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In research, early specialisation is defined as participating in a single sport, with a deliberate focus on training and development in one sport only. To communicate this more effectively, early specialisation may be described as : Choosing to participate in one sport. Participating in this sport for greater than 8 months per-year and;

Early Sport Specialization: Roots, Effectiveness, Risks

Specialisation in a single sport was perceived to have begun in Eastern Europe with activities such as gymnastics, swimming, diving and figure skating. 3 Most Olympic sports have selection processes that attempt to identify future champions and initiate specialised training-often before the prospect finishes elementary school. 5 The relative success of these programmes has led to early talent identification and developmental programmes focusing on a single sport, globally.

Sport Specialization: • Specialization in sport evolved from the privatization of

sport and changes in parenting, and there is limited scientific research supporting its effectiveness (Coakley, 2010).

- Children who specialize too early fail to develop a strong base of fundamental motor skills conducive to later devel-

This article considers the roots, consequences, and limited data on the effectiveness of early specialization in sport. ROOTS OF SPECIALIZATION Several factors have contributed to early sport specialization. These factors interact with each other and the demands of sport systems.

Risks of early specialization include social isolation, overdependence, burnout, and perhaps risk of overuse injury. Commitment to a single sport at an early age immerses a youngster in a complex world regulated by adults, which is a setting that facilitates manipulation - social, dietary, chemical, and commercial.

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Early Sport Specialization: Roots, Effectiveness, Risks is an article written by Robert Malina that discusses exactly what the title says: The origin of early sport specialization, its effectiveness and the risks associated with specializing at an early age. In a world where young athletes have become pawns in a complex system, one has to wonder what factors have contributed to the increase of ...

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This article considers the roots, consequences, and limited data on the effectiveness of early specialization in sport. **ROOTS OF SPECIALIZATION.** Several factors have contributed to early sport specialization. These factors interact with each other and the demands of sport systems. Perceptions of the East. The relative success of sport systems in former communist countries of Eastern Europe has contributed to a perceived need for early specialization.

[Early Sport Specialization: Roots, Effectiveness, Risks ...](#)

Early sport specialization: roots, effectiveness, risks. Year-round training in a single sport beginning at a relatively young age is increasingly common among youth. Contributing factors include perceptions of Eastern European sport programs, a parent's desire to give his or her child an edge, labeling youth as talented at an early age, pursuit of schola

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Early Sport Specialization: Roots, Effectiveness, Risks

The factors interact with the demands of sport systems. Limiting experiences to a single sport is not the best path to elite status. Risks of early specialization include social isolation, overdependence, burnout, and perhaps risk of overuse injury. Commitment to a single sport at an early age immerses a youngster in a complex world regulated by adults, which is a setting that facilitates manipulation - social, dietary, chemical, and commercial.

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Early Sport Specialization: Roots, Effectiveness, Risks ...

Early sport specialization in youth athletes has been increasing progressively, to the point that 77.7% of high school athletic directors have reported an increase in this trend. 16,23 Jayanthi et al 15 popularized the definition of sport specialization as "year-round [8+ months/year] intensive training in a single sport at the exclusion of other sports." The trend toward specializing early (ie, before high school age) in a single sport is multifactorial in nature but is likely driven by ...

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Early Sports Specialisation | Science for Sport

The mean age at initiation of sport specialization was 8.91 years (SD, 3.7 years). Those who specialized early reported more serious injuries (mean, 0.54; SD, 0.838) during their professional baseball career than those who did not (mean, 0.23; SD, 0.425) ($P = .044$). Finally, 63.4% of the queried players believed that early sport specialization was not required to play professional baseball.

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Early sport specialization: roots, effectiveness, risks ...

Sports specialization is becoming the norm in youth sports for a variety of reasons. When sports specialization occurs too early, detrimental effects may occur, both physically and psychologically. If the timing is correct and sports specialization is performed under the correct conditions, the athlete may be successful in reaching specific goals. Young athletes who train intensively, whether specialized or not, can also be at risk of adverse effects on the mind and body.

Sports Specialization and Intensive

Training in Young ...

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Early sport specialisation, does it lead to long-term ...

Early Sport Specialization and Immediate Athletic Success. Early specialization in a single sport appears to be a decent strategy for attaining youth athletic success. There are many reports suggesting that early single sport specialization and intensified, sport-specific practice/training during childhood (age ≥ 12 years) and adolescence (13-18 years) correlate with youth athletic prowess [7-13].

Early Sport Specialization Part 2: Short-Term vs. Long ...

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There has been put forward a developmental framework by Cotè and Fraser-Thomas (2007) taking the view that sport diversification, or sampling, might be a better way of developing both elite athletes and keeping more children/adolescents involved in sports. A study trying to identify how early specialisation or sampling throughout childhood and adolescent would affect end-performance, yielded a significant association between number of sports participated in at ages 11-15 and the standard of ...

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Sport Specialization - SHAPE America Early sport specialization: roots, effectiveness, risks

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