



Working actions factor **Autonomy**

Actions for coaches/trainers

- Encourage youngsters right after the training to tell which parts they liked most and why. **Use the appropriate feedback in the next trainings.** Discussing goals and strategies with youngsters is helpful. **Listen to participants voice**, encourage youngsters to ask questions during training.
- Start the training with a **short warm-up, during which let the youngsters choose and play their own games.** Ask them to have different roles, referee, timekeeper, coach, let them express their choices.
- Ask youngsters **how his/her perfect sport season would look like** and support him in achieving it.

Actions for clubs

- Create a **youth committee**, to participate in club decisions. **Sharing leadership and decision-making with youngsters** is sharing on the rewards of sport.
- Allow youngsters to provide their input by creating a **positive and constructive dialogue**, which stimulate pro-activity and different initiatives, provide new choices and challenges and encourage responsibility and autonomy.
- **Give youngsters an active role** in recruiting and organizing the participation of newcomers.
- Ask youngsters in person to participate in activities to **make them feel important.**
- Reinforce **youngsters'** autonomy by **leaving them to make decisions** regarding tasks and activities they would like to participate in.
- Give youngsters multiple opportunities to practice sports; **let them participate in the sport they enjoy and feel like provide the most rewarding experience.**
- Whenever possible, **supervise the youngsters' practice**, allowing for self-organization tasks and activities.