

# GOOD SPORTS<sup>®</sup> SPINE

The Good Sports Spine is a sense making tool to help adults understand how they impact children's sport experiences. The two different 'climates' should be seen as opposite ends of a continuum. Good Sports aims to encourage adults to move towards the Climate of Development.

## Climate of PERFORMANCE

### Attitudes & Behaviours

#### Winning & Losing

Focus on results  
Mistakes to be avoided  
Recognise ability

#### Only the Best Matter

Playing favourites  
Selective support  
Encouraging gossip & rumour

#### Strict Adult Control

Adults make all decisions  
Mistakes immediately corrected  
Dismiss children's ideas

#### Performance Training

Repetitive drills  
Direct instruction  
Punishment & reward

#### Early Specialisation

Single sport focus  
Year-round training  
Pressure to select one sport

## CHILDREN'S NEEDS

### INSPIRATION

Growth Mindset  
Process focus  
Coping skills

### CONNECTION

Support  
Sense of belonging  
Trust & fairness

### EMPOWERMENT

Ownership  
Self-direction

### PLAY

Opportunity  
Imagination  
Fundamental movement skills

### VARIETY

Sampling  
Appropriate structure

## Climate of DEVELOPMENT

### Attitudes & Behaviours

#### Effort & Improvement

Focus on getting better  
Mistakes necessary for growth  
Recognise effort and trying

#### Everyone Matters

Including everyone  
Unconditional support  
Encourage friendship & care

#### Kids Share Control

Children involved in decisions  
Time to correct own mistakes  
Recognise children's ideas

#### Learning Through Play

Modified games  
Discovery approach  
Smart questioning

#### Late Specialisation

Trying out multiple sports  
Balance with school & friends  
Waiting to select one sport