



Working actions factor Type of Sport Offer

Actions for coaches/trainers

- Be aware that **overspecialization at an early age denies children an opportunity to learn about many sports** and to determine which sports appeal most to them.
- Incorporate **other style of play** into training; it will increase attractiveness.
- Help youngster **finding and choosing another sport (club)** if they want to quit.
- Help youngsters and their parents with **finding a new sport club** if they move to another place.

Actions for clubs

- Provide **coaching for all levels** and allow time for player's development.
- Organize exchanges between neighbouring clubs.
- If **schools and sport clubs cooperate**, youngsters can get the opportunity to try to choose between different sports.
- Organize **sport offered according to different levels**, intensities, skill levels and level of involvement: create separate groups for the ones who practice with or without goal orientation. Maturation levels should also be taken into account when teams are constituted by both genders, especially during pre-puberty and post-puberty periods.
- Promote the **development of recreational forms of physical activities**, games and sports, allocating special time slots when the facilities are open to groups or individuals that do not take part in other types of organised and structured sport.