



ART OF COACHING PODCAST™ EPISODE 89

JIM KIELBASO: EVERYTHING YOU NEED TO KNOW ABOUT TRAINING YOUTH ATHLETES

Regardless of whether or not you work with or have kids, did you find this episode relevant or useful? How so? If not, why?

What themes did you hear Jim echo several times throughout this episode regardless of the age of child he was discussing?

What are the two biggest determinants of athletic success in children under age 11? Which of these can we affect and how does Jim suggest developing these traits?

List 3-5 main takeaways for each stage of development discussed: 6-10, 11-13 and 14+



Why does Jim refer to certain developmental stages as windows of opportunity instead of windows of sensitivity?

_____ % of kids drop out of sport by age 13. What were your thoughts after hearing this statistic? What ways can we help mitigate this?

What's your opinion/perspective on youth specializing in sport? What age did you specialize (if ever)? Compare this with Jim's opinion. When (if ever) does he believe it's okay to do so? Why?



Art of Coaching Podcast™

ABOUT



Join us as we dive more deeply into what it takes to change attitudes, outcomes & behaviors across a variety of world-class environments. Our guests include a wide range of professionals ranging from coaching, law enforcement, scientists, managers, military and entrepreneurs.

While I may originally be a strength and conditioning coach by trade- my work now spans across the corporate realm, military setting and beyond. If you work with people in any capacity and are fascinated by what makes them tick, this show is for you!

Each episode is packed with tactical insights as we prioritize providing you with key take-aways, instead mass produced "surface level" advice. Expect to be challenged, expect to be surprised and expect to maybe find a few laughs along the way as well.



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