

TRUE SPORT LONG-TERM DEVELOPMENT FRAMEWORK

STAGE 3:

Learn to Train

Developing Foundational Sport Skills (from the age of 8 or 9 to onset of adolescent growth spurt)

Introduce participants to a range of different sports and foster a basic understanding of the principles of play and basic tactics and strategy.



GO FOR IT

Rise to the challenge—always strive for excellence. Be persistent and discover how good you can be.

PLAY FAIR

Understand, respect, and follow the rules. Play with integrity—competition is only meaningful when it is fair.

RESPECT OTHERS

Show respect for everyone involved in creating your sporting experience, both on and off the field of play. Win with dignity and lose with grace.

KEEP IT FUN

Find the joy in sport and share it with others. Remember what you love about sport and why you play.

STAY HEALTHY

Always respect and care for your mind and body. Advocate for the health and safety of yourself and those around you.

INCLUDE EVERYONE

Recognize and celebrate strength in diversity. Invite and welcome others into sport.

GIVE BACK

Say thanks and show gratitude. Encourage your sport group to make a difference in the community.

- › Refine foundational sport skills and promote multi-sport training.
- › Encourage parents/caregivers to use the [True Sport Activity Calendar](#) to motivate participants to try new sports and bring the True Sport Principles to life.
- › Model behaviours that help shape healthy attitudes towards winning and losing.
- › Introduce the concept of pursuing personal excellence as one potential pathway for participants to follow.
- › When practicing a specific skill, plan two or three drills that achieve the same objective and allow participants to choose which drill they complete.
- › Cultivate individual responsibility by having participants lead warm-ups and take care of personal equipment.
- › Complete the [NCCP Fundamental Movement Skills](#) workshop.

- › Play by the rules.
- › Foster a culture where opportunities are earned through effort and commitment, not just natural ability.
- › Encourage discussion by introducing sport scenarios with ethical considerations (e.g., “What would you do if you saw one of your teammates deliberately cheating?”).
- › Encourage sportpersonship by highlighting examples of fair play.
- › Use the [True Sport Player Selection Process](#) to help navigate the process of assessment for team placement and to emphasize the importance of transparency and fairness.

- › Model behaviours that show respect for officials, players, coaches, and parents/caregivers.
- › Promote engagement in the [No Ref No Game](#) resource to promote respect for officials.
- › Use [True Sport Awards](#) to recognize all those who contribute to a True Sport experience.
- › Encourage sharing feelings and opinions in a respectful manner.
- › Encourage participants and parents/caregivers to see their opponents as competitors and not enemies.
- › Complete [Respect in Sport for Activity Leaders](#).

- › Introduce competitive elements that also make training sessions fun. Consider group activities instead of individual ones.
- › Be creative so there is a high fun factor when children are learning new skills.
- › Foster social connections as a means of increasing engagement.
- › Monitor participants and adapt activities to suit individual preferences wherever possible. This helps recognize that “fun” can mean different things to different people.
- › Encourage parents/caregivers to embrace True Sport by introducing [The Ride Home](#) and [True Sport Tips for Parents](#).

- › Introduce the importance of nutrition and hydration.
- › Help participants begin to learn how to self-regulate emotions by teaching deep breathing (breathe in for 4 seconds – hold for 4 seconds – breathe out for 4 seconds).
- › Introduce the concept of clean sport.
- › Introduce the links between sport, personal development, and life skills.
- › Welcome feedback and open communication so that participants feel safe voicing any concerns or fears they may have.
- › Ensure your approach to training recognizes the fact that people grow and mature differently.
- › Learn about [BodySense](#), and the importance of body neutrality.
- › Ensure an appropriate practice-to-competition ratio based on your sport’s LTD guide.
- › Explain the [Rule of Two](#), why it’s important, and how you will be committing to this best practice.
- › Ask questions and encourage dialogue so participants feel empowered to speak up when something doesn’t feel safe.
- › Complete [Safe Sport Training](#).
- › Complete the [NCCP Sport Nutrition](#) module.
- › Complete the [NCCP Making Headway](#) module.

- › Emphasize the importance of being friendly, respectful and welcoming with teammates, parents/caregivers, coaches, officials, and opponents (e.g., work with participants and parents to create a [True Sport Agreement](#) for teams).
- › Using the [True Sport Team](#) characters, discuss the importance of including everyone.
- › Structure activities so they can be more or less challenging, depending on participants’ abilities.
- › If applicable, complete [Keeping Girls in Sport](#) training.
- › Ensure everyone feels safe, welcome, and empowered to participate.
- › Learn everyone’s name and how best to communicate with each person in your group.
- › Encourage positive social connections throughout the team and discourage cliques.

- › Engage parents/caregivers and participants around a cause(s) that they wish to support.
- › Encourage participants to donate gently used equipment to those in need.
- › Encourage participants to learn about the [True Sport Principles](#). Invite them to choose an action that supports the Give Back principle.
- › Invite older participants to lead group activities and teach sport skills to younger participants.
- › Provide the older participants with real-time encouragement and mentorship.
- › Invite guest coaches (e.g., university athletes) to create opportunities for them to Give Back.