

Holistic Ecological Approach (HEA) to Talent Development in Sport

From Theory and Research to Practice

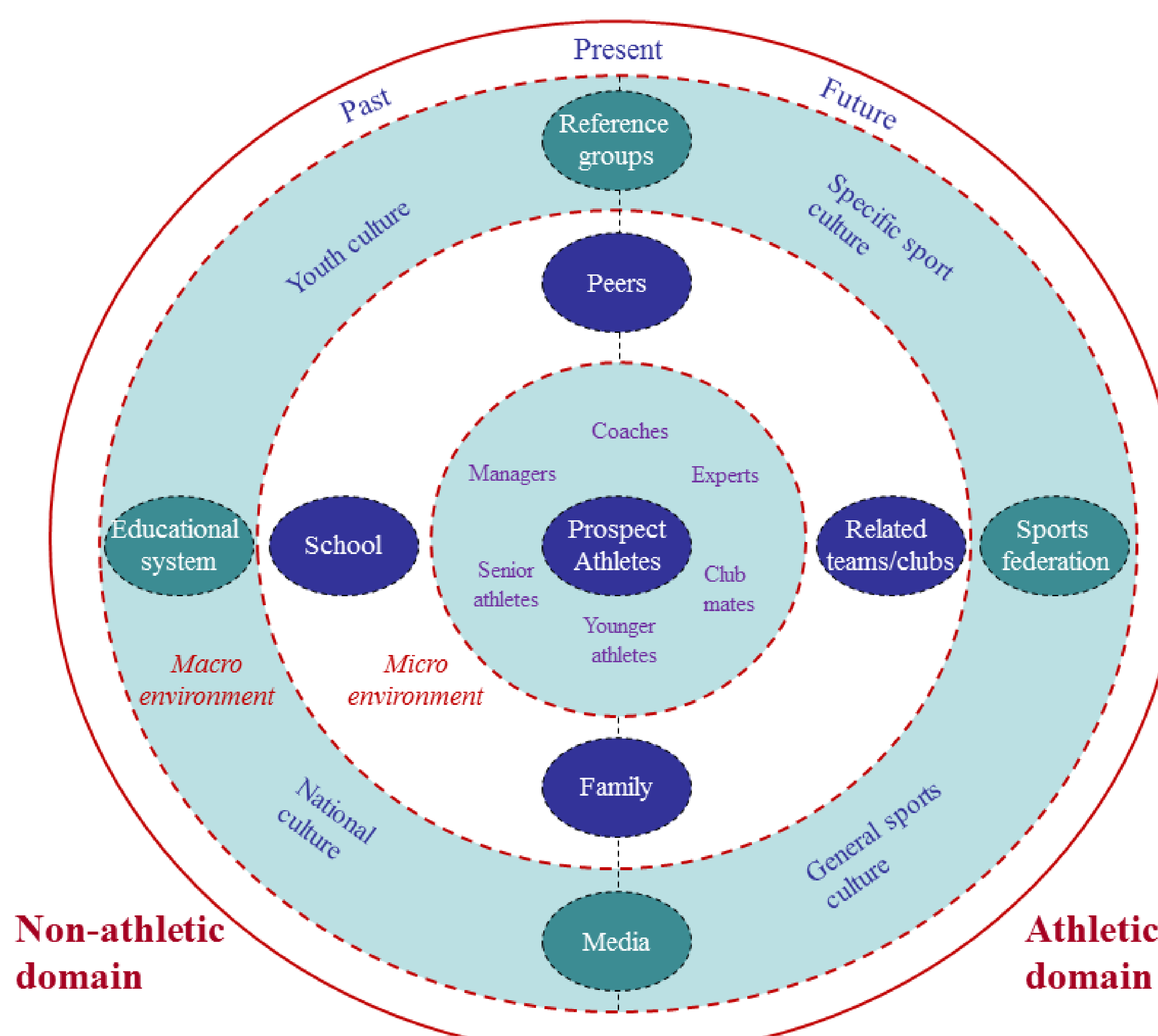
What is HEA?

The HEA is a rapidly developing approach in Talent Development research and practice. It shifts the attention from the individual athlete to the environment in which he or she is developing.

HEA focuses on the whole environment, and suggests that some environments are superior to others in their capacity to guide talented junior athletes in their transition to elite senior athletes.



Athletic Talent Development Environment (ATDE)

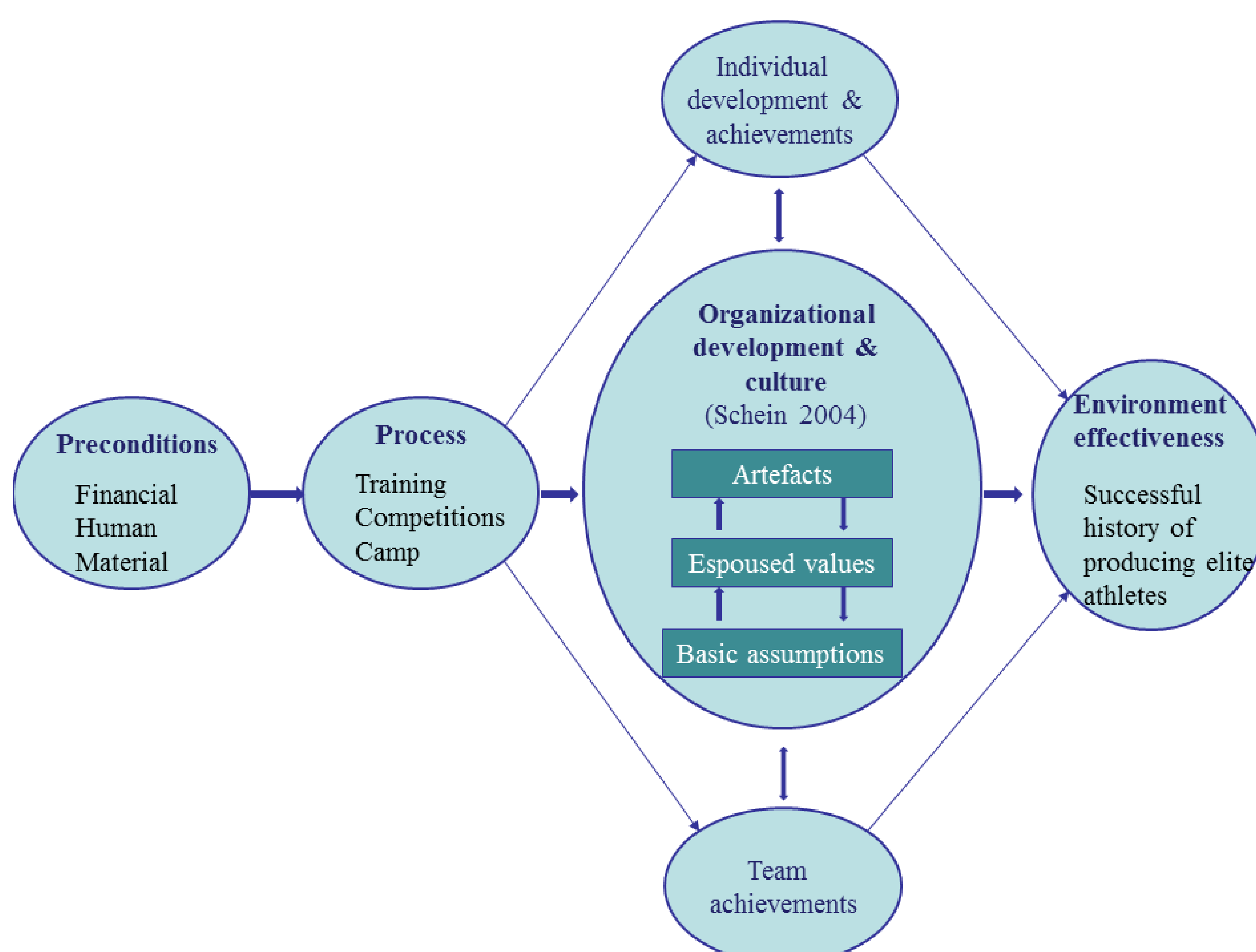


ATDE is a dynamic system that comprises of:

- Micro-level: an athlete's immediate surroundings where athletic and personal development take place
- Macro-level: the larger context in which these surroundings are embedded
- Interrelations between these surroundings

Environment Success Factors (ESF)

The ESF model predicts that the ATDE's success is a result of the interplay between preconditions, process, individual and team development and achievements, with organizational culture serving to integrate these elements.



What is next?

The HEA has a high potential to shape athletes' career pathways and facilitate successful and healthy athletic careers contributing positively to their life careers.