



CONVENTION
Tallinn 2019

The importance of constantly being curious
Development of competition structure for U12 athletes in Sweden

Competition for children

- a tool to assist long term athlete development?

Where we are

- Many quit too early
- Many choose not to compete, or compete only occasionally
- Training: Short sessions, high activity, boys and girls together
- Competition: Long periods of waiting for short periods of running, jumping and throwing. Boys and girls separated
- Competitions often based on Olympic format (individual, ranking, elimination etc.)



SWEDISH ATHLETICS

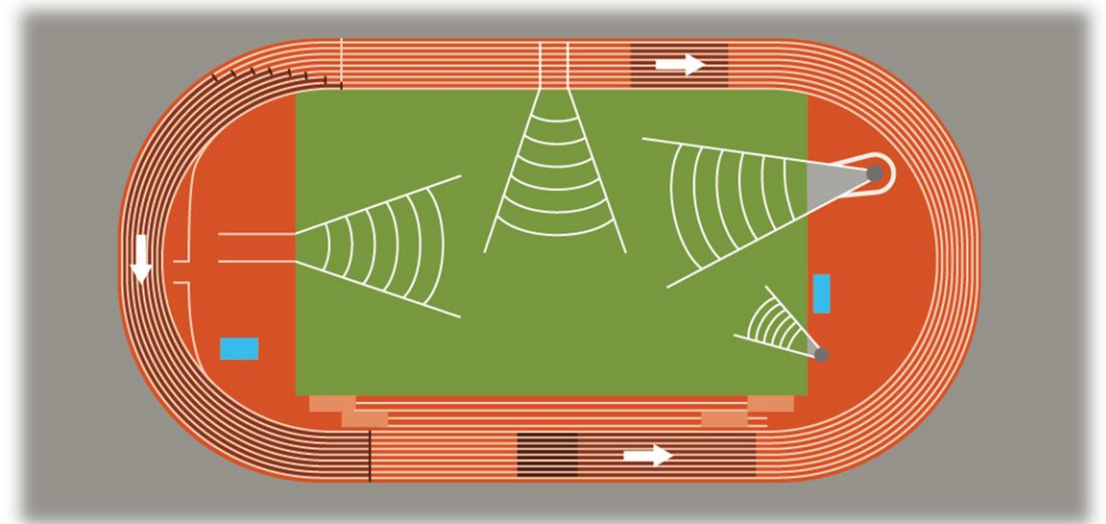
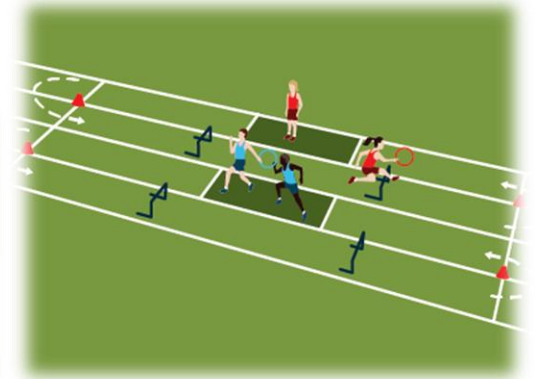
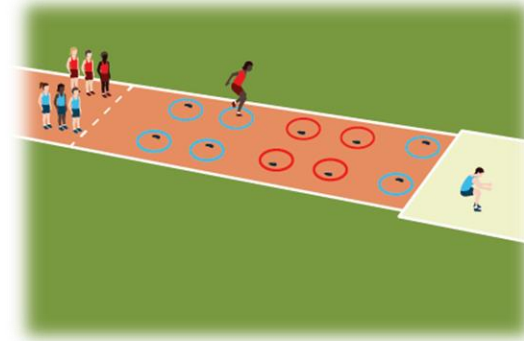
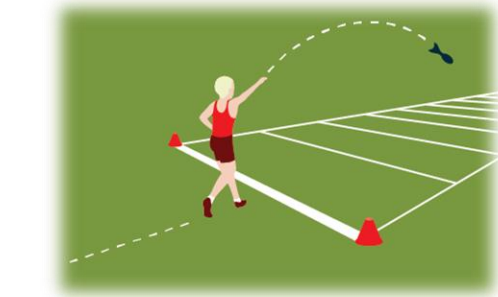
Competition for children

- a tool to assist long term athlete development!

Where we should be going

Competitive formats

- Outdoor and indoor
- Team and individual
- Different kinds of facilities
- Flexible use of facilities
- Boys and girls together
- High on activity, low on waiting
- Performance based elimination should not be allowed



The role of competition

- a tool to assist long term athlete development

Suitable competition

If Swedish Athletics can...

- Describe a variety of “age and stage” appropriate competitive formats that can be used to contribute to athlete development

Then coaches and young athletes can...

- Choose to enter competitions that target the developmental needs (=maximize chances of learning and success) of a group of athletes

And hopefully...

- A larger number of athletes will remain in athletics until they are old enough to reach their potential



Invent the wheel?

The importance of cooperation



Adaptations to Swedish context:

- Age groups
- Team sizes
- Selection of events

Challenges ahead

Appreciation, yes. But also:

People looking for problems instead of possibilities

Intentional or unintentional misunderstandings

Rumours and misinformation

The idiots who came up with these ideas can't possibly understand anything



The federation wants to stop children from competing



This is not real athletics

