



WHAT IS FUN IN YOUTH SPORTS?

Amanda Visek from George Washington University talked to kids about what makes youth sports fun for them. In speaking to boys and girls of multiple ethnicities aged 8 to 17, Amanda identified (and ranked by importance) 81 different determinants that these kids said make sport fun. We have listed the top 40 here for you:

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| 1. Trying your best | 21. Improving athletic skill |
| 2. Working hard | 22. Clear, consistent communication from coaches |
| 3. Exercising and being active | 23. A coach who listens and considers players opinions |
| 4. Playing well together as a team | 24. A coach who allows mistakes, while staying positive |
| 5. Getting/staying in shape | 25. Making a good play, scoring, making a big save |
| 6. Playing well during a game | 26. Ball touches (dribbling, passing, shooting) |
| 7. Getting along with your teammates | 27. A coach who you can talk to easily |
| 8. A coach treating players with respect | 28. A nice, friendly coach |
| 9. Getting playing time | 29. Learning new skills |
| 10. Being strong and confident | 30. Having well-organised practices |
| 11. A coach who knows a lot about the sport | 31. Setting and achieving goals |
| 12. Keeping a positive attitude | 32. Taking water breaks during practice |
| 13. Competing | 33. A ref who makes consistent calls |
| 14. A coach who is a positive role model | 34. Getting help from teammates |
| 15. Supporting my teammates | 35. Having the freedom to play creatively |
| 16. Being challenged to improve/to get better at your sport | 36. Warming up and stretching as a team |
| 17. When players show good sportsmanship | 37. Parents showing good sportsmanship |
| 18. A coach encouraging a team | 38. Playing your favourite position |
| 19. Being supported by my teammates | 39. Being around your friends |
| 20. Learning from mistakes | 40. Winning |

Visek, Amanda J., et al. "Toward Understanding Youth Athletes' Fun Priorities: An Investigation of Sex, Age, and Levels of Play." *Women in Sport and Physical Activity Journal* 1.aop (2019): 1-16.

