
FOCUS ON FIVE KEY PERCEPTION SHIFTS

1. Early specialisation is good for development



Multiple sports, variety of skills and complementary skills are good for player development

2. Early success leads to adult success



Understanding that young people will develop at different ages and stages

3. Applying an adult sporting paradigm is the best approach to developing youth participants and delivering quality sports experiences



Participant-centric approach (understanding how kids learn and why kids play) is the best approach

4. If you're not in the top team, there's no point in continuing in sport



Involvement in sport at any level or stage in life is good

5. The harder and more often you train, the better the player you are



Over-training and over-playing leads to burn out and injury in young players
