



The development and implementation of the learning line performance behaviour

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ABSTRACT

Introduction. Based upon scientific research of Blijlevens (2019), the Dutch Olympic Committee (TeamNL) developed a general learning line for performance behaviour, which describes 14 psychological competencies that are required by high-potential and elite athletes. However, when these competencies are required differs throughout the athletic career (Blijlevens, Elferink-Gemser, Wylleman, Bool & Visscher, 2018) and for different sports. Furthermore, coaches play a central role in enhancing athletes' performance behaviour by developing their psychological competencies (NOC*NSF, 2021).

Purpose. Therefore, to optimally apply the general learning line to each specific sport, TeamNL aimed to create (1) sport-specific development lines and (2) a network of experts to train and coach the coaches in enhancing the psychological competencies of their athletes. Within this presentation, Suzan Blijlevens, will explain the way this was done and share her best practices of implementing the learning line within practice so far. **Methods.** For each sports federation, minimum three focus groups were held with coaches of highpotential and elite athletes. The coaches discussed (1) the challenges that athletes experiences within their sport throughout the athletic career and (2) what behaviour they need to show to deal with those challenges. This was described in a sport-specific development line. Based upon the sport-specific development lines, together with the federation and coaches, an annual plan was made for implementation in which TeamNL experts were involved in educating, training and coaching the way coach stimulate the competencies within their athletes.

Results. By doing so, TeamNL created sport-specific development lines for more than 25 sports (or disciplines). Furthermore, there now is a network of experts (sport- and clinical psychologists, together with lifestyle coaches) throughout the Netherlands who work together in the coaching of elite coaches in order to enhance athletes' psychological competencies.

Conclusion. TeamNL's way of working offers a stable network of experts that work sport-specific, on a daily basis and within the context of elite sports with coaches in order to in order to enhance athletes' psychological competencies. Further reflections, best practices and challenges for the future will be shared.

KEYWORDS

Competencies; Development; Coach support; Performance behaviour

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