

Pedagogies of youth sport



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Pedagogy



Pedagogy

Scientific discipline aimed on holistic, all-round development of the individual (physical, intellectual, moral, aesthetic development and working habits)

Sport

Pedagogies applied in youth sport



Pedagogical approaches in youth sport

METHOD OF PERSUASION

- To educate and transmit knowledge
- To convince
- To give advice
- To give example
- To be a role model

METHOD OF ENCOURAGEMENT

- Praise (public / personal)
- Public acknowledgment
- Demonstrating care and interest
- Reward
- Competitions (with self, own team, other teams)

APPROACHES USED BY COACHES

METHOD OF ADJUSTMENT, TRAINING AND CREATING HABITS

- Personal activity
- Development of habits (movement, working, hygienic habits etc.)
- Work (training)
- Organization of daily rhythm of life
- Adjustment of group life
- Developing positive/Preventing negative

METHOD OF PREVENTION AND INHIBITION

- Control
- Warning
- Reprimand
- Criticizing (in person/public)
- Punishment

Pedagogical approaches in youth sport

APPLICATION IN PRACTICE

Individual - based on:

- ❖ Individual characteristics of the child/young athlete
- ❖ Age specifics (different approaches with young children/pubertal children/adolescents)
- ❖ Period of participation in sport (novice/experienced)
- ❖ Circumstances – training, competition
- ❖ What we want to achieve



WHY DO WE USE THEM?

To achieve holistic and overall development of the personality of young athletes

To develop **intrinsic motivation** that will ensure active, long term participation in sport and **habits for healthy and physically active lifestyle**

GOAL

Not only to develop high performing athlete but also to educate and create **complete personality** with established personal values, positive attitudes and moral behavior.

WHAT PEDAGOGIES WORK BEST IN YOUTH SPORT SETTING?



SURVEY



**COACHES OF YOUNG
ATHLETHS IN DIFFERENT
SPORTS**

METHODOLOGY

Sample

- 35 coaches
- 15 different sports



Sports

Handball, football, futsal, basketball, volleyball
Karate, judo,
Athletics, gymnastics
Table – tennis
Sports climbing

Instrument

Designed for the purposes of the survey

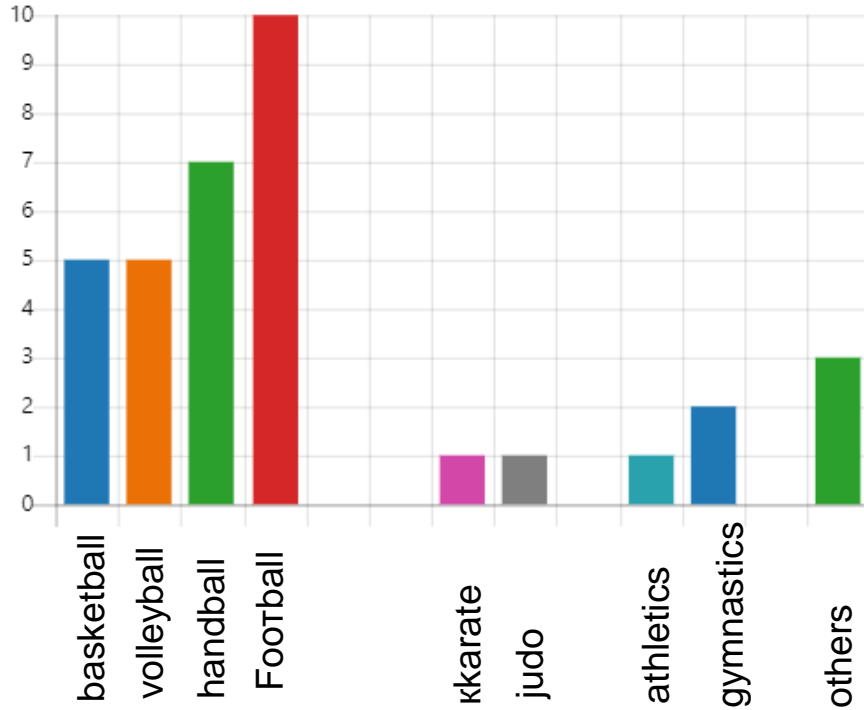
- 10 questions
- 2Q general – sport and age group of children that are working with
- 4Q– Likert type scale for most frequently applied approaches
- 3Q open type

Open questions

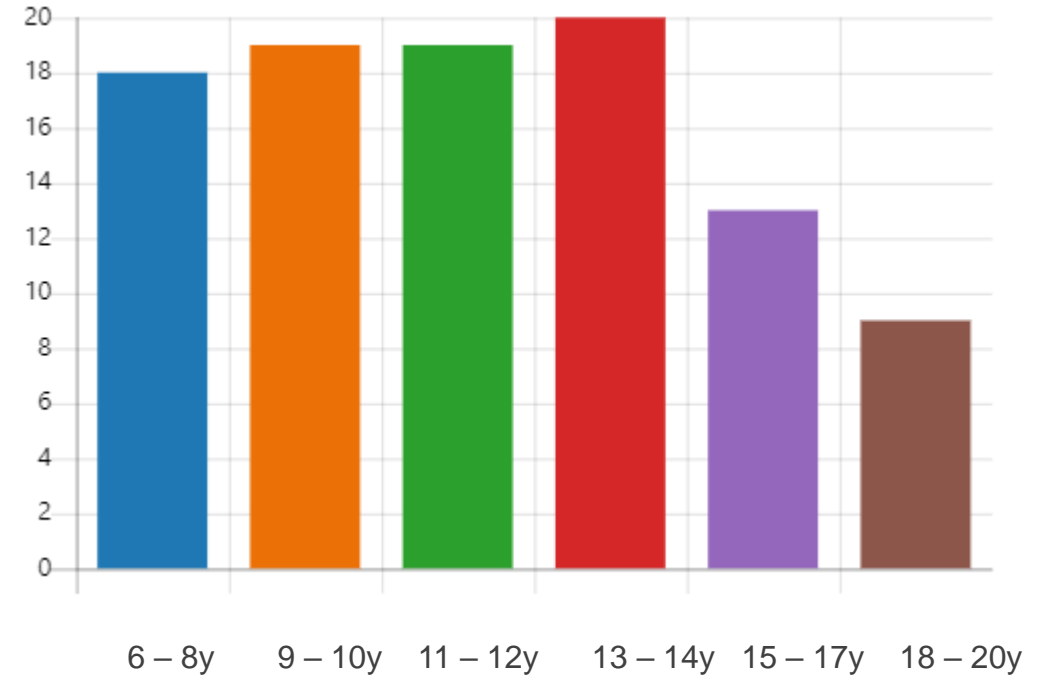
- If you use rewards, what are they?
- If you use punishments, what are they?
- List 3 – 5 characteristics of the coach that are most needed and required when working with children and young athlete

PARTICIPANTS

Distribution per sports



Distribution per age groups that they work with



COACH PROFILE

- 22 have a degree in physical education and/or sport
- 9 former athletes in sport they coach
- 4 still active and compete in senior competitions without sport degree

RESULTS

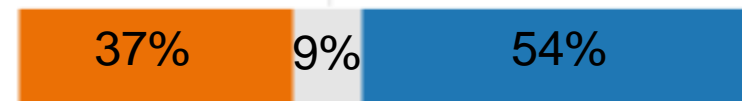
What are your priorities in coaching?

Completely applicable for me partly applicable for me Not applicable for me

Most of the time of process of training I dedicate to improvement of technical skills and motor abilities



Minimal time I dedicate to pedagogical issues and support of children personality



I dedicate equal amount of time to improve technical skills and motor abilities as well as to pedagogical issues and support of children personality

100%

0%

100%

Coaches opinion

Aware of importance of both aspects of training process – development of sport specific skills as well as personal skills and impact that they have on building children’s and young athlete personality

Pedagogical approaches in youth sport- opinions of coaches

METHOD OF PERSUASION

- 92% completely **use persuasion** and work to educate children for the importance of physical activity, training and good behavior
- 91% completely, 8 % partly **allocate time for education for health benefits** and development of healthy habits
- 93% select **contents that can support personal development**
- 97% strive to be **positive example** with their behavior
- 60% completely, 40% partly **encourage children to identify their strong and weak sides** and work on their improvement

METHOD OF ADJUSTMENT, TRAINING AND DEVELOPMENT OF HABITS

- 54% completely and 46% partly give **short and precise instructions** and strictly follow the training plan
- 86% define **strict rules** of behavior in the team and 91% **strive to apply them equality** for all
- 94% **strive children to achieve working discipline** during process of training
- 71% **encourage children to follow the progress by them self's and to be involved actively**

Pedagogical approaches in youth sport- opinions of coaches



METHOD OF ENCOURAGEMENT

Use praise

95% use it

Use of reward

- For good performance on training (occasionally 32%, often 30%)
- For good results and behavior on competitions (occasionally 30%, often 35%)



METHOD OF PREVENTION AND INHIBITION

Warning

Divided opinions

27% occasionally, **35% often**, 24% always

Reprimand/Rebuke

Divided opinions

14% never 30% rarely **46% occasionally**

Use of critics

Training (rarely 27%, occasionally 37%)

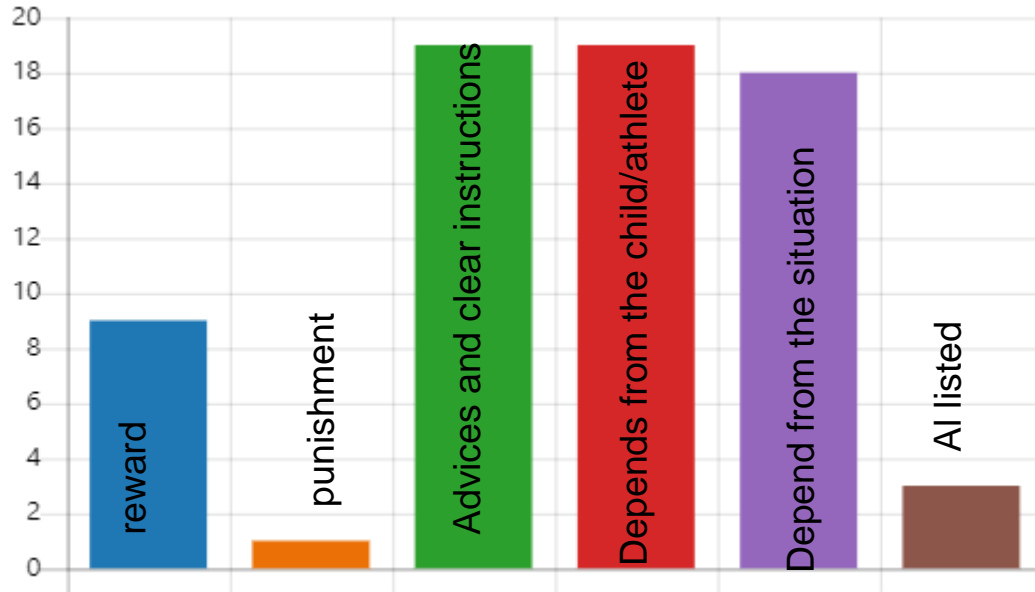
Competitions (rarely 19%, **occasionally 38%**, often 16%)

Use of punishment

For bad behavior on training (rarely 27% occasionally 30%)

For mistakes and bad achievement on competitions (never 51%, occasionally 32%)

Pedagogical approaches in youth sport- opinions of coaches



Rewards – type depends from the age

- Praise
- Possibility to chose a game to play or partner
- Appreciation document
- Common gathering – picnics, lunch with the team
- T – shirts, things with logo of the club etc.

Punishments – depend of the reason

- Additional “punishment exercises”
- To collect the equipment by itself
- Continue the training independently from the group
- Critics
- Warnings

Motivation

- Advice and clear instruction
- Individualized approach – based on the child/ athlete/situation



Characteristics of good youth coach – opinions of coaches

- ✓ **Knowledge** for the sport and for children development characteristic
- ✓ Pedagogical approach
- ✓ Patience and dedication
- ✓ Empathy
- ✓ Good communication skills

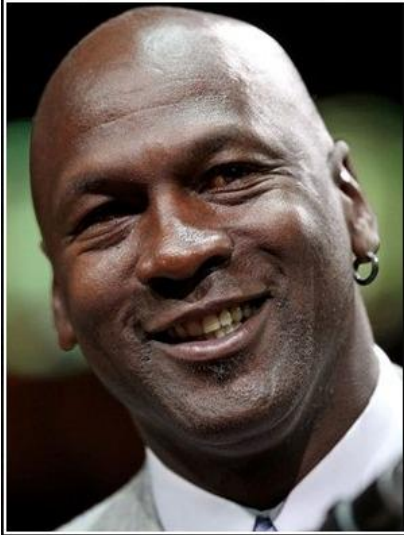
CONCLUSION

Gradation in applied pedagogies in youth sport
Method of persuasion → Prevention and inhibition

Need for individualized approach

Good youth coach=
competences + personal qualities





A coach is someone that sees
beyond your limits and guides you
to greatness!

— *Michael Jordan* —

AZ QUOTES



A good coach
can change
a game,
**A GREAT COACH
CAN CHANGE
A LIFE.**

-*John Wooden*

Thank you for your
attention