

## Sports Talent

### **What are typical talent myths?**

Talent development is full of myths. Such myths include the idea that being talented is a guarantee for success, that winning at an early age is a prerequisite for elite performance later in life, and that talented young people need to train in specific ways. These are myths and we discuss them in more detail in our other fact sheets.

### **How do I know if my child is talented?**

Talent identification is very difficult, and there is a large element of opinion or taste in coaches' evaluations. Being labeled a "talent" is not easy for children. You can help children who are (not) recognised by placing less emphasis on talent, encouraging them to train, and talking to them about handling adversity.

### **What is a good talent development environment?**

A successful talent development environment is not necessarily one in which the athletes win youth championships. Rather it is one in which the athletes develop into successful senior/adult athletes. Successful environments have features such as supportive training groups, role models, and long term development focus.

### **What is a good talent mindset for young people?**

Athletes with a fixed mindset tend to view talent as natural, see failure as a result of lack of talent, and respond to negative feedback or adversity with a lack of persistence. Athletes with a growth mindset view talent as acquired, see failure as an opportunity to learn, and respond to adversity with persistence. As a parent you can support the development of a growth mindset.