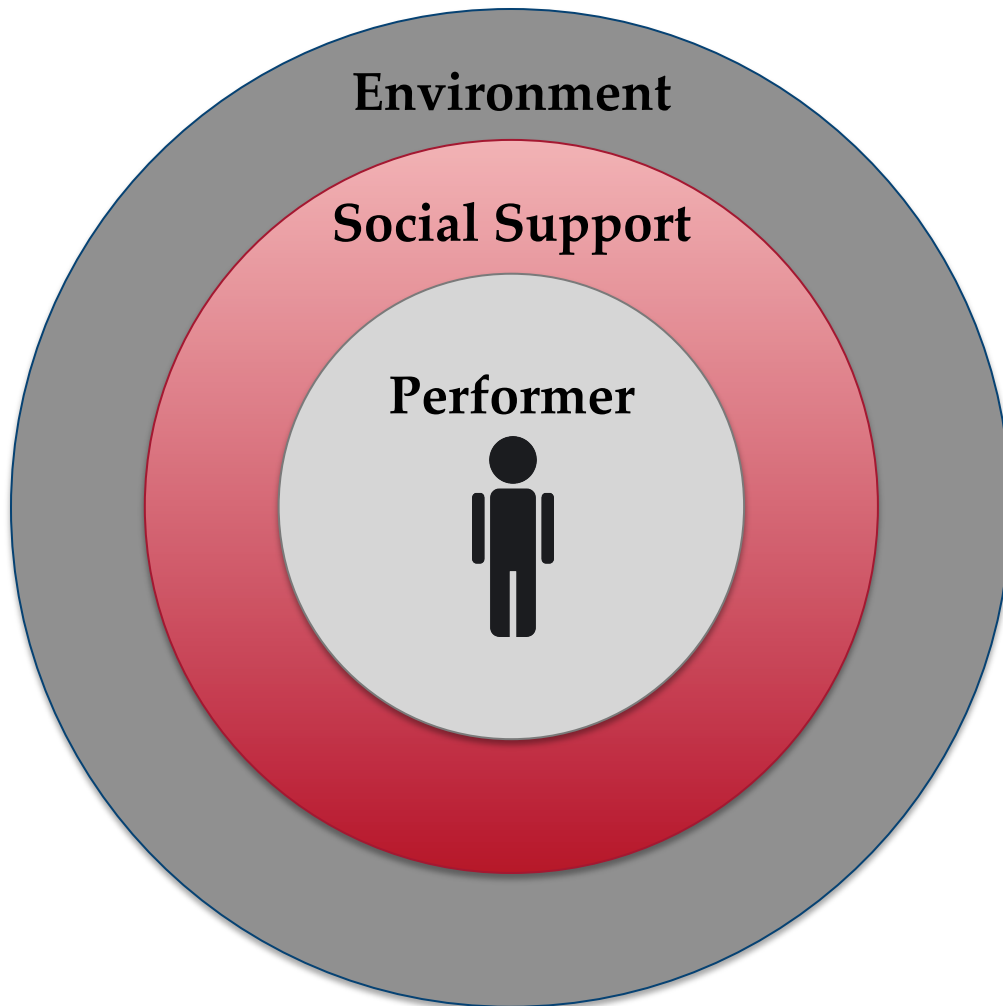
- **Birthplace:** Talent hot spots may exist.
- **Support from family, peers, and coaches:** Elite athletes have benefited from supportive families, coaches, and networks during their development.
- **Athlete support programmes:** Elite performance during adulthood is NOT predicted by elite performance during childhood and participation in elite programmes.

PRACTICE AND PLAY



- **Volume of sport specific practice and training:** The applicability of the 10 years/10,000 hours “deliberate practice rule” is NOT well supported in sport.
- **Early specialization vs. sampling and play:** The key to reaching elite performance in sport is involvement in play activities and diverse sport during childhood and appreciable amounts of practice/training in late adolescence and adulthood.

Models of Athlete Development in Sport



Performance

Participation

**Personal
Development**

In the United States:

35,000,000 kids playing sport

18,000 professional athletes

Performance: Probability of Competing Beyond the High-School Interscholastic Level

Student Athletes	Men's Basketball	Women's Basketball	Football	Baseball	Men's Hockey	Men's Soccer
% High School to NCAA	2.9	3.1	5.8	5.6	12.9	5.7
% NCAA to Professional	1.3	1.0	2.0	10.5	4.1	1.9
% High School to Professional	0.03	0.02	0.09	0.5	0.4	0.08

NCAA. (2004). A Career in Professional Athletics. Available at: <http://www.ncaapublications.com>

Talent Development in Youth Sport



1. Sport specific skills (skill acquisition processes)
2. Individual interest in sport (psychological processes)

Interest Development



1. **Situational Interest:** refers to focus attention and the affective reaction that is triggered in the moment by environmental stimuli, which may or may not last over time (Hidi, 1990).
2. **Individual Interest:** refers to a person's relatively enduring predispositions to reengage particular content over time as well as to the immediate psychological state when this predisposition has been activated (Renninger 2000).

Interest Development



The 4 Phase Model of Interest Development

- Stage 1: Triggered Situational Interest

Results from short-term/one time changes in affective and cognitive processes.

- Stage 2: Maintained Situational Interest

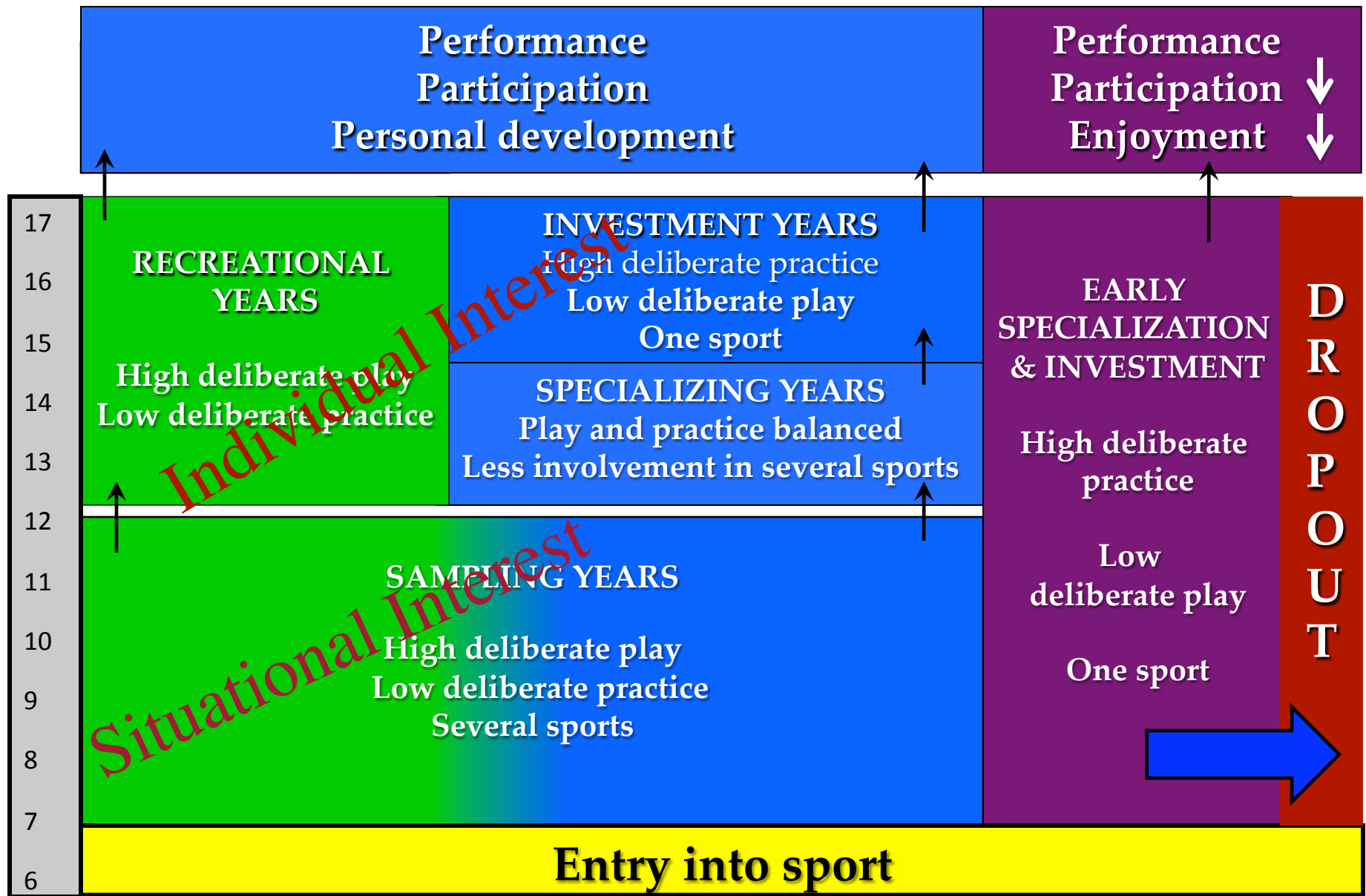
Involves focused attention and persistence over re-occurring events.

- Stage 3: Emerging Individual Interest

Beginning phase of a relatively enduring predisposition to seek repeated engagement.

- Stage 4: Well-developed Individual Interest

Enduring predisposition to reengage with a particular activity.



(Côté, 1999; Côté, Baker, & Abernethy, 2007; Côté & Fraser-Thomas, 2007)

Thank you