



















### THE BIRTHDATE EFFECT ALSO KNOWN AS "THE RELATIVE AGE EFFECT"

<u>The Relative Age Effect</u> Children born towards the start of the selection year are relatively older than those born later in the selection year.

A child born at the start of a selection year (usually January) can be almost a full year older than a child born at the end of the selection year.





# WHY DOES THE EFFECT CONTINUE INTO ADULTHOOD?

Why is the relative age effect still present even in adult teams when age cut-offs are no longer relevant?

- Children identified as being 'talented' get access to more opportunities:
- Better coaching Better facilities
- -
- Parents are more likely to support and encourage the child The child believes they are good and are more likely
- to invest in practice Children who were not selected (generally those born later in the selection year) are more likely to drop out.



## THE BIRTHDATE EFFECT STRONGER IN SOME SPORTS THAN OTHERS

The relative age effect tends to be stronger in sports where:

- 1. Performance relies (at least in part) on size and strength e.g., ice-hockey, American football, Basketball
- 2. There is high cultural importance



- the smallest advantage counts!
- Talented athletes tend to be identified at an early age in these sports, and relative age counts more the younger you are.







## RELATIVE AGE EFFECT HOW TO OVERCOME IT? Options: i. Alter the bandwidth of junior age-groups ii. Birth-month quotas when selecting teams iii. Group by height or weight (rather than age) iv. Increase the awareness of the RAE AIM To determine whether the selection bias associated with the RAE could be reduced by providing information about the age of the players

## 3



# METHOD Participants 25 male talent scouts from PSV Football Club (M<sub>age</sub> ± SD = 56.0 ± 10.8 years) Told taking part in a study of birthdate effect Task Watch two 4 vs 4 small-sided football matches (U-11s) Scouts were asked to rank the players (1-8) according to their potential in the game







## DISCUSSION KEY FINDINGS

- Scouts have a bias to select relatively older players
   Relatively older players benefit from indirect effect of age
- It is possible to reduce the selection bias associated with RA
- Knowledge of the effect and birthdates may not be enough
- Scouts knew they were in a study about the RAE!
- Demonstrates the pervasiveness of the effect
- A more salient intervention is required to reduce the selection bias
  - Shirt numbering presents information:
  - 1. In a way that is easy to understand
  - 2. In real-time



## WHAT ARE TALENT SCOUTS ACTUALLY 'IDENTIFYING'?

## What are the player characteristics that most strongly influence the selections of talent scouts?

- 15 scouts ranked U14 female hockey players seen in 4 vs. 4 small-sided games
  Rankings were correlated with the players' scores on a range of tests of:
  i. Age and maturation
  - ii. Anthropometrics
  - iii. Physiological characteristics
  - iv. Technical skill
  - v. Tactical skill

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 Scouts report that they prioritise
 % of scouts

 1. Tactical skill
 100

 2. Technical skill (e.g., dribbling)
 79

 3. Passing ability
 64







## WHAT ARE TALENT SCOUTS ACTUALLY 'IDENTIFYING'?

- Talent scouts said that they were scouting for tactical and technical skill
   Their choices revealed that these were the factors least related to the
- selections they made.

  Scouts/coaches are influenced by other factors not necessarily related with long-term performance.
  - Scouts selected children largely on the basis of their maturation, rather than on parameters related to talent.
  - The influence of relative maturation outweighed that of age.
  - These biases ultimately led scouts to select players who were shorter, heavier, and slower!



