

Watching the Understanding Talent video with young athletes

The following is a document you can use when watching the Understanding Talent video with young athletes (find the video at: www.sisport.com/talent). It is designed to promote further discussion and understanding to make sure the key messages have been understood. Watch the video together and follow-up by asking what they remember. The key messages are listed on the left hand side of the table and we have included some questions you can ask and how you can help develop learning.

Key messages from the video	Ask....	How you can help
"Choose a sport you enjoy and that suits you. Different body types are suited to different sports, but it's what you do in training that really counts"	What physical skills are important in your sport?	Keep them focused on developing the physical skills they will need at the top level
"Everyone develops at different rates, so how good you are at the moment is not all that important"	Do you worry about how you compare to other athletes?	Make sure they know that everyone is different and how fast or slow you develop won't affect what you can achieve in future
"Others might be better when they're young because they've practiced more or grown faster, but as you grow and develop there's nothing to stop you learning how to catch-up"	Have you seen this happen in your sport?	Help keep them focused on learning how to improve - not on what others can do!
"Understanding + Hard work = success"	Why do you think understanding is so important in being successful?	Knowing what to work on when you're young is crucial – working hard on the wrong things won't lead to success!
"Top athletes believe their ability comes from working hard rather than being born lucky"	What do you believe?	Find out more about their favourite athlete and reinforce how hard they have worked to get to the top
"That's why they choose to continually challenge themselves instead of only working on what they're already good at"	What are some of the areas you find most challenging?	Make it clear that avoiding challenges can lead to weaknesses you might not get away with in future
"If they can't do something, they don't feel they will never be able to do it, they understand they just can't do it yet"	How do you feel if you can't do something?	Make sure they recognise that developing skills will take time and setbacks help you learn what you need to improve
"They listen to feedback and use it to improve, even if they don't like it"	Do you think you're good at using feedback to improve?	Help them get into the habit of reflecting on feedback to see what they can learn
"These are all behaviours you can learn and develop as you train - just like the best athletes have done"	What behaviours do you need to develop?	Help them see behaviours are crucial in what you achieve – and they can be developed!
"So being successful in sport is more of a choice than you might have first thought – how far you go is up to you"	What will you choose to do differently?	Help them to commit to change at least one thing