# ENJOYMENT IN ELITESPORTS
# - THE BEST LIFE FOR YOUNG TALENTS



# FOUR DIFFERENT SPORTS AND LIVES



# TODAYS PROGRAM



1. TO WORK WITH ENJOYMENT

2. 'ENJOYMENT TEMPERATURE' - RESULTS

3. FOUR TYPES OF TALENTLIVES AND ENJOYMENT

- 4. WHAT MAKES A 'GOOD LIFE' ?

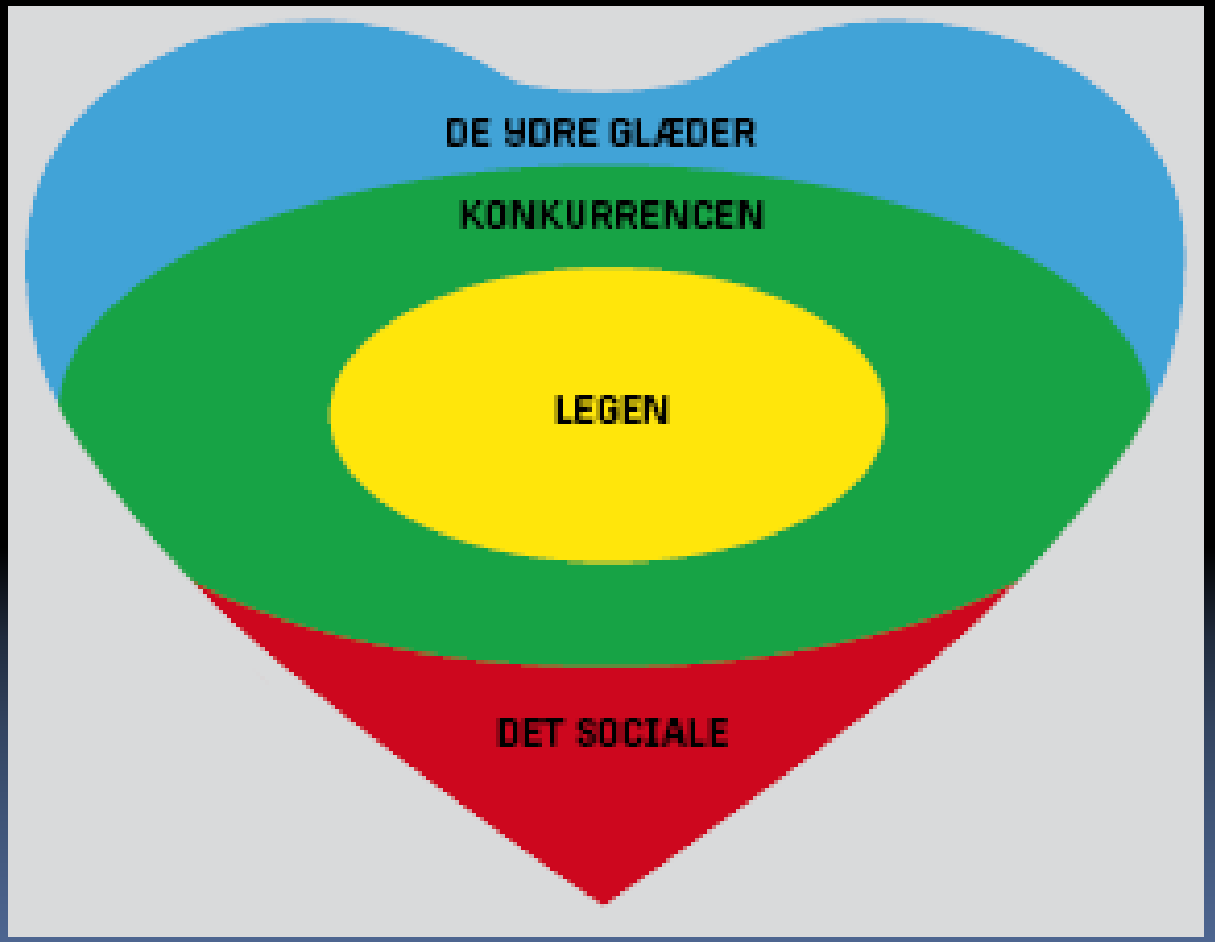


# THE UNIVERS OF ENJOYMENT

## Enjoyment is positive surprise

- so enjoyment is short
- enjoyment always ends
- you will never get enough
- you can’t ”order” enjoyment
- but you can stimulate enjoyment

# THE FOUR ENJOYMENTS



# THE FOUR ENJOYMENTS:



**YELLOW:**
**The enjoyment of playing and being there – the love of the game**

**GREEN:**
**The enjoyment of being good, getting better and winning**

**RED:**
**The enjoyment of being part of a team and get friends, have something to do, excitement and identity**

**BLUE:**
**Enjoyment of getting things 'out of the sport' – money, goods, contracts, prestige and other priviligies**

# THE FOUR DIFFERENT SPORTS



# TESTRESULTS

- ENJOYMENT

84

- PRESSURE

53



# FCM - SOCCER – ACADEMY:

- GREEN PROFILE
- PASSION!
- LESS EDUCATION
- GUIDING
- HANDLING PRESSURE
- SHORT GOALS



# OURE – HANDBALL – 'EFTERSKOLE':

- RED SOCIAL PROFILE
- ALL IN ONE PLACE!
- COMPETITION STRESS
- LESS ADVICE AND GUIDING - INSECURE



# BADMINTON – TEAM DK 'GYMNASIUM':

- GREEN DEVELPMENT PROFILE
- ONE YEAR XTRA
- INDIVIDUEL FOCUS
- MANY COACHES - CONFUSION



# SIGMA - SWIMMING – 'LOCAL CLUB':

- YELLOW 'BODY' PROFILE
- TIME CONSUMING
- STRONG SOCIAL
- ADVICE AND PRIORITY
- INNER CONTROL



# SUMMING UP – IN COLOURS:



- STIMULATE THE YELLOW ENJOYMENT
- FIGHT THE HARD PARTS OF THE GREEN PRESSURE
- REMEMBER THE SOCIAL RED QUALITY

# SUMMING UP – IN COLOURS:



TO MAKE A GOOD LIFE

REMEMBER THE INNER PRESSURE

- GIVE MORE FLEXIBILITY, BREAKS AND LESS STRESS!