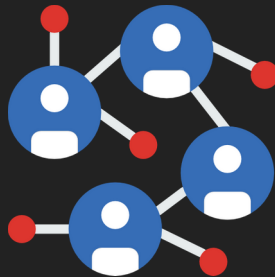


YOUTH ATHLETE DEVELOPMENT CONFERENCE

CREATING TALENT DEVELOPMENT ENVIRONMENTS TO BUILD MENTAL TOUGHNESS IN YOUTH ATHLETES

DR. LI CHUNXIAO



ATHLETE LONG TERM DEVELOPMENT SYSTEM

NATURE OF TALENT DEVELOPMENT ENVIRONMENTAL FACTORS

Most talent development environmental (TDE) factors are directly controllable. Some of these factors are critical for reaching elite performance.

CLASSIFICATION OF TALENT DEVELOPMENT ENVIRONMENTAL FACTORS

Identification and classification of the various environmental factors will assist in building a foundation for developing/refining instruments to benefit practice in talent development.



MENTAL TOUGHNESS

ASPECTS OF MENTAL TOUGHNESS

A psychological resource for when individuals experience a range of challenging or stressful circumstances in the pursuit of their goals.

ENHANCING MENTAL TOUGHNESS

Creation of effective (TDE) is critical to build mental toughness in youth athletes; which is necessary to attain high performance.

REFERENCES

Gucciardi, D. F. (2017). Mental toughness: progress and prospects. *Current Opinion in Psychology*, 16, 17-23.
Li, C., Wang, C. J., & Pyun, D. Y. (2014). Talent development environmental factors in sport: A review and taxonomic classification. *Quest*, 66(4), 433-447.