

## Growth and Development: Research

There is a huge body of literature pertaining to growth and development of young people. Below are just a few of these references.

Bailey, R., Collins, D., Ford, P., MacNamara, A., Pearce, G., & Toms, M. (2010). Participant development in sport: An academic literature review Commissioned report for Sports Coach UK. Leeds: Sports Coach UK. Available online <https://www.ukcoaching.org/sites/default/files/Participant-Development-Lit-Review.pdf>

Fix, M., Schipper-van Veldhoven, N., Lara-Bercial, S., North, J. et. al. (2017). Coaching Children Literature Review. Available online <http://www.icoachkids.eu/all-you-ever-wanted-to-know-about-coaching-children-but-were-too-afraid-to-ask.html>

Fraser-Thomas, J. L., Côté, J., & Deakin, J. (2008). Examining adolescent sport dropout and prolonged engagement from a developmental perspective. *Journal of Applied Sport Psychology*, 20(3), 318-333.

McNeely, C. & Blanchard, J. (2009). *The teen years explained: a guide to healthy adolescent development*. Baltimore: Center for adolescent health Johns Hopkins Bloomberg School of public Health.

Quested, E. & Duda, J.L. (2011). Enhancing children's positive sport experiences and personal development: a motivational perspective. In I. Stafford (Ed) *Coaching Children in Sport*, pp 123-138. London: Routledge

## Growth and Development: Resources

Given the importance of this field, it has been the focus of research around the year for many decades. Below is a short list of (practical) resources:

### *In English*

The Ages and Stages of Child Development

<https://childdevelopmentinfo.com/ages-stages/>  
<http://www.howkidsdevelop.com/developSkills.html>

Adolescents

[http://www.who.int/maternal\\_child\\_adolescent/topics/adolescence/development/en/](http://www.who.int/maternal_child_adolescent/topics/adolescence/development/en/)

<https://www.healthychildren.org/English/ages-stages/teen/Pages/Stages-of-Adolescence.aspx>

Tips for coaches

<http://www.icoachkids.eu/>

### *In Dutch*

Groei en ontwikkeling:

<https://wii.nl/kind-info/groei-ontwikkeling>  
<http://www.kijkopontwikkeling.nl/>

Motorische ontwikkeling:

<http://www.kijkopontwikkeling.nl/kleuter-schoolkind/groei-en-ontwikkeling/motorische-ontwikkeling/>

Tips voor ouders

<https://sportplezier.nl/rollen/ouder>

Tips voor coaches

<http://verenigingsbox.nl/beleidskaarten/coachboekje>