

# Cork Athletics Youth Development Initiative

## Phil Kearney

**Athletics background:** Former decathlete, Athletics Coach (UK qualification), Coach u13s-u20s with Chichester Runners and AC 2012-2017 (UK), assist Kerry Athletics Squad with High Jump (2017-present)



**Professional background:** Sport & Exercise Scientist (skill acquisition), currently PESS Dept. University of Limerick; research focused on the development of youth track and field athletes. Movement and Skill Acquisition Ireland (@MSAIreland).


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<https://tinyurl.com/DevelopingYouthAthletes>

Developing Youth  
Track & Field  
Athletes Project



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## Outline of potential content

- An holistic approach to athlete development: what are we trying to achieve?
  - 4 Cs: Competence, Confidence, Connection, Character.
- Life stories: what were successful senior athletes doing as juniors?
  - The importance of multi-sport in athlete development, and including other sport training within your athletic development plan.
  - Multi-events: getting the right mix of events in training and competition.
  - Biases and constraints on athlete selection: as many as possible as long as possible.
- Different types of practice and where each contributes to a programme.
  - Practice to explore v Practice to embed
  - Practice to excel v Practice to enjoy
- Nurturing psychological characteristics of developing excellence.
  - Commitment
  - Focus and distraction control
  - Self-awareness
  - Planning and self-organization
  - Quality practice
  - Actively seeking social support
- The importance of learning to move efficiently and long term planning around this.
  - The all-around good *mover* develops into an *athlete*; the athlete develops into a *specialist*.
- The link between training load and injury; planning to stay healthy.

**All content to be negotiated.**

**Please get in touch with any specific questions.**