



Working actions factor Values

Actions for coaches/trainers

- Coaches must promote **trust, respect and fun**. What youngsters receive from coaches and teammates reinforce their progress in sport, allowing them to value sport much better.
- **Invite a role model** (such as a professional athlete or senior players) to talk about important things in sport.
- Teach youngsters to **respect the opponent**; e.g. shake hands before and after a game; adjust communication language.
- Organise **discussions of the rules** of a team (the idea is that the rules and values behind them are mutually shared and everyone has an impression of having been involved in the process).
- Make sure that your youngsters **work towards a goal** and that they comply with the rules, sport regulations, and ethical values.
- Teach youngsters about **fair-play and ethical values**;
- **The benefits of sport participation** should be clearly emphasized to youngsters and parents.

Actions for clubs

- Develop **infographics** that could explain those values and their relevance to youngsters and parents.
- **Educational seminars** to provide players information about the value of lifestyle planning, physical fitness and staying involved.
- Find programs and practices to **evolve a hobby of one family member into physically active lifestyle of the whole family**.
- Promote **family participation in the seminars** with tasks related to **sport values**.