

Winning at fun: Using the FUN MAPS to maximize skill development and achievement

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Take the #funmaps
challenge!

Grab a challenge sheet and
pen at the front of the room.

 Follow @ajvisek and join in the
#funmaps conversation.



The #funmaps challenge:

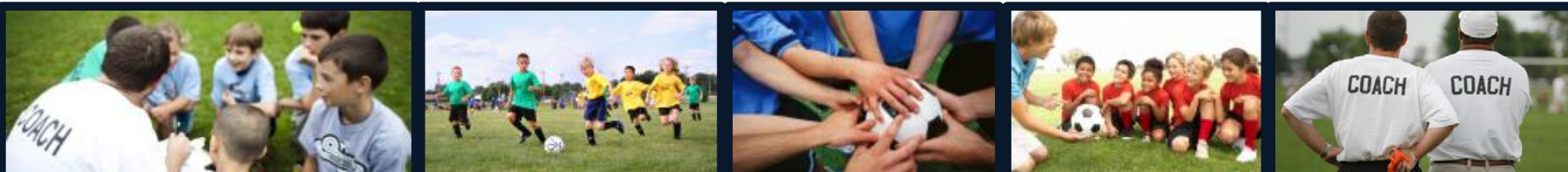
How much do you know about fun?

- 1. Meaning of fun...*
- 2. #1 reason kids play:*
- 3. #1 reason kids drop out:*
- 4. Percentage of kids dropping out by adolescence:*

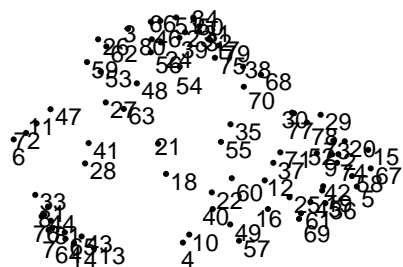


The Fun Integration Theory

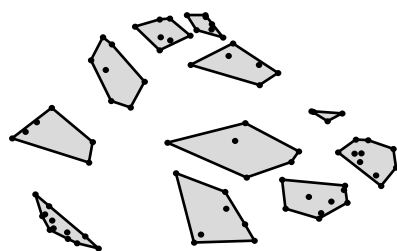
FUN.



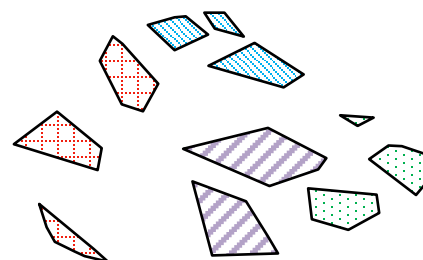
The FUN MAPs provide evidence-based blueprints for the Fun Integration Theory (FIT), which is a multi-theoretical, multidimensional, and stakeholder-derived framework for fostering positive, fun movement experiences through structured skill development and competitive play for youth sport participants.



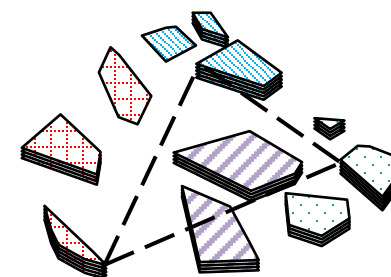
Fun Determinants



Fun Dimensions



Fundamental Tenets



Youth Sport Ethos

Participants: *Youth soccer*



Table 1. Youth Sport Stakeholders' Sociodemographics

Demographic Variable	Players* (N = 142)	Parents (N = 57)	Coaches (N = 37)
	No. (%)		
Gender			
Male	73 (51.4)	19 (33)	29 (78)
Female	69 (48.6)	38 (67)	8 (22)
Age group			
U9-U11	49 (34.5)	23 (40)	13 (35)
U12-U14	48 (33.8)	22 (39)	12 (32)
U15-U19	45 (31.7)	12 (20)	12 (32)
Competition level			
Recreational/classic	66 (46.5)	30 (53)	16 (43)
Travel/select	76 (53.5)	27 (47)	21 (57)

Note. * indicates that 75.5% of players reported playing more than one sport.

#5. True or false:

Fun is synonymous with “goofing off”



FACT:

Fun is trying hard, being a good sport, positive coaching, learning and improving, game time support, games, practice, team friendships, mental bonuses, team rituals, and swag.

11 fun factors



#6. FACT:

The 11 fun factors are further defined by very specific fun-determinants.

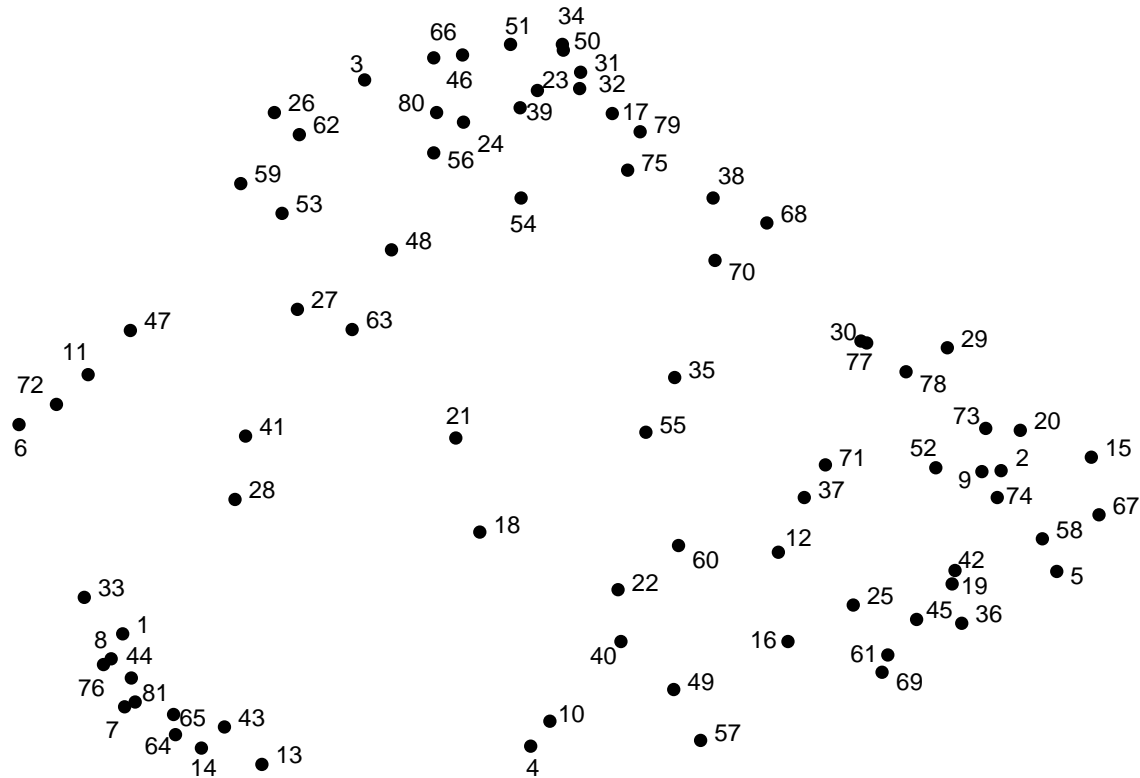
81 fun-determinants



1. Getting compliments from coaches
2. Playing well during a game
3. End-of-season/team parties
4. Practicing with specialty trainers/coaches
5. Exercising and being active
6. Getting complimented by other parents
7. A coach who listens to players and takes their opinions into consideration
8. When a coach encourages the team
9. Making a good play (scoring, making a big save, etc.)
10. Having well-organized practices
11. Having your parent(s) watch your games
12. Going to sports camp
13. A coach who knows a lot about the sport
14. Getting clear, consistent communication from coaches
15. Playing rough
16. Being challenged to improve and get better at your sport
17. Getting along with your teammates
18. Taking water breaks during practice
19. Using a skill you learned in practice during a game
20. Being strong and confident
21. Playing on a nice field
22. Having the freedom to play creatively
23. Being around your friends
24. Doing team rituals
25. Playing different positions
26. Staying in hotels for games/tournaments
27. Having nice sports gear and equipment
28. A ref who makes consistent calls
29. Keeping a positive attitude
30. Winning
31. Meeting new people
32. Improving athletic skills to play at the next level
33. Playing your favorite position
34. Playing well together as a team
35. High-fiving, fist-bumping, hugging
36. Partner and small group drills
37. Being congratulated for playing well
38. Learning from mistakes
39. When a coach participates with players during practice
40. When a coach treats players with respect
41. Copying the moves and tricks that professional athletes do
42. Carpooling with teammates to practices and games
43. Having people cheer at the game
44. Wearing a special, cool uniform
45. Scrimmaging during practice
46. Having a group of friends outside of school
47. Hanging out with teammates outside of practice or games
48. Having people cheer at the game
49. Wearing a special, cool uniform
50. Scrimmaging during practice
51. Having a group of friends outside of school
52. Hanging out with teammates outside of practice or games
52. Competing
53. Traveling to new places to play
54. Being supported by my teammates
55. Playing in tournaments
56. Showing team spirit (through gear, ribbons, signs, etc.)
57. Doing lots of different drills and activities during practice
58. Working hard
59. Getting pictures taken
60. Getting playing time
61. Learning new skills
62. Eating snacks/treats after the game
63. Earning medals or trophies
64. A coach who allows mistakes, while staying positive
65. Having a coach who is a positive role model
66. Going out to eat as a team
67. Getting/staying in shape
68. Warming up and stretching as a team
69. Ball touches (dribbling, passing, shooting, etc.)
70. When players show good sportsmanship
71. Playing against an evenly matched team
72. When parents show good sportsmanship (encouraging, not yelling)
73. Trying your best
74. Setting and achieving goals
75. Getting help from teammates
76. A nice, friendly coach
77. It relieves stress
78. Ignoring the score
79. Supporting my teammates
80. Doing a cool team cheer
81. A coach who you can talk to easily

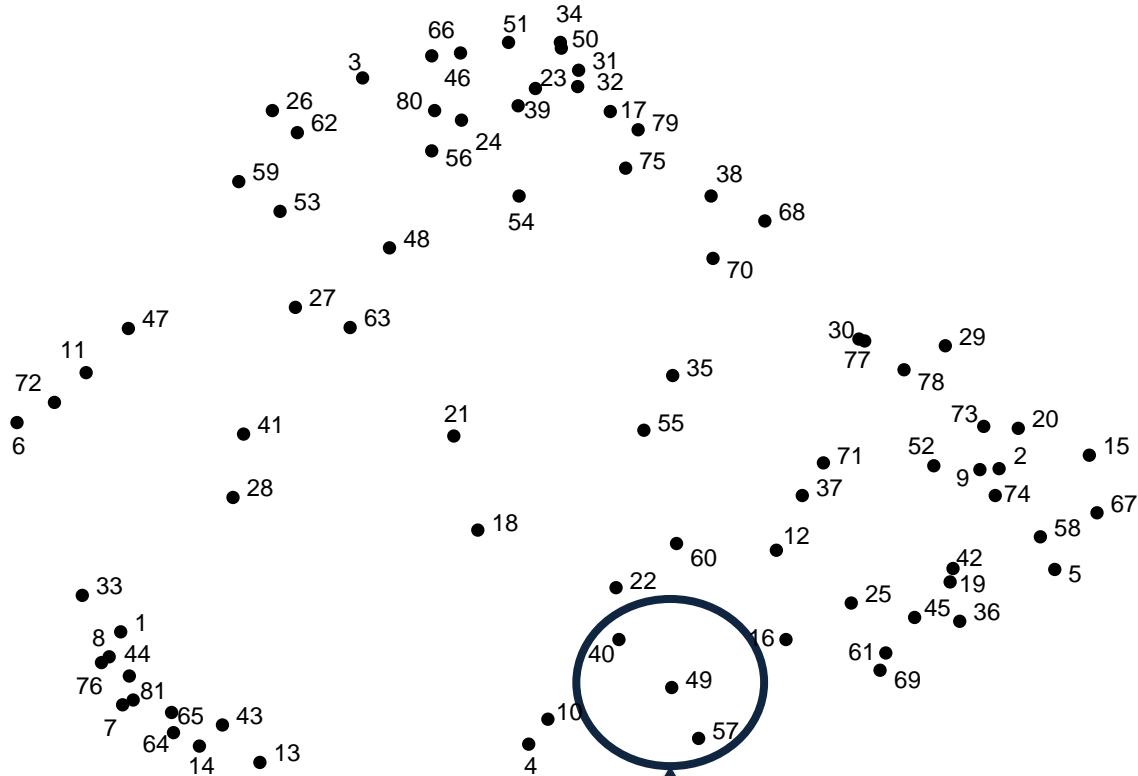
#FUNMAPS: Point Map

“One thing that makes playing sports fun for players is...”



#FUNMAPS: Similar ideas are closer

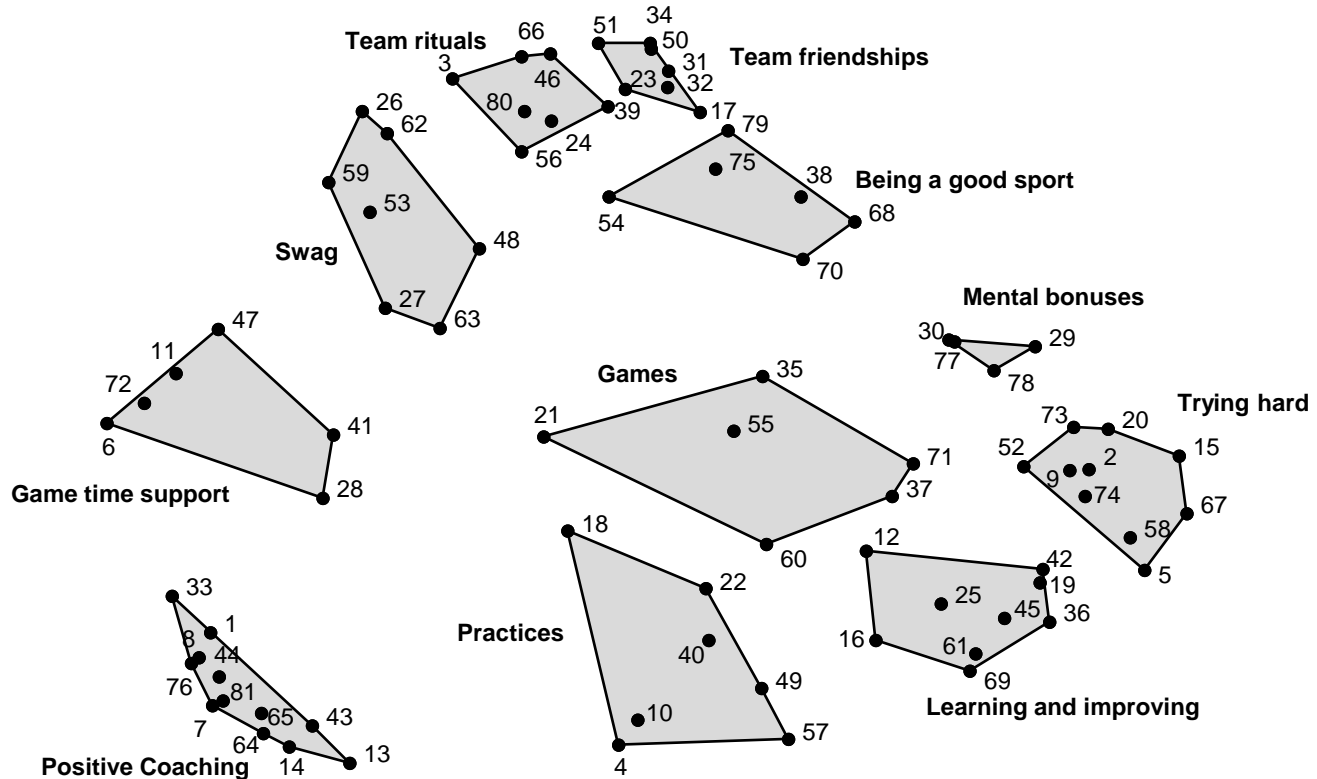
“One thing that makes playing sports fun for players is...”



- Partner and small group drills(40)
- Scrimmaging during practice (49)
- Doing lots of different drills and activities during practice (57)







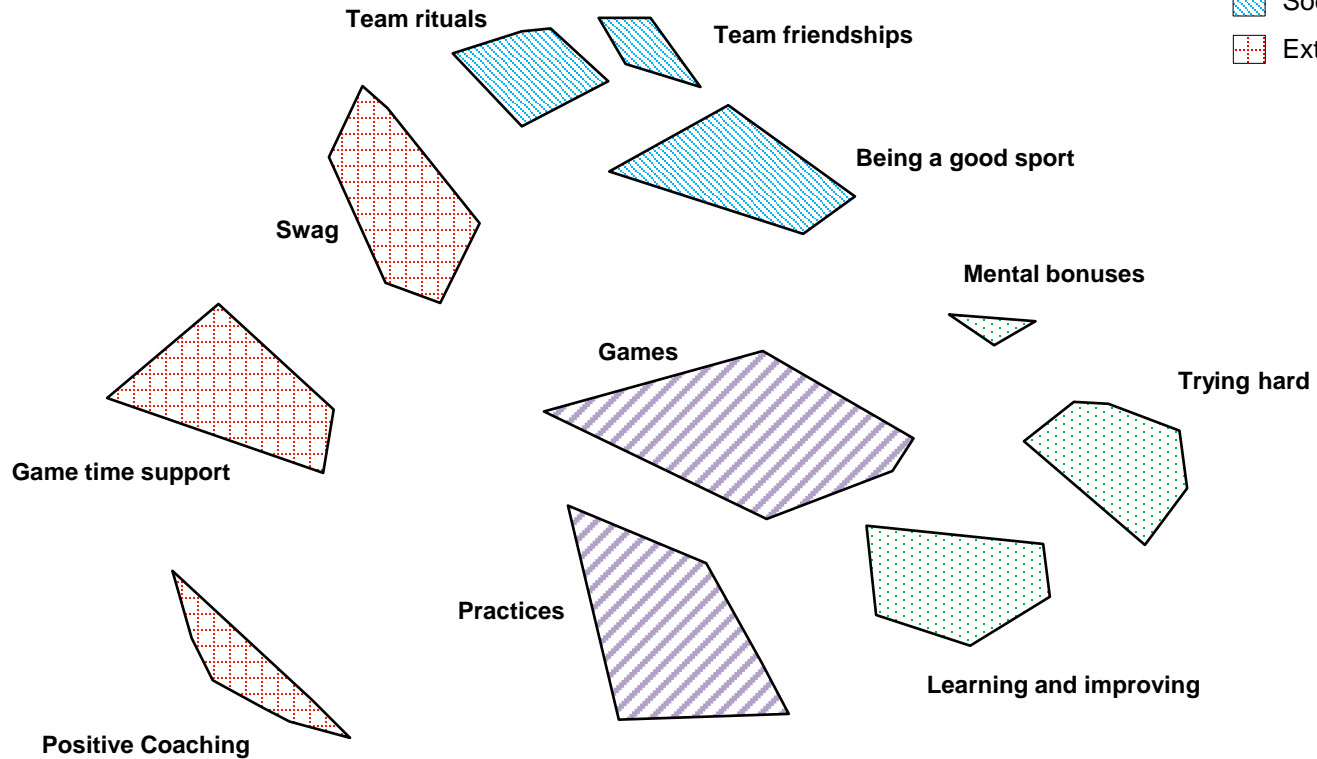
#FUNMAPS



#FUNMAPS

Fundamentals

-  Contextual
-  Internal
-  Social
-  External



7. Which is more important:

Trying hard or games?



8. Which is more important:

Swag or learning and improving?

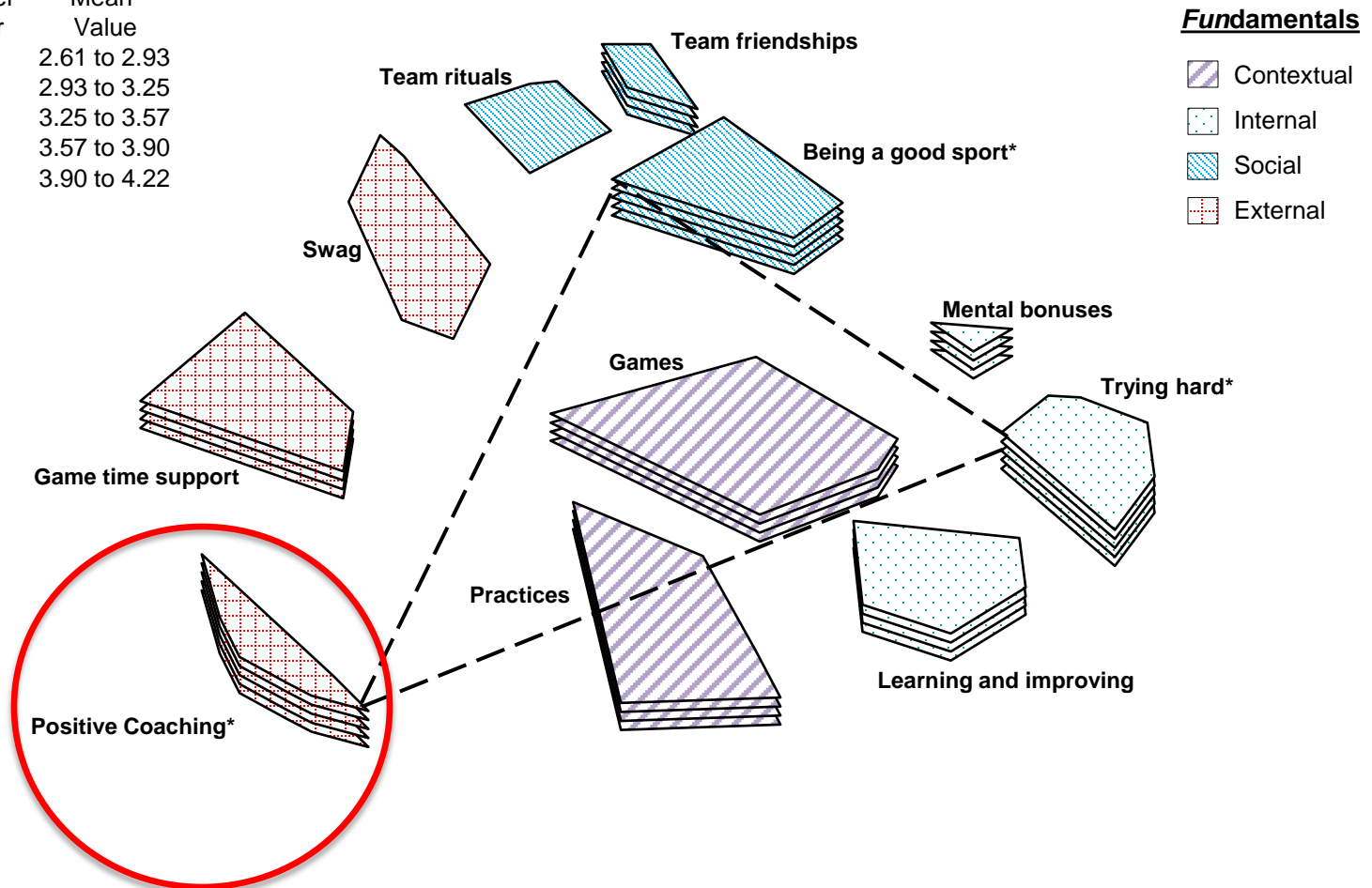


9. Three most important fun factors:

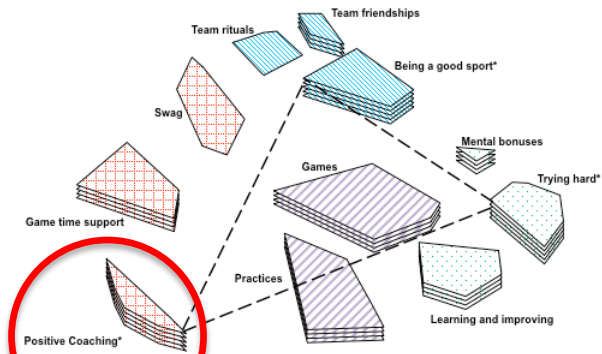
- Team friendships*
- Learning and improving*
- Being a good sport*
- Team rituals*
- Positive coaching*
- Swag*
- Game time support*
- Practice*
- Games*
- Mental bonuses*
- Trying had*

#FUNMAPS

Cluster Layer	Mean Value
1	2.61 to 2.93
2	2.93 to 3.25
3	3.25 to 3.57
4	3.57 to 3.90
5	3.90 to 4.22



#POSITIVECOACHING



- Getting compliments from coaches (1)
- A coach who listens to players and takes their opinions into consideration (7)
- When a coach encourages the team (8)
- A coach who knows a lot about the sport (13)
- Getting clear, consistent communication from coaches (14)
- When a coach jokes around (33)
- When a coach participates with players during practice (43)
- When a coach treats players with respect (44)
- A coach who allows mistakes, while staying positive (64)
- Having a coach who is a positive role model (65)
- A nice, friendly coach (76)
- A coach who you can talk to easily (81)

10. Rank order positive coaching:

- ___ *A coach players can talk to easily*
- ___ *A coach that encourages players*
- ___ *A coach that participates with players during practice*

11. Which is more important:

Winning or learning from mistakes?



12. Which is more important:

Working hard or talking/goofing off with teammates?



13. Which is more important:

Having nice gear or well-organized practice?



FACT:

Fun is composed of 81 very specific individual actions and collective behaviors.



Challenge #1:

Foster fun by coaching and promoting performance behavior consistent with the FUN MAPS.



Fun is...

Trying hard
Being a good sport
Positive coaching
Learning and improving
Game time support
Games
Practice
Team Friendships
Mental Bonuses
Team rituals
Swag

Challenge #2:

Maximize skill development and achievement by adopting the FUN MAPS language.



Fun is...

Trying hard
Being a good sport
Positive coaching
Learning and improving
Game time support
Games
Practice
Team Friendships
Mental Bonuses
Team rituals
Swag

G O A L



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