#1 reason why kids play the game & keep playing - fun.

Promote the most fun by integrating the 81 fun-determinants, organized within 11 inter-related factors, derived from contextual, internal, social, & external sources.





Amanda J. Visek, PhD, CMPC e-mail: avisek@gwu.edu twitter: @ajvisek

Heather Mannix, MS

e-mail: hmannix14@gmail.com twitter: @hmannix14





Fun integration theory

COACHING GUIDE



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

Note. The 11 fun-factors (bolded) and the fun-determinants within each factor (bulleted) are listed in order of importance from highest to lower

Positive team dynamics

- Playing well together as a team
- Being supported by my teammates
- Supporting my teammates
- When players show good sportsmanship
- Getting help from teammates
- Warming up and stretching as a team

Trying hard

- Trying your best
- Exercising and being active
- Working hard

Playing well during a game

- Getting/staying in shape Being strong and confident
- Competing
- Making a good play by scoring, making a big save, etc.
- Setting and achieving goals
- Playing hard

Positive coaching

- When a coach treats players with respect
- When a coach encourages the team
- Having a coach who is a positive role model
- Getting clear, consistent communication from coaches
- A coach who knows a lot about the sport
- A coach who allows mistakes, while staying positive
- A coach who listens and considers players' opinions
- A coach who you can talk to easily
- A nice, friendly coach
- Getting compliments from coaches
- When a coach participates with players during practice
- When a coach jokes around

Learning and improving

- Being challenged to improve and get better at your sport
- Learning from mistakes
- Ball touches, including dribbling, passing, shooting, etc.
- Improving athletic skills to play at the next level
- Learning new skills
- Using a skill you learned in practice during a game
- Playing different positions
- Going to sports camp
- Copying the moves and tricks that professional athletes do

Game time support

- When parents show good sportsmanship by being encouraging
- A ref who makes consistent calls

- Having your parent(s) watch your games

Going out to eat as a team

End-of-season/team parties

Carpooling with teammates to practices and games

Doing team rituals

Showing team spirit with gear, ribbons, signs, etc.

High-fiving, fist-bumping, hugging

Team rituals

Doing a cool team cheer

Getting complimented by other parents

- Getting playing time
- Playing your favorite position

Earning medals or trophies

Traveling to new places to play

Having nice sports gear and equipment

- Playing against an evenly matched team
- Being known by others for your sport skills
- Playing on a nice field

Practice

- during practice
- Partner and small group drills

- Being part of the same team year after year
- practice or games

- Keeping a positive attitude
- It relieves stress
- Ignoring the score

- Being congratulated for playing well
- Having people cheer at the game

- Playing in tournaments

- Having well-organized practices
- Having the freedom to play creatively
- Taking water breaks during practice
- Scrimmaging during practice
- Doing lots of different drills and activities
- Practicing with specialty trainers/coaches

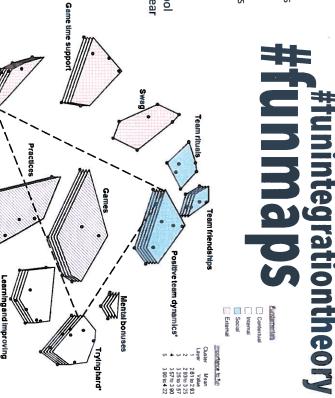
Team friendships

- Getting along with your teammates
- Being around your friends
- Having a group of friends outside of school
- Hanging out with teammates outside of
- Talking and goofing off with teammates
- Meeting new people

Mental bonuses

Getting pictures taken

 Staying in hotels for games/tournaments Eating snacks/treats after the game Wearing a special, cool uniform



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