

## Psychological Strength & Wellbeing: Helpful Resources

Hopefully the information provided on our site has helped you to understand some ways in which you can support your child's psychological development. If you would like to know the resources below may be of interest:

Below is a link to a video produced by Dr. Chris Harwood discussing how to support the development of psychological skills in young athletes:

[https://www.youtube.com/watch?v=Z5UfNkzSS\\_w](https://www.youtube.com/watch?v=Z5UfNkzSS_w)

Loughborough University's 5C programme is designed to support both coaches and parents to develop young athletes' confidence, commitment, control, communication and concentration:

<http://www.the5Cs.co.uk>

A Canadian programme which provides evidence based information and resources for parents and coaches regarding how to promote Positive Youth Development through sport:

<http://www.positivesport.ca>

An article by Professor Frank Smoll regarding how parents can help develop athletes' psychological strength:

<https://www.psychologytoday.com/blog/coaching-and-parenting-young-athletes/201510/how-develop-mentally-tough-young-athletes>

This blog by Inner Drive highlight 9 key tips for developing key psychological characteristics in youth athletes:

<https://blog.innerdrive.co.uk/developing-excellence-in-young-athletes>

## Psychological Strength & Wellbeing: Research

Recognising the importance of understanding and helping to develop athletes' psychological strength and wellbeing academics around the world have spent lots of time researching this area. Below are links to just a few of the papers that have focused on this topic:

Connaughton, D., Wadey, R., Hanton, S., & Jones, G. (2008). The development and maintenance of mental toughness: Perceptions of elite performers. *Journal of Sports Sciences*, 26 (1), 83-95.

[https://www.researchgate.net/publication/5987269\\_The\\_development\\_and\\_maintenance\\_of\\_mental\\_toughness\\_Perceptions\\_of\\_elite\\_performers](https://www.researchgate.net/publication/5987269_The_development_and_maintenance_of_mental_toughness_Perceptions_of_elite_performers)

Hanton, S., & Jones, G. (1999). The effects of a multimodal intervention program on performers II: Training the butterflies to fly in formation. *The Sport Psychologist*, 13 (1), 22-41.

<https://journals.humankinetics.com/doi/abs/10.1123/tsp.13.1.22>

Harwood, C.G., & Swain, A.B. (2002). The development and activation of achievement goals within tennis II: A player, parent, and coach intervention. *The Sport Psychologist*, 16, 111-137.

<https://journals.humankinetics.com/doi/abs/10.1123/tsp.16.2.111>

Hays, K., Maynard, I., Thomas, O., Bowden, M. (2007). Types and sources of confidence identified by world class performers. *Journal of Applied Sport Psychology*, 19(4), 434-456.

<https://www.tandfonline.com/doi/abs/10.1080/10413200701599173>

If you have any problems accessing these or would like any further information please feel free to contact us at [info@sportparent.eu](mailto:info@sportparent.eu).