GớD SPÖRTS SPINE

The Good Sports Spine is a tool to help parents, coaches, teachers and sport administrators understand how they impact children's sport experiences. The two different 'climates' should be seen as opposite ends of a continuum. To support children to have positive sporting experiences, adults should aim to always fall under 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 drilling 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 idea

Learning Through Play

Modified games
Discovery approach
Smart questioning

Late Specialisation

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







