



Project DITEAM12

Diverse and Inclusive teams for children under 12

MOTIVATION – understanding and
use



Asociación
Mi Hijo y Yo





What will you learn today?

- What is motivation?
 - Definition
 - Explanation
 - Reasons for sport motivation
 - Observation
- Why is motivation needed?
 - How could children/ parents/ coaches benefit from this competence?
- How can motivation be achieved?
 - Examples of parental behavior
 - Goal-setting



What is this competence?

Defining motivation

Motivation concerns those internal processes that give behavior its energy, direction, and persistence.

The study of motivation wishes to answer two questions:

What causes behavior?

Why does intensity of behavior vary?



What is this competence?

Explaining motivation

Maslow's hierarchy of needs



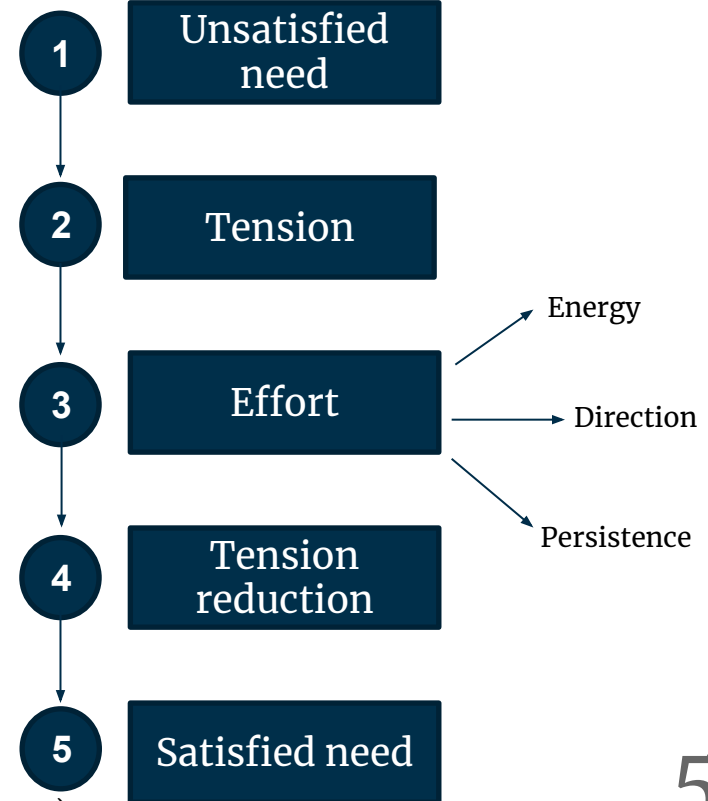
Reeve (2018)



What is this competence?

Motivation explained

PROCESS OF MOTIVATION





Why do we exercise?	What is behind the motivation?	Example:
Fun, enjoyment	Intrinsic motivation	A child spontaneously does sports – they play football or learn judo out of sheer enjoyment
Personal challenge	Flow	A child can get “in the zone” when the sport optimally challenges their skill
Forced to do so or asked to so by their parents	External regulation	A child does sports because their parents tell them to do so
Accomplish a goal	Goal	A child wants to win a championship
Health benefits	Value	A child does sport because he wants to be healthy
Inspiration	Possible self	A child watches a famous person (e.g. Cristiano Ronaldo) and wants to play football
Pursuit of a standard of excellence	Achievement strivings	A child runs track to be the fastest amongst hi/hers peers
Satisfaction from a job well done	Competence	A child masters a complex sport step by step and makes progress while feeling more confident (e.g. judo)
Good mood	Positive affect	A child is happy when playing a sport
Alleviate guilt	Introjection	A child plays a sport because he/she doesn't want to be excluded from friends
Relieve stress	Personal control	A child plays football after school
Hang out with friends	Relatedness	Playing sports is a social event for a child to enjoy time with friends

Table 1
Possible reasons for a child to play sports



What is this competence?

Types of motivation

AMOTIVATION

INTRINSIC
MOTIVATION

EXTRINSIC
MOTIVATION

What is this competence?

Observing motivation



Behavior

- Effort
- Persistence
- Choice
- Probability of response
- Facial expressions
- Bodily gestures

Engagement

- Emotions
- Cognitions
- Agency

Self-report

- Conversation
- Scientific measurement



Activities

Activities to work on understanding
motivation



[Activity 1]

Think and write up to five reasons why a child would be motivated to play sports?

ACTIVITY HELP – Questions:

- Where does the motivation to play sports come from?
- What is the motivation to play sports?
- Why would a child not wish to play sports?
- Is motivation stable? Elaborate.

[Activity 2]



How would you recognize if your child is not motivated to train the sport he or she is enrolled in?

ACTIVITY HELP – focus on:

- Behavior
- Engagement
- Self-report





- Why is motivation needed? How could children/parents/coaches benefit from understanding motivation?

- Key factor for any behavior
- Helps develop child's interest in sport from an early age
- Mothers and fathers are child's role models and are especially important in his/hers motivation for sport
- Motivation for sport leads to important development
 - Self-esteem
 - Social skills
 - Movement skills
 - Healthy lifestyle



How can this competence be achieved?

Step 1

Examples of parental
behavior positively
affecting child
motivation

Example 1

Providing positive verbal feedback

- Giving positive praise has been shown to produce adaptive forms of motivation
- „I saw you did a very good job today at practice.“
- „You handled the ball well today and included your teammates into play.“



How can this competence be achieved?

Step 1

Examples of parental
behavior positively
affecting child
motivation

Example 2

Behavioral reinforcement

- Means to reward wanted outcomes in sport
- „I saw you are really focused on improving your skills as a judoist, so we are going to get you a new kimono.“
- „As your team played well today we are going to your favorite ice cream shop to celebrate.“



How can this competence be achieved?

Step 1

Examples of parental
behavior positively
affecting child
motivation

Example 3

Autonomy supportive style of parenting

- Means to show interest in the child.
Having conversations about his or her sport with the child.
- „What new skill have you learned at practice today?“
- „It is your decision if you wish to continue competing in football and I will support your decision.“



How can this competence be achieved?

Step 1

Examples of parental
behavior positively
affecting child
motivation

Example 4

Focusing on child – parent relationship

- Means to have a positive relationship with your child inside and outside of sport.
- „I look forward to seeing you play in the game on Sunday“
- „If you want to talk about what happened in the game, please do so.“
- „If you have a problem regarding your sport or anything in your life, you can come to me always.“



How can this competence be achieved?

Step 1

Examples of parental
behavior positively
affecting child
motivation

Example 5

Having expertise in the child's sport

- Showing knowledge about your child's sport.
- „Coach tells me your pick & role is improving, but you need to improve your zone defense.“
- „There is a professional judo competition this week. Do you want to go and see how they perform the Kibisu Gaeshi?“



How can this competence be achieved?

Step 1

Examples of parental
behavior positively
affecting child
motivation

Example 6

Having and showing tolerance

- Showing tolerance towards the child and having the absence of negative reactions in regards to a mistake or defeat.
- „You and I can both be angry about what happened at today's game, but the important thing is that you are developing your skills and having fun“.
- „I am not angry that you made a mistake in the game. I am actually proud of you and how you handled it afterwards. You did not stop trying.“



How can this competence be achieved?

Step 1

Examples of parental behavior positively affecting child motivation

Example 7

Parental support and facilitation

- Material and emotional support
 - Taking child personally to a practice or game.
 - „I will drive you to practice and I am looking forward to spending time with you.“
- Unconditional support
 - Showing unconditional support independent of outcomes of games/practices.
 - „It does not matter to me how well you play, I just want to see you have fun and will support you.“
- Watching – spectating
 - Coming to the child's practices and games.
 - „No matter how busy I am on Saturday, I will come to your game and watch you.“



How can this competence be achieved?

Step 1

Examples of parental
behavior positively
affecting child
motivation

Example 8

Encouraging participation

- Showing the child that it is important to participate in practice or competitions, and that results are not what is most important.
- „Have fun playing the game. Regardless of winning or losing I enjoy watching you play when you are continuously developing your skills and having fun.“
- „If you are the best at practice like you say, maybe you can try and spend some time teaching the skills you know to your friends so you all can participate.“



How can this competence be achieved?

Step 1

Examples of parental
behavior positively
affecting child
motivation

Example 9

Facilitating practice and play

- Enabling the child to perform the sport at home after practice or after a game to showcase what he or she has learned.
- „Let’s go play outside and you can show me how you have improved your skills.“
- „I set up a basketball hoop outside the building so you can practice.“



How can this competence be achieved?

Step 2

Effective goal-setting

A goal is something we are trying to accomplish and in turn generate motivation.

Principles of effective goal setting:

Difficulty

Specificity

Congruence



How can this competence be achieved?

Step 2

Effective goal-setting – examples

- Goal difficulty
 - A goal has to be difficult enough for us to want to achieve it, but realistic so we can achieve it as well.
 - „Son since you made 5 pases to your teammates at the last game, I believe you are right and you can try getting 6 passes today.“
- Goal specificity
 - Clearly define a goal – what specifically do we want?
 - DON‘T SAY „Play nice with other players today“ RATHER SAY „Try and give the ball to each of your teammates today“
- Goal congruence
 - Goal has to match the child’s needs and wishes.
 - „You said this is something you wish to do, so lets see it as a goal.“

Remember to
always have fun...
and not replace the
coach 😊

- We presented you examples on how you can motivate your child and be supportive of his/her sport participation.
- A coach might use the same steps to try and motivate your child. Please remember you should always be a parent first and not replace the coach, but do remember you are important to your child's motivation for sport.
- We encourage you to try and find ways to work with the coach so the child can benefit from the parent-coach relationship the most.
- Most importantly as a parent...
notice and praise every behavior the child makes to achieve his/her goal.



Good Practices

Examples of good practices in
fostering motivation

Good Practice #1

- How can you help motivate your children when it comes to their sport?
 - Written by dr. Lara Mossman for Working with Parents in Sport (WWPIS)
 - **10 tips** to help sustain higher quality motivation for your child
 - <https://www.parentsinsport.co.uk/2019/03/10/how-can-you-help-motivate-your-children-when-it-comes-to-their-sport/>

Good Practice #2

- 4 Key Sport Parenting Tips to Help Kids Grow & Excel
 - Written by dr. Chris Stankovich
 - Helpful tips for sport parents. Remember the child wants to have fun while playing the sport
 - <https://drstankovich.com/4-key-sport-parenting-tips-to-help-kids-grow-excel/>



Think/ Practice!

1. What is motivation?
2. How can motivation be observed?
3. Why is motivation important?
4. Which parental strategies can influence child's motivation?
5. How can we set goals to motivate?

Further resources



- What is motivation?
<https://www.verywellmind.com/what-is-motivation-2795378>
- What to do when you have no motivation?
<https://www.verywellmind.com/what-to-do-when-you-have-no-motivation-4796954>
- The influence of parents in youth sport
<https://believeperform.com/the-influence-of-parents-in-youth-sport/>
- Youth in Sport – Keeping kids in the game
<https://www.youtube.com/watch?v=yGQDm5o6-7U>
- Changing the game in youth sports
<https://www.youtube.com/watch?v=VXwoXGOVQvw>
- SMART Goals - <https://www.youtube.com/watch?v=1-SvuFIQjK8>
- Sport Psychology – Parents motivating children
<https://www.youtube.com/watch?v=u5l6YNeZ3pI>



What have you learned?

- Definition of motivation and basic understanding of how it works
- Reasons for a child to be motivated for sports
- Observing motivation in everyday settings
- Importance of motivation
- Parental behavior influencing child's motivation
- Basics of goal-setting



Sources

- Keegan, R. J., Harwood, C. G., Spray, C. M., & Lavalley, D. E. (2009). A qualitative investigation exploring the motivational climate in early career sports participants: Coach, parent and peer influences on sport motivation. *Psychology of Sport and Exercise*, 10(3), 361–372.
- Keegan, R., Spray, C., Harwood, C., & Lavalley, D. (2010). The Motivational Atmosphere in Youth Sport: Coach, Parent, and Peer Influences on Motivation in Specializing Sport Participants. *Journal of Applied Sport Psychology*, 22(1), 87–105.
- Kolayış, H., Sarı, İ., & Çelik, N. (2017). Parent-initiated motivational climate and self-determined motivation in youth sport: How should parents behave to keep their child in sport?. *Kinesiology*, 49(2), 217–224.
- Reeve, J. (2018). *Understanding motivation and emotion* (Seventh edition). John Wiley & Sons.
- Semercioğlu, B.A. (2019). What L&D professionals need to know about motivational psychology in the workplace. Retrieved from <https://tofasakademi.com/what-ld-professionals-need-to-know-about-motivational-psychology-in-the-workplace/>