

Talent Development

AD Athlete Development



“Talent makes people want to know you. It makes you confidence. I have a trainer who helps me with speed work and core strength. I have another trainer who helps me with skill-specific work for swimming. I know why I have these people helping me, it is because I have talent”.

- Adam, 13-year-old swimmer -



“Talent is natural ability (physical and mental) to play a sport. But young talented people may not train as hard, works as hard, or be as dedicated to improving themselves because they’re naturally better than others”.

- Tom, 15-year-old basketballer -

“Many athletes rely on talent, rather than determination and hard work”.

- *Gary, football coach* -

“If I don’t think I’ve got talent, I won’t do the sport”.

- *Jamie, 16-year-old BMX racer*

"Too many young athletes at a young age are disheartened by coaches, teachers, selectors and parents because they are not superstars straight away. It affects youth where they feel like they are not good enough, or won't be as good as someone else, and then they stop playing sport and sometimes have big self-confidence issues".

- Savana, 15 year-old, netball, league, touch, 7s -

“[With talent] there is pressure to do well, especially if you play in a team sport. If you are doing an individual sport, there is added pressure to stay at the top because of what other people expect. If you don’t come first you get mocked, or people tend to talk negatively about you”.

- Adam, 13-year-old swimmer -

“Those who do show talent early on can feel pressured to perform and excel in their chosen field. This pressure can come from parents, teachers and peers”.

- *Parent* -

“Talent means you are good at something. If you don’t have a talent, you get bullied”.

- Samantha, 10-year-old lover of sport -

“Jayden and Cooper are the fast ones”.

- *Ethan, 7-years-old* -

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“The kids know who’s ‘good’ at sport and who isn’t at a certain age”.

- Mum of an 11-year-old -

“Talent for some players can be a gift and a curse. As a youth player, I don’t remember any Achilles Tendon ruptures or ACL injuries, and this year I’ve heard of three”.

- Coach, premier level netball -

“Talent is having the physical and mental power to believe you can do something. It affects sport today because many people do not think they have talent, but I think talent is more a mental thing than physical.... You have to think about what you do with skill, and that is not always easy in sport”.

- Grace, 10-year-old -

“Talent is someone who has the ability to play with us or is better than us. He can make our team stronger. But they have to be a team player. We have to like them”.

- Ben, 12-year-old footballer -