



## Working actions factor Perceived Competence

### Actions for coaches/trainers

- Compliment and reinforce youngsters on their effort and results.
- Try to consider the youngsters' developmental rhythm and respect trainability; be patient and postpone the introduction of new skills training tasks in the training process until the previous stages are processed; adjust and accelerate when they are ready to move to the next training challenges.
- Create a good balance between challenging tasks and success experiences.
- Use infographics of the skills and tasks so youngsters can check how the skills and activities are performed.
- Give meaningful explanations that take into account the cognitive abilities, the personal goals, and the wishes and interests of the youngsters.
- By giving constructive feedbacks, encourage every bit of progress
- Express your confidence in the capabilities of your youngsters when giving them challenging tasks.
- Do not stress the mistakes the youngsters make during the learning process; it is important to adjust learning strategies, exercises and tasks to overcome problems.
- Use an individual approach. Every team and every youngster are different.
- Make appeal to self-evaluation in regards with the standard expectations; provide tools for this.

### Actions for clubs

- Recruit young people, currently active in sports club, as instructors or assisting coaches. Sometimes paid, sometimes on volunteer basis.
- By giving youngsters an active role both in the training process and in social intervention, they can become role models for others. Reinforce the focus on the youngsters' individual talent.
- Provide to youngsters opportunities to collaborate in activities, games and events organization, giving them responsibilities and specific goals to achieve.
- Through physical activities, as well as social activities (organising activities for vulnerable groups in the neighbourhood), the youngsters learn that they can have influence on their social environment and can actively provide help to others. This also strengthens their self-efficacy and self-image.