

What studies of elite athletes tell us about promoting long-term development

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After more than a decade of research...

We can confidently say:

1. Experts train differently than non-experts.

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Study 1: Decision-Making

- Expert vs. non-expert
- B-ball, F-hockey, N-ball
- Training history
 - Hours training
 - Other sports

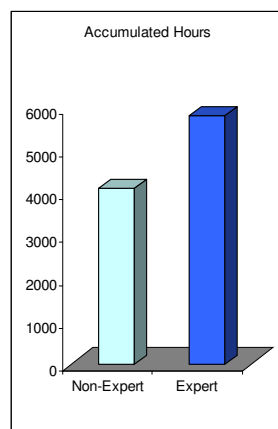
Study 2: Endurance

- Expert vs. intermediate vs. low
- Ironman triathletes
- Training history
 - Hours training
 - Other sports
 - Training units

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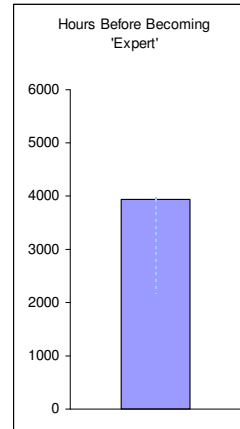
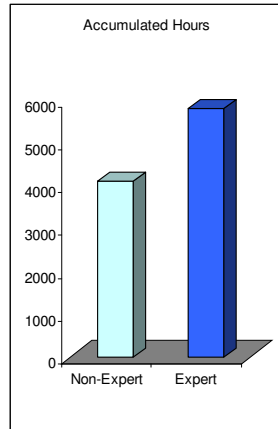
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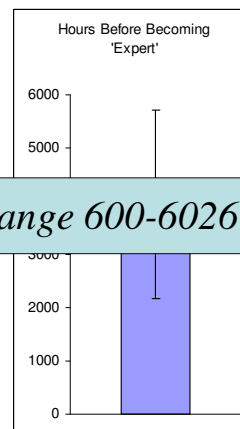
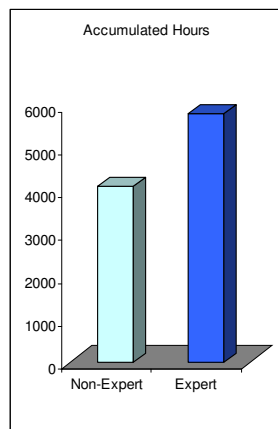
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Baker, Côté, & Deakin (2005). J App Sport Psych, 17, 64-78

	Experts	Mid-Pack	Back-Pack
<u>Hours to Date</u>			
Swimming			
Cycling			
Running			
<hr/>			
Total			

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	Experts	Mid-Pack	Back-Pack
<u>Hours to Date</u>			
Swimming	3273		
Cycling	5039		
Running	3457		
<hr/>			
Total	12558		

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	Experts	Mid-Pack	Back-Pack
<u>Hours to Date</u>			
Swimming	3273	2035	
Cycling	5039	2065	
Running	3457	2096	
Total	12558	6196	


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	Experts	Mid-Pack	Back-Pack
<u>Hours to Date</u>			
Swimming	3273	2035	654
Cycling	5039	2065	1725
Running	3457	2096	1744
Total	12558	6196	4123


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<i>Range</i>			


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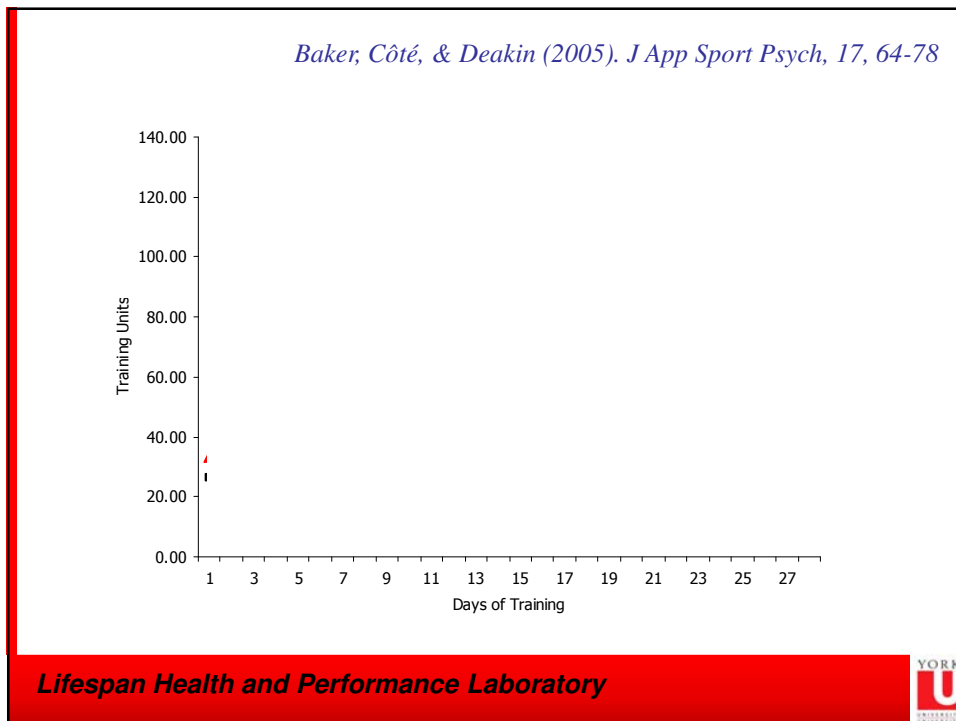
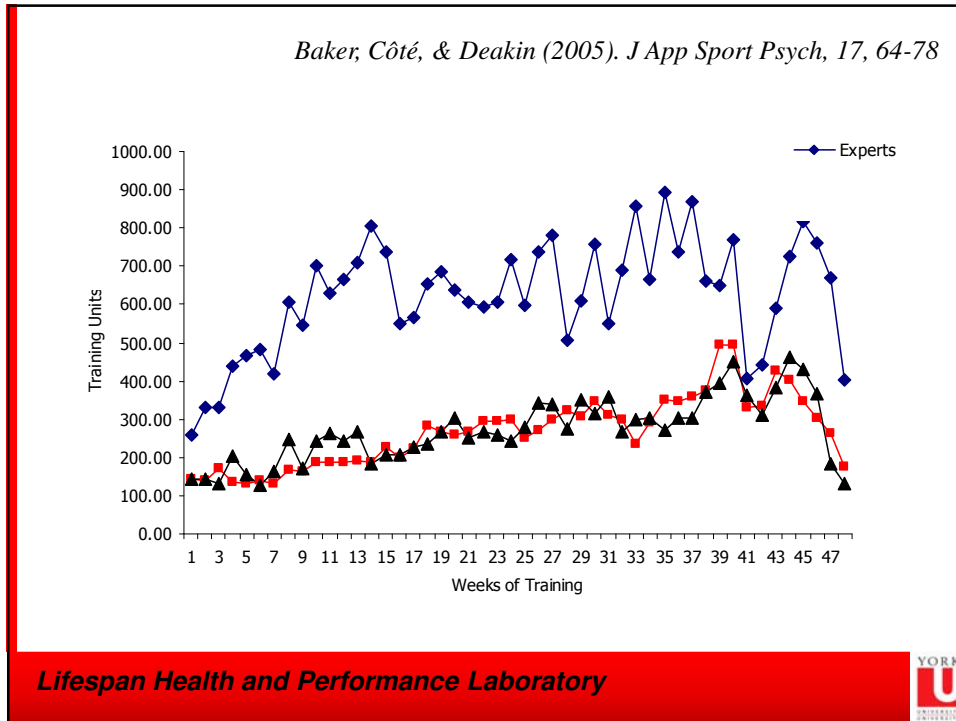
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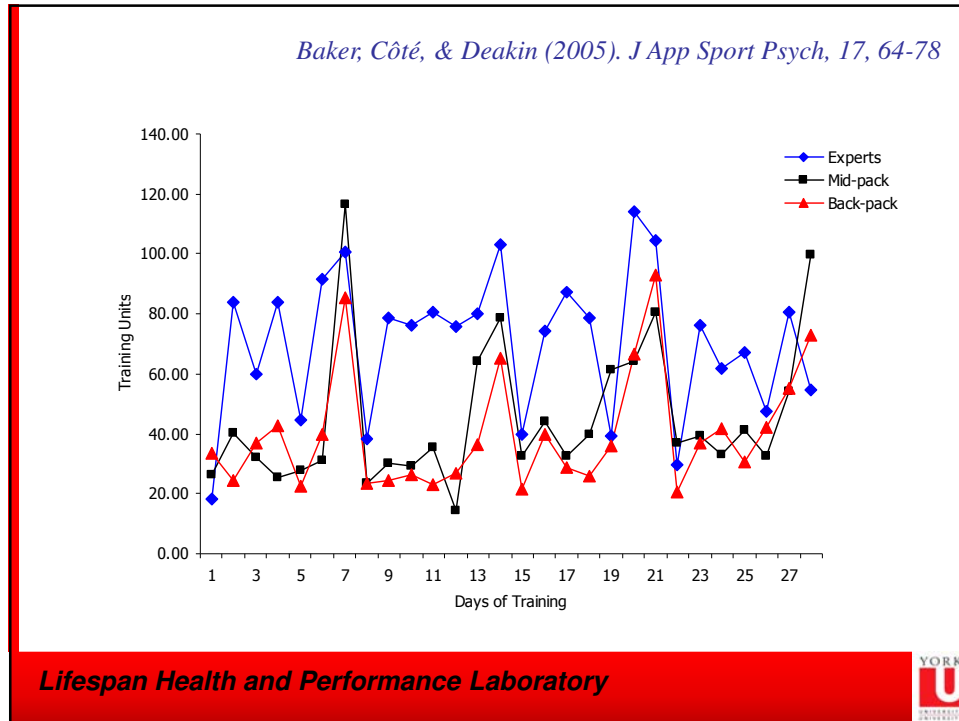
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Experts generally perform more training
Experts' training is higher in quality

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2. Optimal development occurs when training is matched to developmental status.

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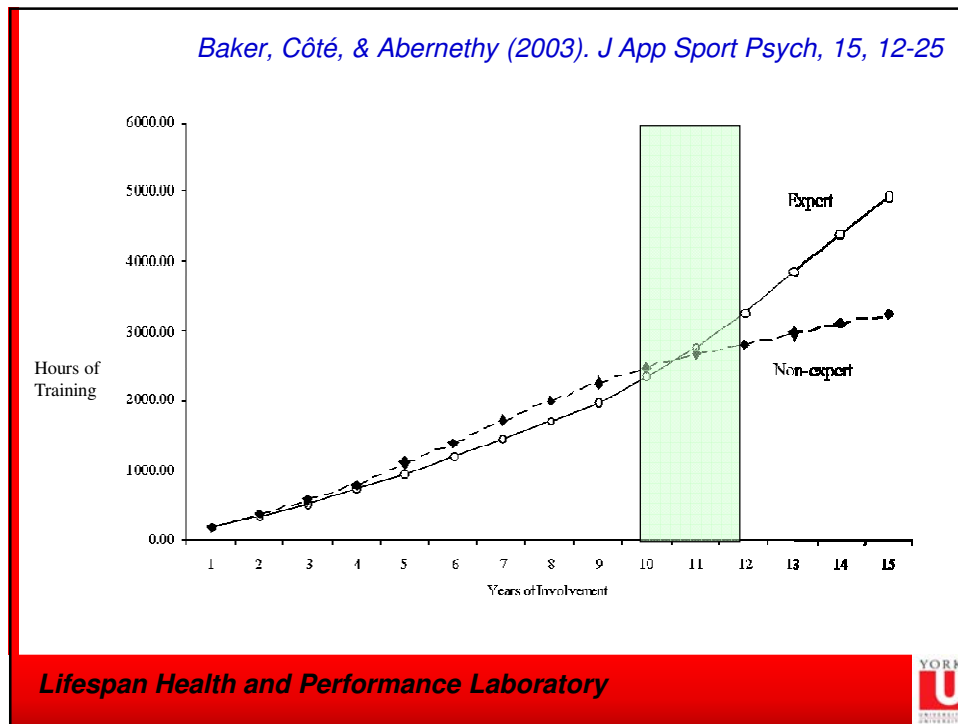
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Specialization vs. diversification

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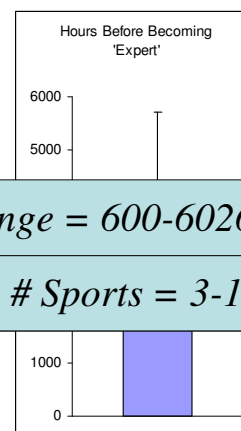
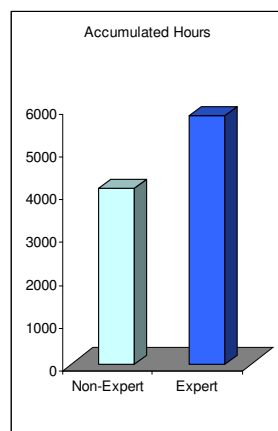
Specialization vs. diversification

Importance of unstructured activity

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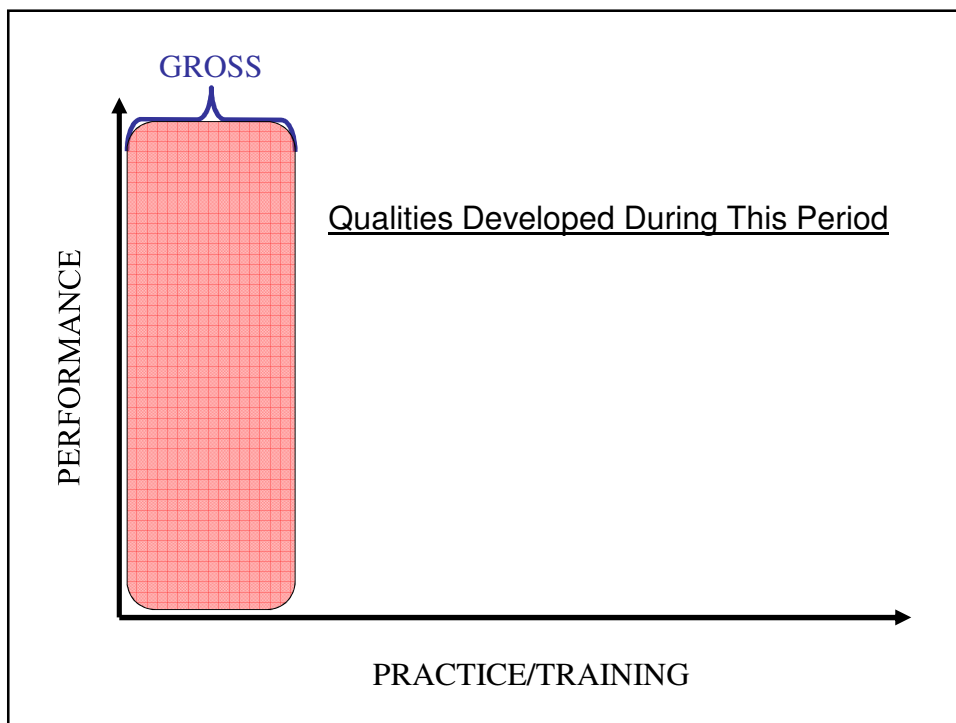
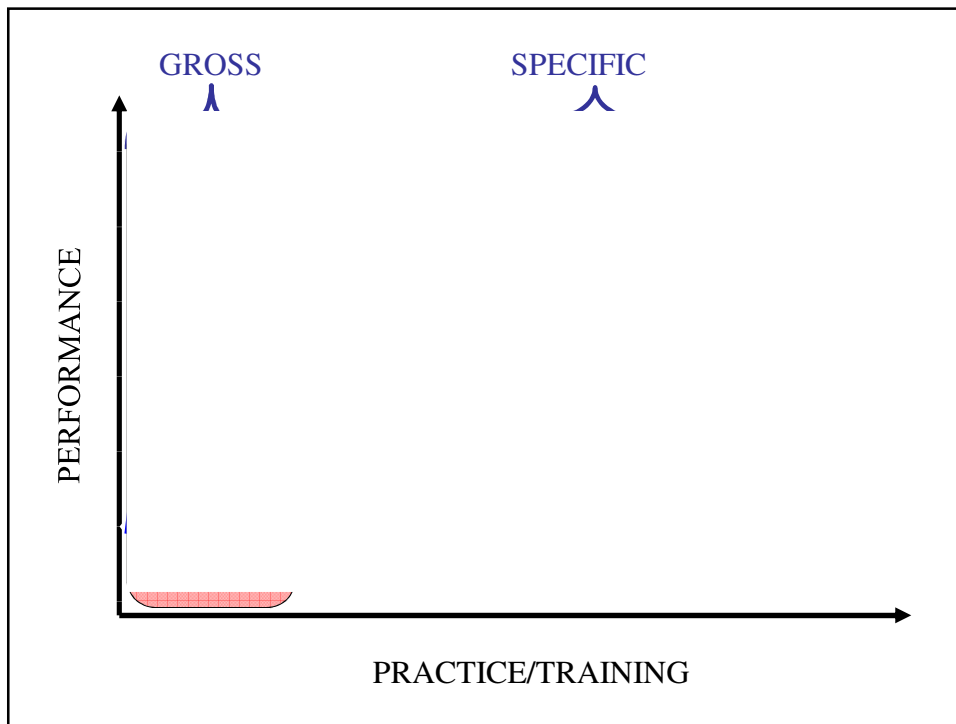


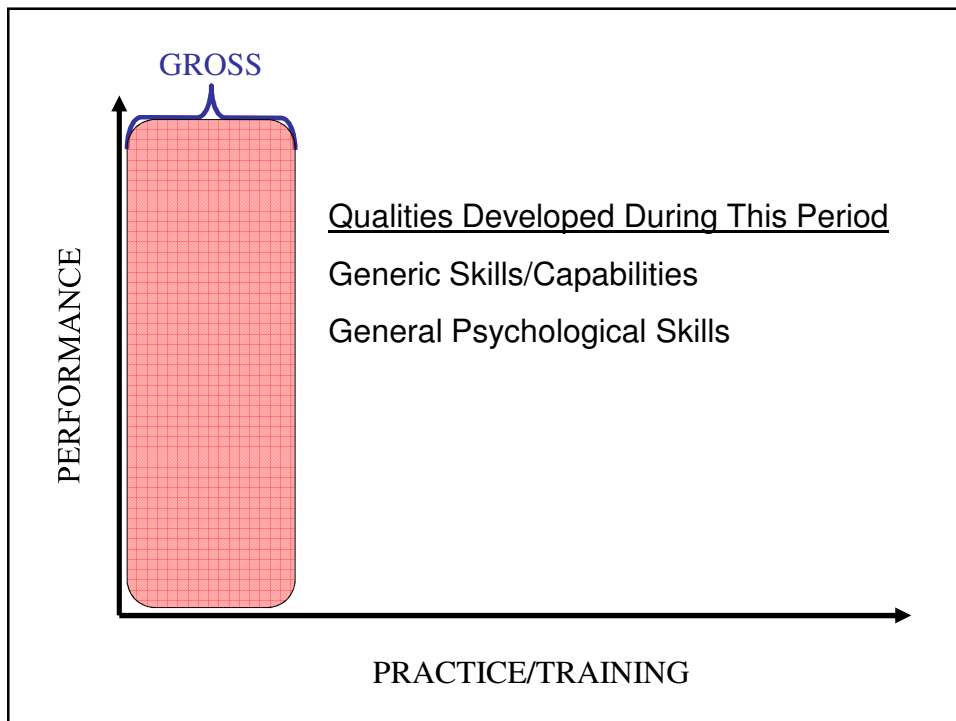
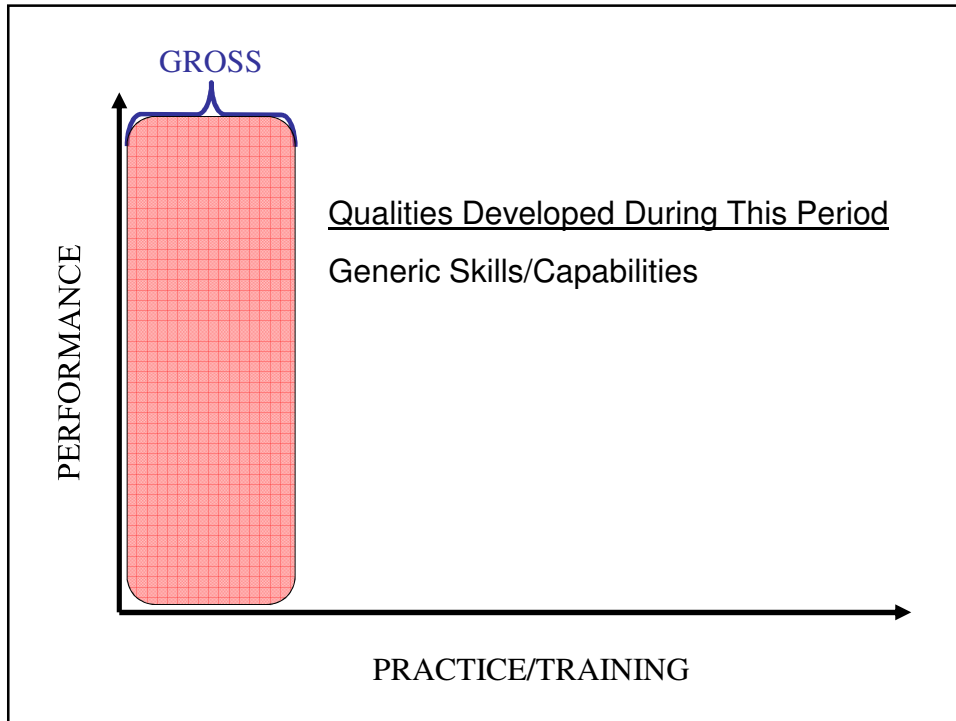
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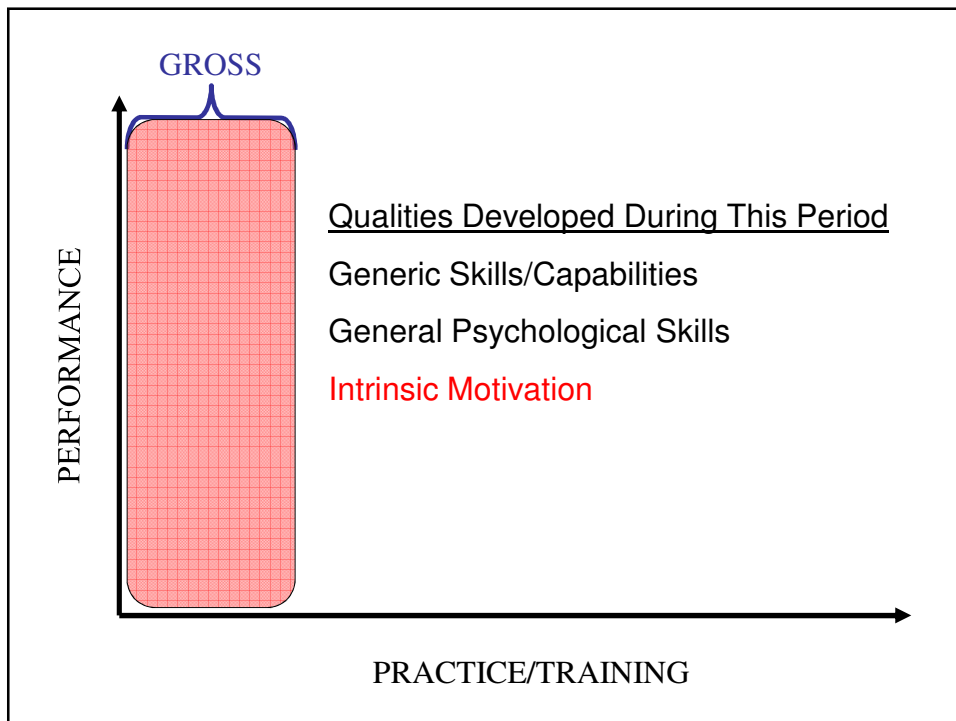
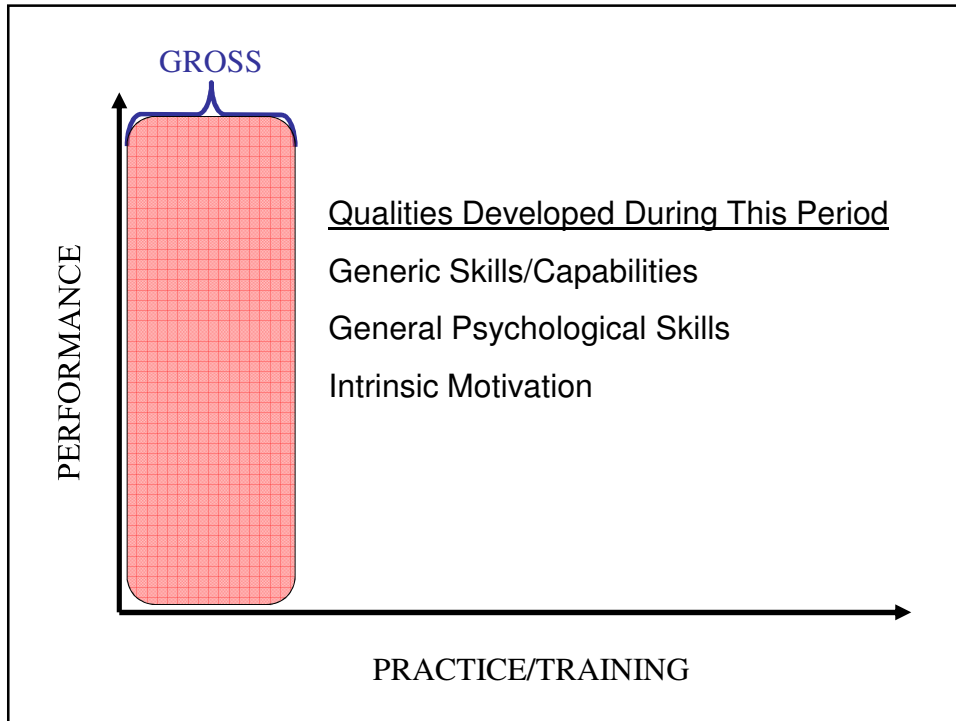


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3. Early exposure to essential resources is critical.

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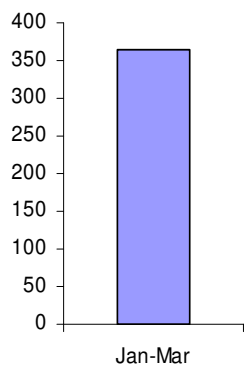
The Relative Age Effect

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Relative Age Effect in NHL draftees 2000-2005

Baker & Logan, BJSM, 2007

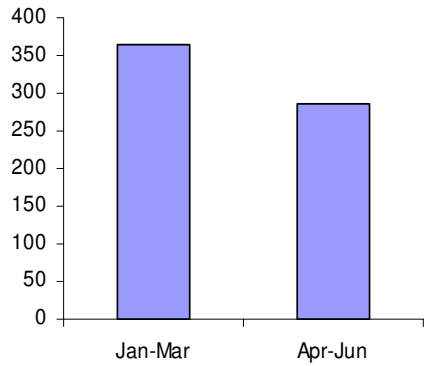


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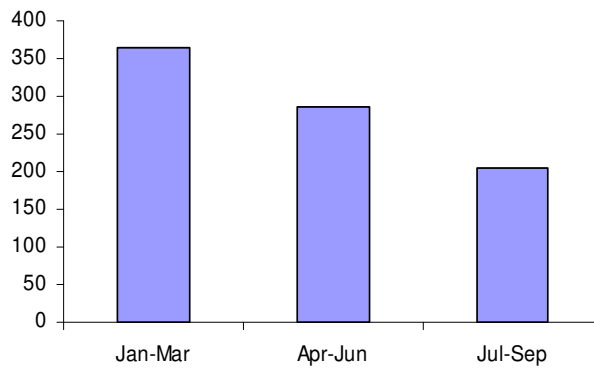


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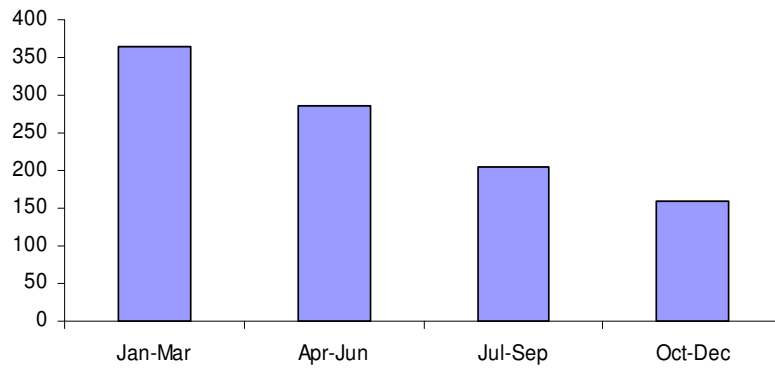


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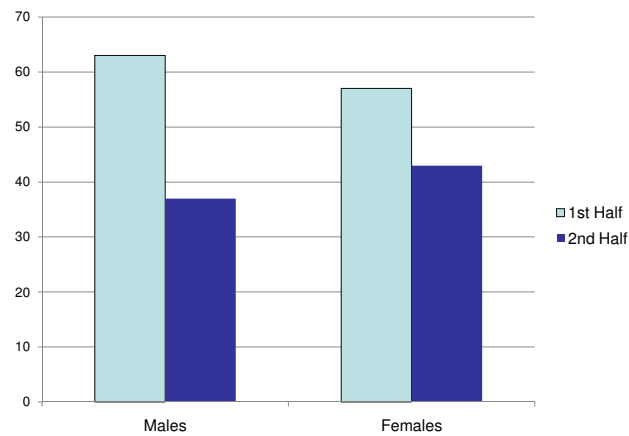
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Effect in Canoe/Kayak National Team



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Relative Age Effect (RAE)

Summary:

RAE has been found in a range of sports – ice and field hockey, cricket, baseball, football, gymnastics (-)

Possible explanations

1. 'Older' athletes experience more success.
2. 'Older' athletes more likely to be seen as gifted.

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The Relative Age Effect

The Birthplace Effect

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Birthplace Effect

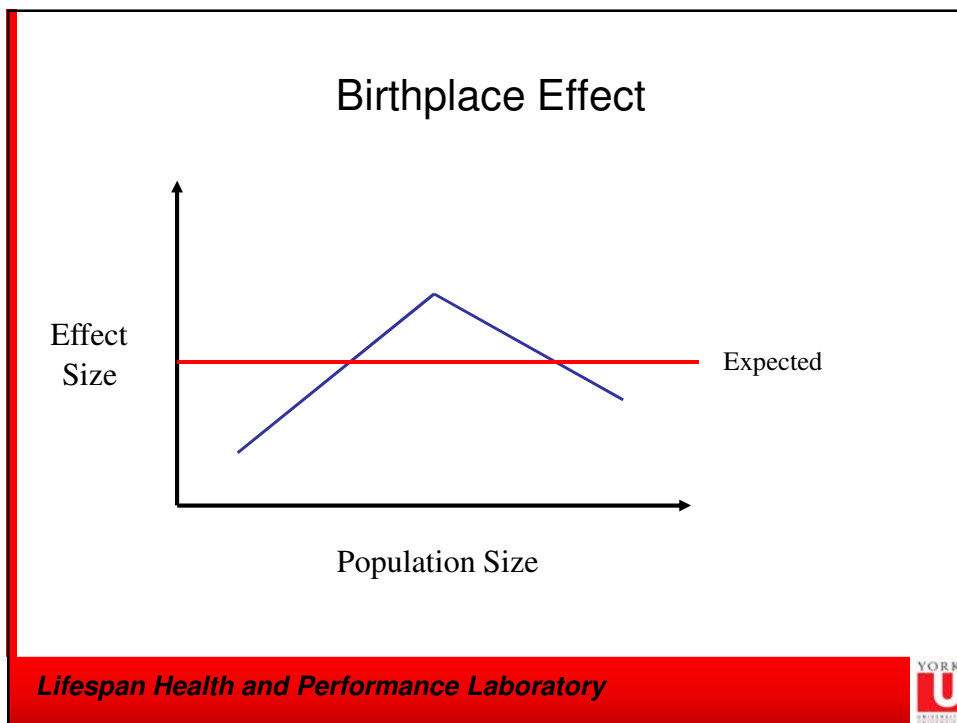
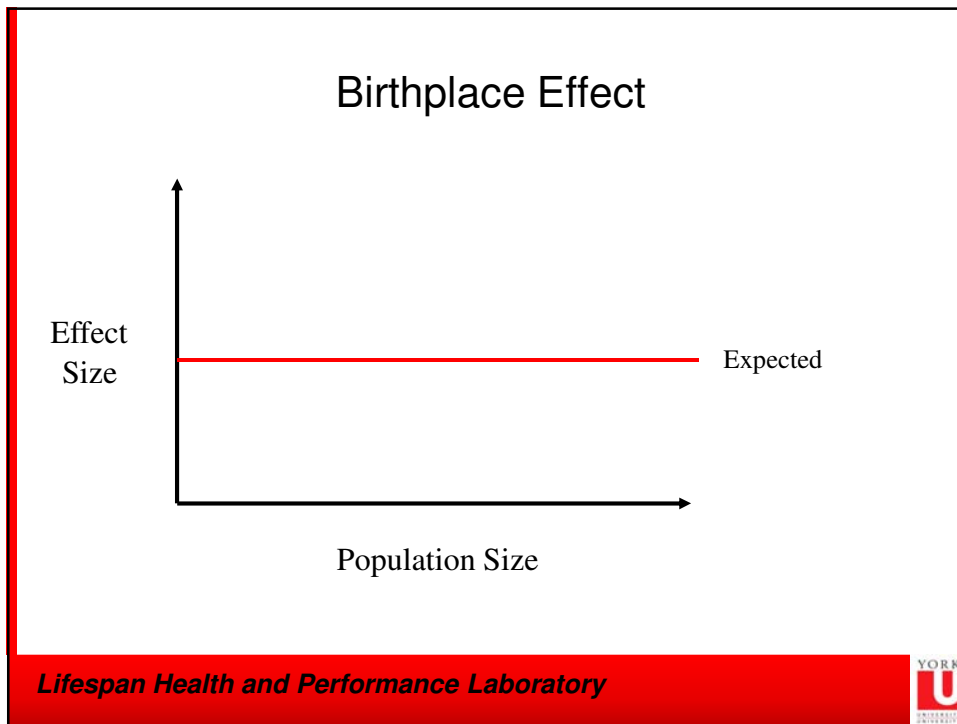
*Côté MacDonald, Baker & Abernethy, 2006;
Baker & Logan, 2007*

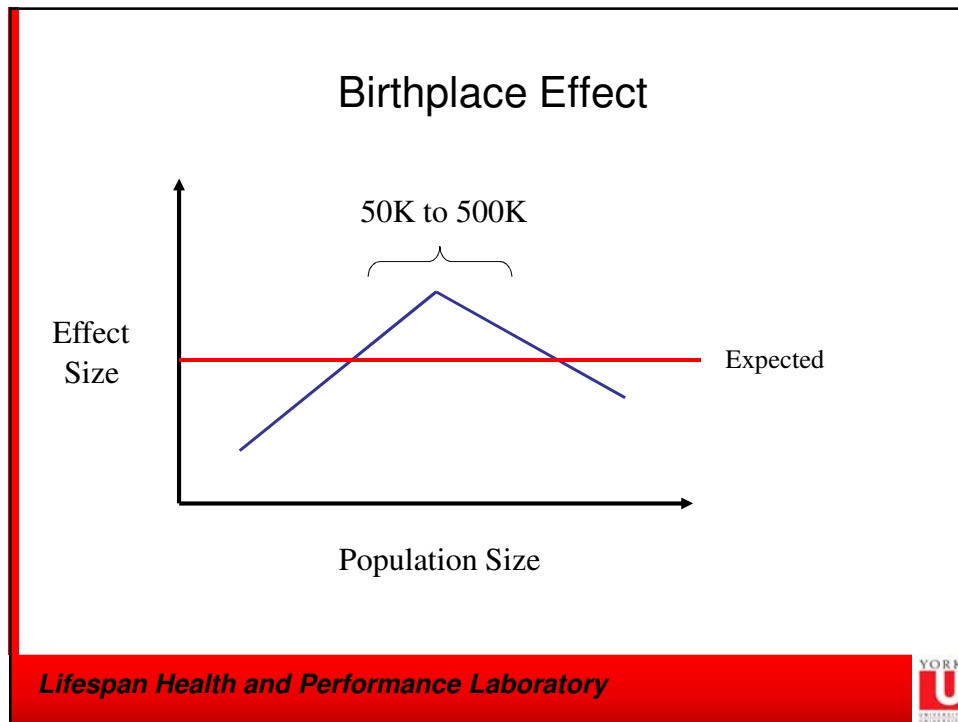
Examined:

The size of the town where athletes were born.

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Conclusion:

Size matters!

“top players are more likely to come from communities large enough to build rinks, but not so large that the demand for ice time outweighs opportunities to skate”

Curtis & Birch (1987) Sociol Sport J

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After more than a decade of research...

What can't we confidently say?

1. Any outcome can be achieved with enough training.

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10 year/10,000 hour rules

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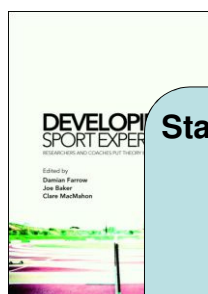
What can't we confidently say?

1. Any outcome can be achieved with enough training.
10 year/10,000 hour rules
2. Talent doesn't exist.

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Improving Talent ID and Development



Start small...

**Talent
Identification
and
Development in
Sport**
International
Perspectives

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Improving Talent ID and Development



**Start small...
but think big!**

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Improving Talent ID and Development



**Start small...
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• Planning

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Improving Talent ID and Development



**Start small...
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- Planning
- Building support

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- Building support
- Evaluation

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Improving Talent ID and Development



**Start small...
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- Planning
- Building support
- Evaluation
- Accumulate evidence

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Questions/Comments?

Contact me:

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