

BEGINNER STAGE

This section provides players, parents and coaches with information concerning healthy habits and lifestyle during the beginner stage.

As already pointed out in the introduction of the Well-being and Lifestyle section, well-being includes physical, emotional, psychological and social factors.

To support player well-being it is important to focus on healthy training habits as well as good lifestyle habits.

It is important to provide players with information concerning healthy habits and lifestyle.

HEALTHY TRAINING HABITS ARE:

- Fundamental movements skills
- Physical Literacy
- Sport in different environments
- Healthy diet
- Good hydration
- Team and game rules and behavior rules
- Develop an understanding of honesty and responsibility

GOOD LIFESTYLE HABITS ARE:

- Understanding the importance of school and education
- Understanding and balancing the importance of family and friends
- Understanding the importance of daily physical activity and sports
- Limiting time in front of the TV, playing computer or console games or playing on the mobile phone
- Sleeping at least 8 h, best 10–12 h

Physical factors influencing player well-being are a focus on fundamental movement skills, physical literacy, free play as well as participation in organized sports, doing sport in different

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environments, taking part in different sports as well as generally developing understanding on the importance of daily physical activity and participation in sports.

In this stage, it is important that players learn to deal with their feelings, pleasant and unpleasant ones alike, to be able to deal positively with the emotional factors influencing their wellbeing. This includes learning to deal with winning and losing, as well as developing confidence, understanding and following team rules and locker room behavior.

Psychological factors influencing player well-being are continued personal growth, establishing quality connection to others, coping and working together with others, the ability to manage complex environments such as a classroom full of pupils or the team locker room. As well as the pursuit of meaningful goals, self-acceptance, sense of autonomy, developing self-confidence, a positive attitude towards self, others and sport, learning to tolerate others, develop focusing and concentration skills. Cooperation, sharing and fairness start to play an important part in player development, as do self-control, self-expression and understanding the needs and wants of oneself and others. A goal for players should be to enjoy their sporting experience.

Social factors influencing a player's well-being are for example access to education and health services, family size, housing, family income, and occupational status of the parents.