

OPTIMIZING TALENT TRANSFER AND DEVELOPMENT

BY EXPLORING SIMILARITIES AND DIFFERENCES BETWEEN SPORTS

JAN WILLEM TEUNISSEN

KEYNOTE SPORT FORUM SWISS OC – BERN (2025)



DIVERSITY OF PRACTICE

Jaarplanning voor 6 jarige --> ASM

2 dagen in de week!

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
BLOK 1								
BMS	Ba	Ba	SV	SV	GL	GL	KK	KK
CA	GV	GV	SL	SL	RDD	RDD	Ba	Ba
	J	B	B+Ru	Ko	Ko+Ru	Ko	B+KJ	B
	M	B	B+Ru	Ko	Ko+Ru	Ko	B+KJ	B
COM	J	M+A	M	A	A+M	A	M	M
	M	M+A	M+S	A	A+M	A+S	M	A
BLOK 2								
BMS	SL	SL	RDD	RDD	KK	KK	SV	SV
CA	Ba	Ba	BOM	BOM	Ba	Ba	GL	GL
	J	A+B	B	Ru+Ko	Ko	B	B+Ko	A+Ru
	M	A+B	B	Ru+Ko	Ko	B	B+Ko	A+Ru
COM	J	A	M	A	M	A	M	M
	M	A	M	A	M+S	A	M	M+S
BLOK 3								
BMS	GL	GL	SV	SV	Ba	Ba	RDD	RDD
CA	BOM	BOM	Ba	Ba	GV	GV	SV	SV
	J	Ru	Ko	B	A+Ko	Ko+KJ	KJ+B	B+Ru
	M	Ru	Ko	B	A+Ko	Ko+KJ	KJ+B	B+Ru
COM	J	A	A+m	A	A	M	A	A+M
	M	A	A+m	A	A	M	A	A+M
BLOK 4								
BMS	SL	RDD	SL	RDD	GL	Ba	GL	Ba
CA	BOM	Z	BOM	Z	GV	TS	GV	TS
	J	Ko+Ru	Ko+B	Ko	Ko+KJ	B	Ru	A+Ko
	M	Ko+Ru	Ko+B	Ko	Ko+KJ	B	Ru	A+Ko
COM	J	A	M	A	A+S	A	A+M	A+S
	M	A+S	M	A+S	A+S	S	A+M	A+S
BLOK 5								
BMS	GL	Ba	RDD	RDD	SL	TS	GL	KK
CA	GV	TS	GV	KK	GV	GL	Ba	SL
	J	Ru	A	Ko+Ru	B+Ko	Ko+KJ	B	A+Ru
	M	Ru	A	Ko+Ru	B+Ko	Ko+KJ	B	A+Ru
COM	J	M	M	A	A	A	A+M+S	M
	M	M+S	M	A	A	A+S	A+M+S	M

BROADENING HORIZONS

90 SPORTS/DISCIPLINES
190 COLLEAGUES





De Volkskrant (2017)

DIVERSIFICATION / SPECIALIZATION

DEVELOPMENTAL MODEL OF SPORT PARTICIPATION



Côté et al., 2007

PROBLEM

Which sports or activities contribute to a broad and versatile development and training?

...without this happening by chance!

AIM

Finding **complementary** sports/activities and inspiration for **diversification of practice** to optimize **talent development** and training in a **systematic** manner

Versatile development refers to cultivating adaptable and transferable skills that can be effectively applied across different sports and contexts.

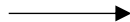


Broad development refers to fostering a wide range of skills and abilities across diverse domains, creating a comprehensive foundation that extends beyond a single sport.

HOW?

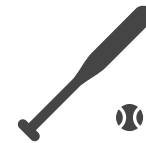
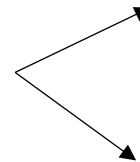


To compare sports, first profiles of each sport need to be compiled.



Comparing the profiles to highlight:

- 1) Similarities
- 2) Differences

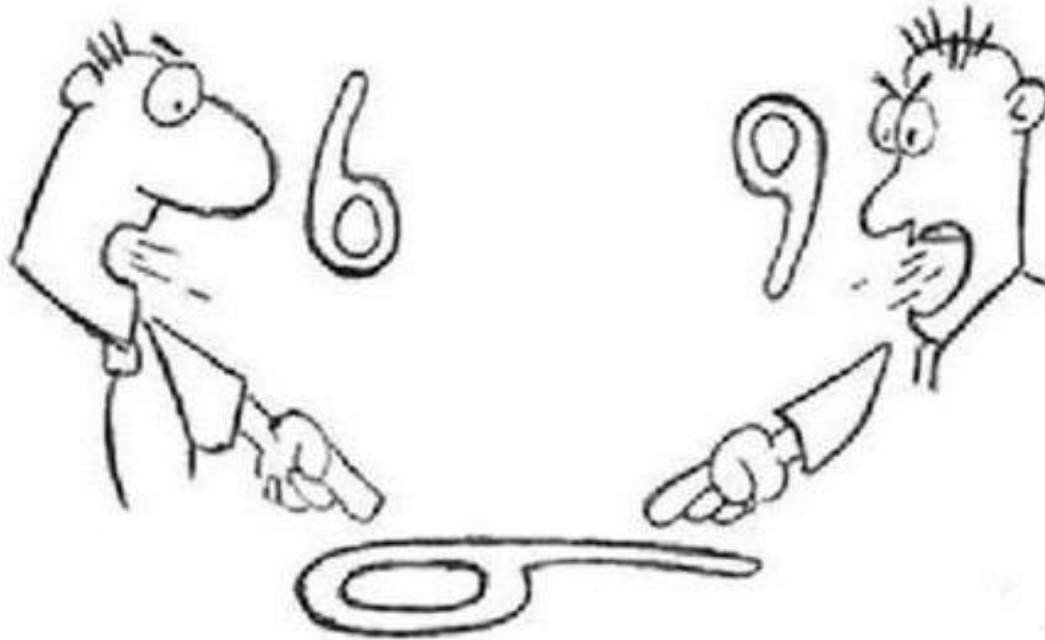


Differences between sports may result more targeted all-round development <12 y.



Similarities between sports result in possible cross-training, versatility of practice or options for transfer.

DO WE 'UNDERSTAND' EACH OTHER?

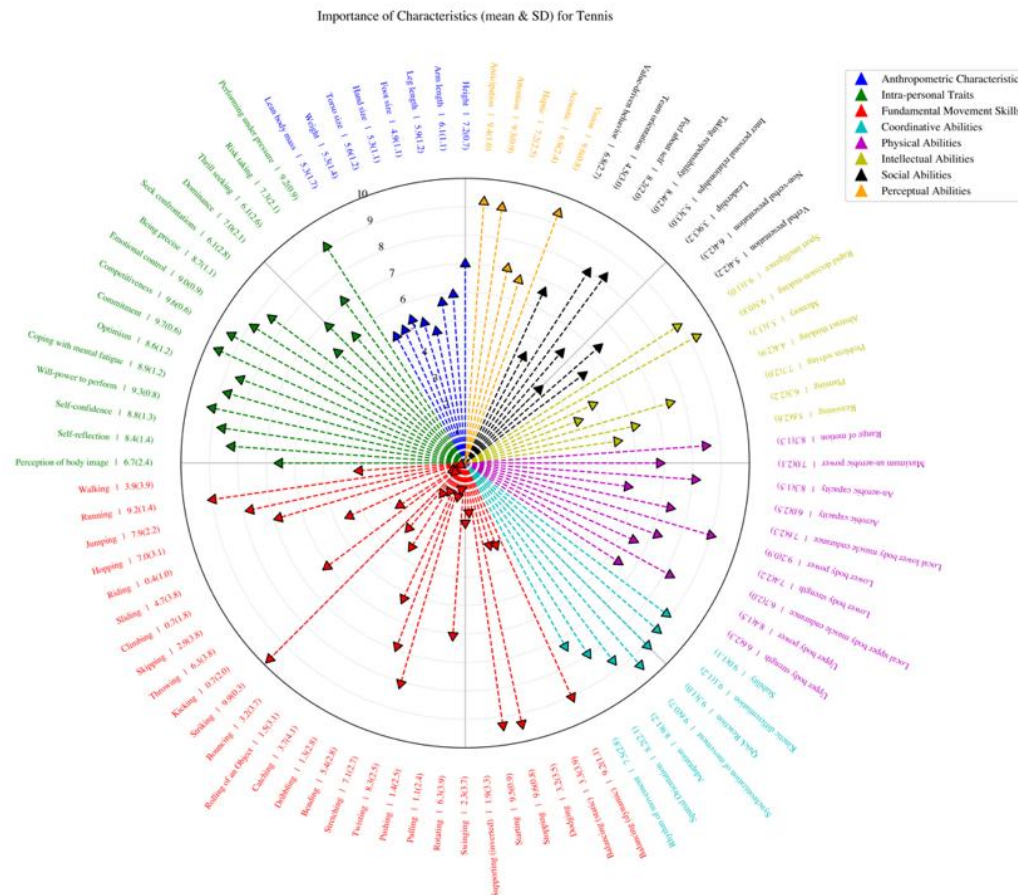


CONSTRUCTING SPORT PROFILES

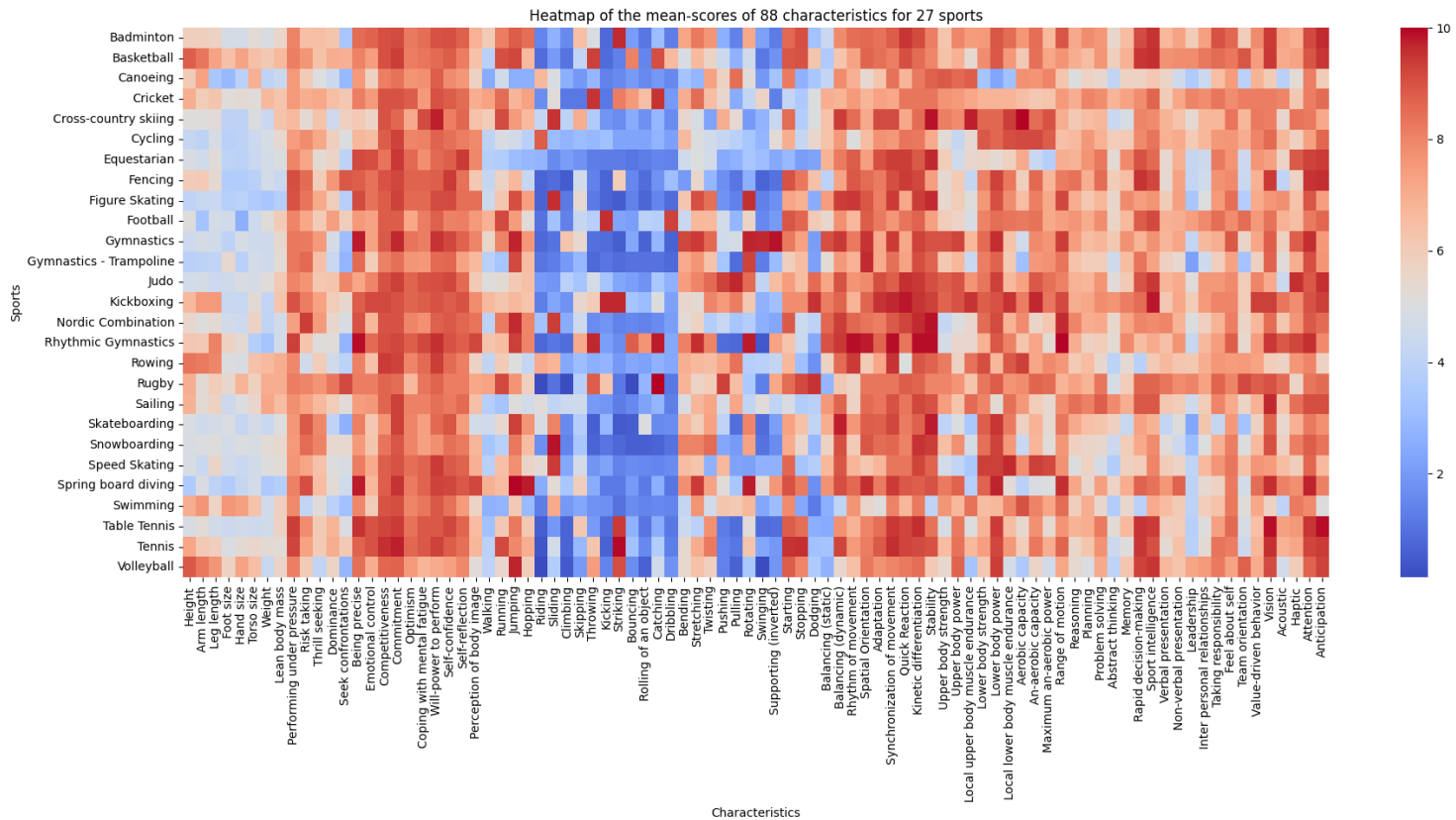
- Literature review of generic performance determining factors; n=88, n=8 groups - followed a Delphi method
- 600+ coaches queried
- 11-point Likert-scale (0-10)
- *To what extent are the following items important for performance in your sport?*

[illegible]

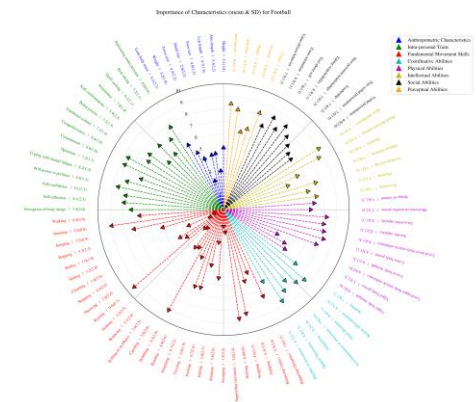
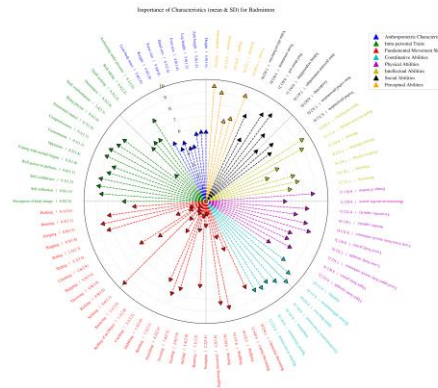
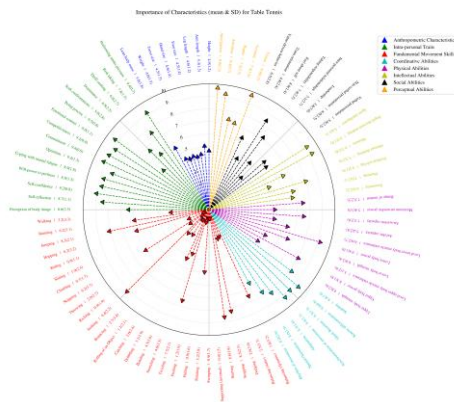
CONSTRUCTING SPORT PROFILES



DESCRIPTIVES



COMPARING AND VISUALIZING DIFFERENT SPORTS



TOOL IAT – LEIPZIG (DE)

**iAT**[®]
Institut für Angewandte
Trainingswissenschaft



ALLGEMEINES

IAT-HUB

VERANSTALTUNGEN

WISSEN KOMPAKT

WISSENSPORTARTENPROFILESPORTFÖRDERUNGTESTOTHEKÜBUNGSVIDEOS

SPORTARTENPROFILE

Die internationale Projektgruppe bestehend aus dem IAT, der HAN University (Niederlande) und der Ghent University (Belgien) stellt sich der Fragestellung in welchen allgemeinen Merkmalen und Leistungsvoraussetzungen sich olympische Sportarten unterscheiden und wo sie Überschneidungen haben. Basierend auf den Ergebnissen der Expert*innenbefragung von Trainer*innen in Deutschland mit höchster Qualifizierung und Erfahrung in ihrer Sportart wurden Sportartenprofile erstellt. Diese können auf dieser Seite aus den Perspektiven des Nachwuchsleistungssports und Spitzensport miteinander verglichen werden. Trainer*innen durften auch beide Fragebögen bearbeiten.

+ Sportart hinzufügen

Rückläufe n =

Hochleistungsalter

Spezialisierungsalter

0

10

Kreativität

0

10

Teamwork

0

10

Vielfältigkeit der Sportart

16

HAN_UNIVERSITY
OF APPLIED SCIENCES

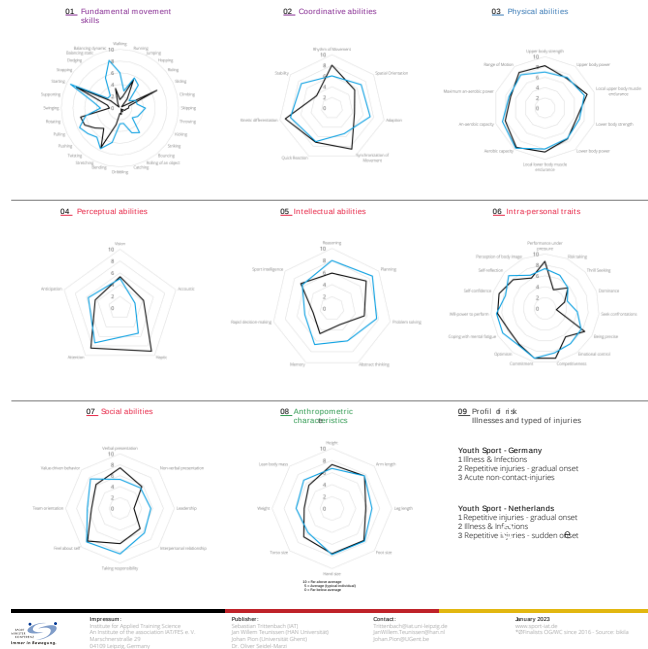
REFLECTION

Sportsprofil Youth Sports Swimming

Each category of a sportsprofil has a sport-specific characteristic spider diagram. The categories from the perspectives of junior competitive sports are compared between Germany and Netherlands.

- Germany (n=9)
- Netherlands (n=5)

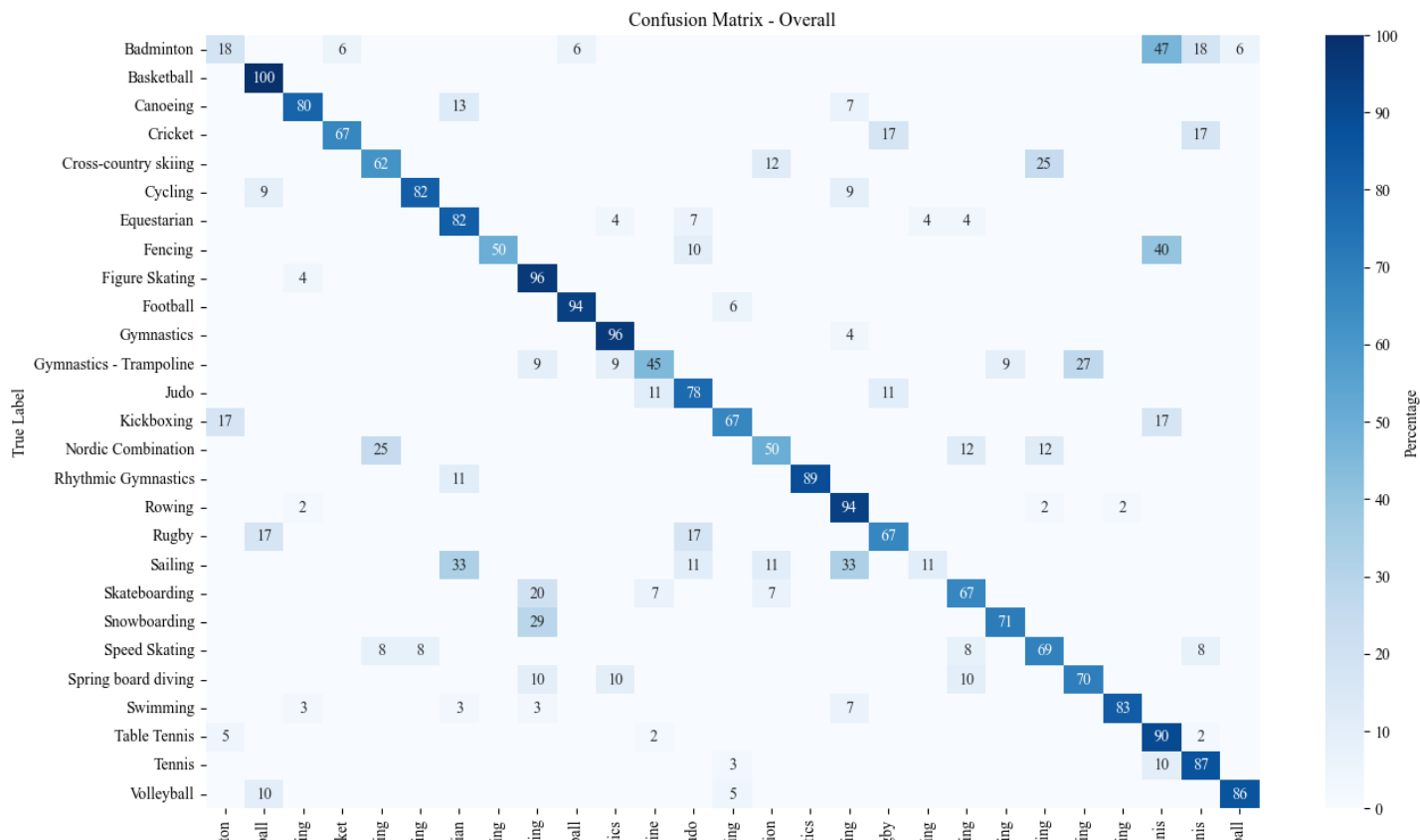
High performance age: 24 +/- 4
 Creativity: 0 — 10
 Age of specializing: 12-13 — 13-14
 Team effort: 0 — 10
 Diversity of the sport: medium



Hochleistungsalter: 28 +/- 4 Jahre
 Spezialisierungsalter: 9-11 Jahre
 Vielfältigkeit der Sportart: Hoch

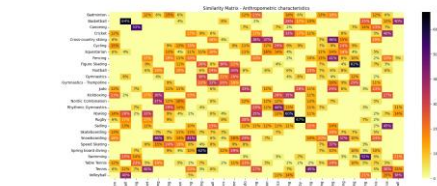


COMPARING SPORT PROFILES: BY MACHINE LEARNING

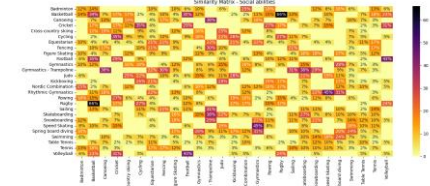


Similarities between sports

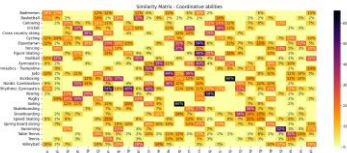
Classifying 27 sports (88 items – 8 clusters)
by Machine Learning



Anthropometrics



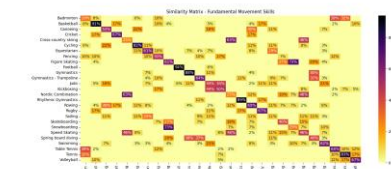
Social abilities



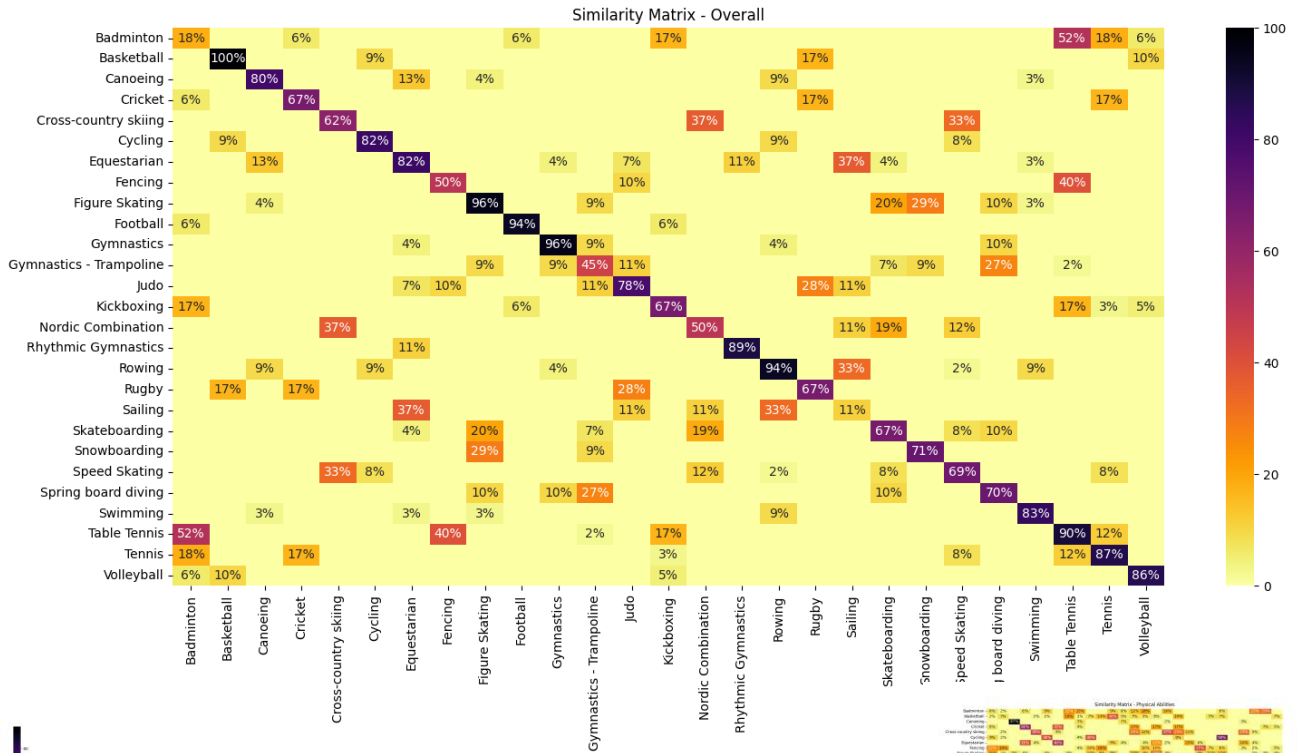
Coordinative abilities



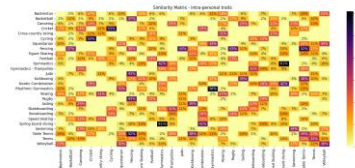
Intellectual



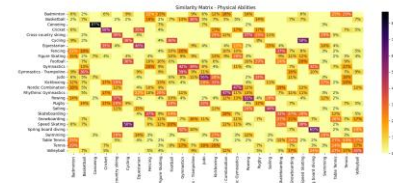
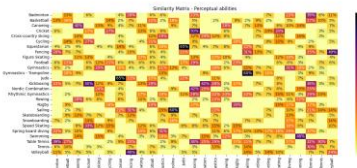
FMS



Intra-personal

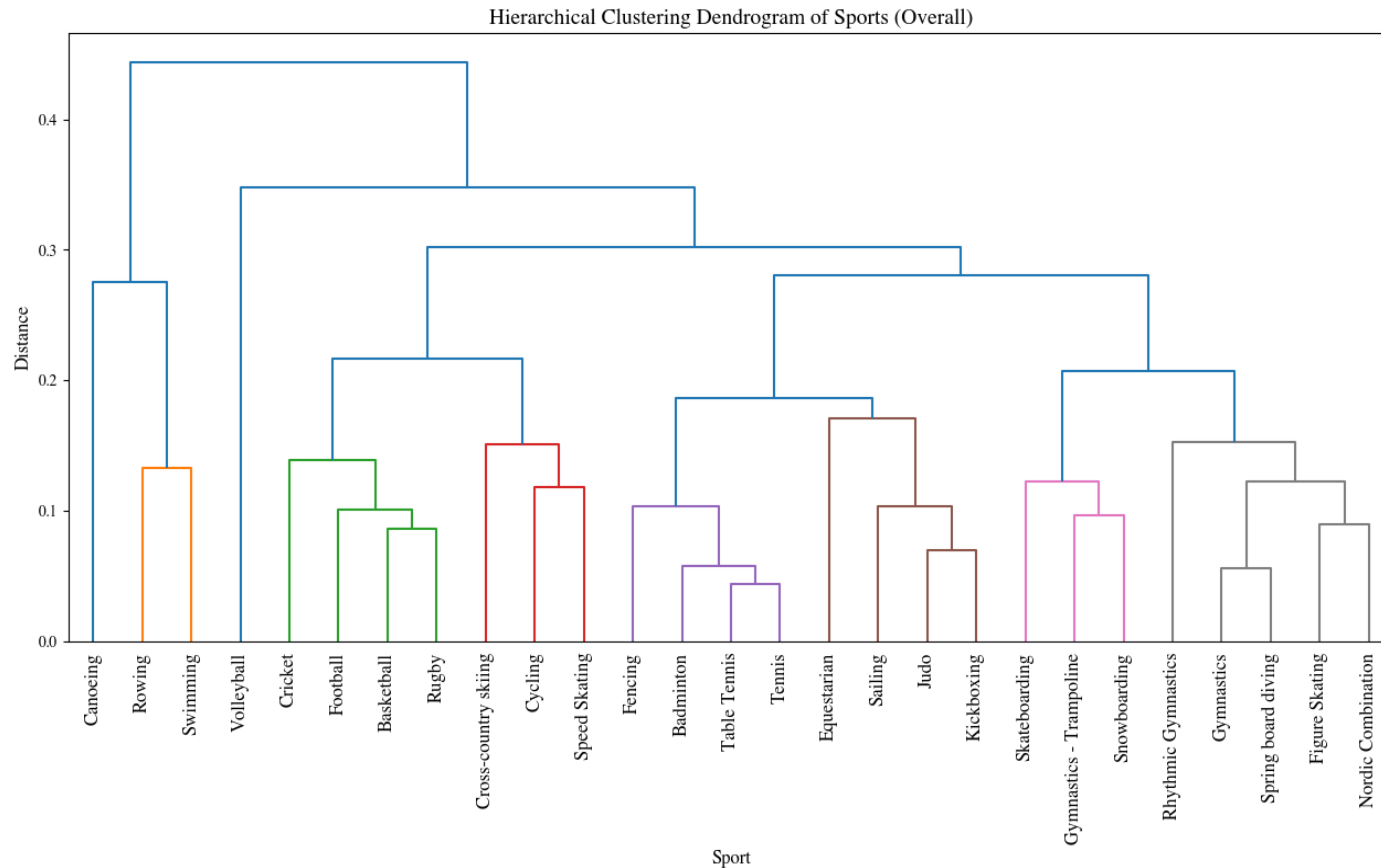


Perceptual abilities



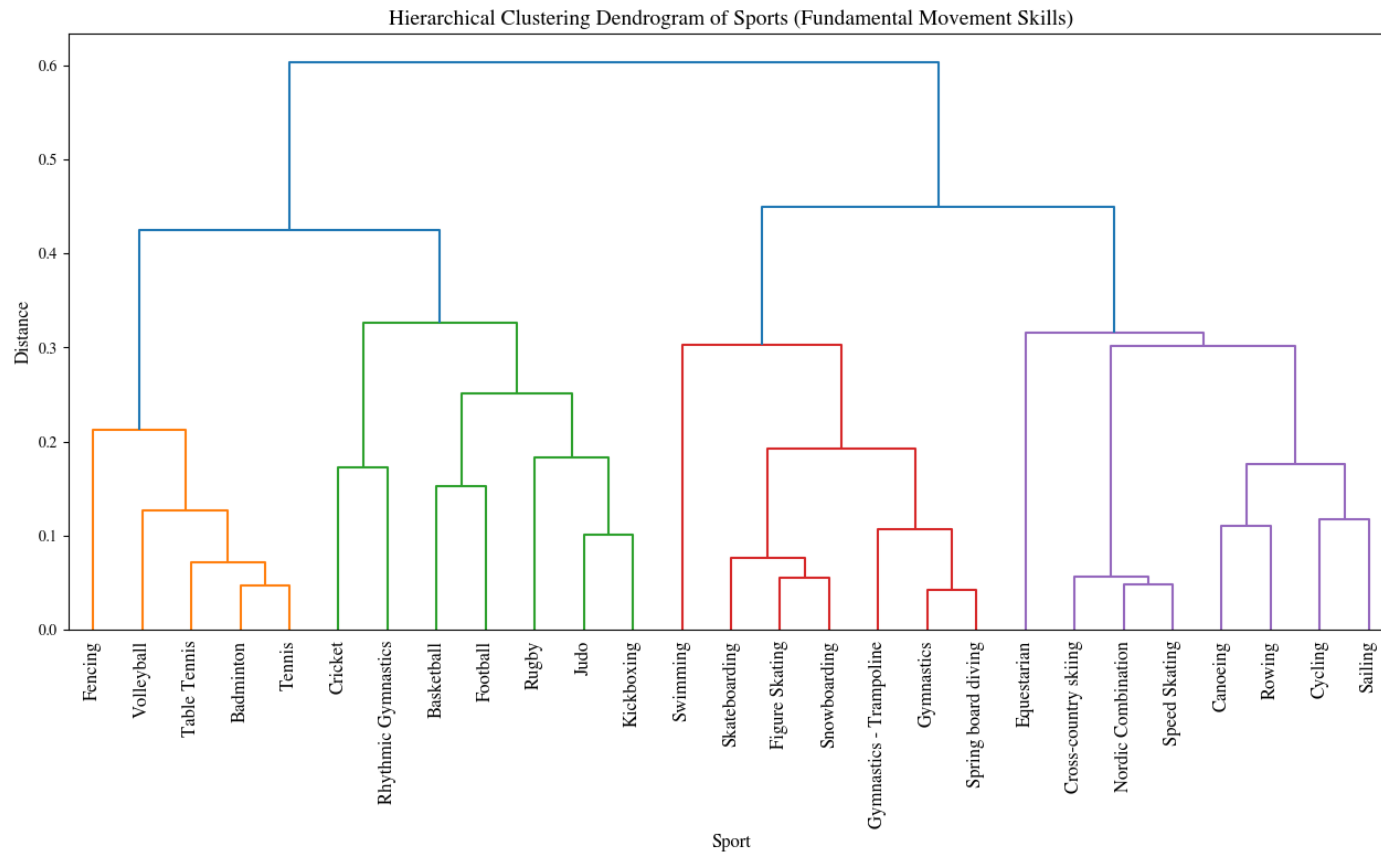
Physical abilities

CLUSTERED BY SIMILARITIES OVERALL (N=88)

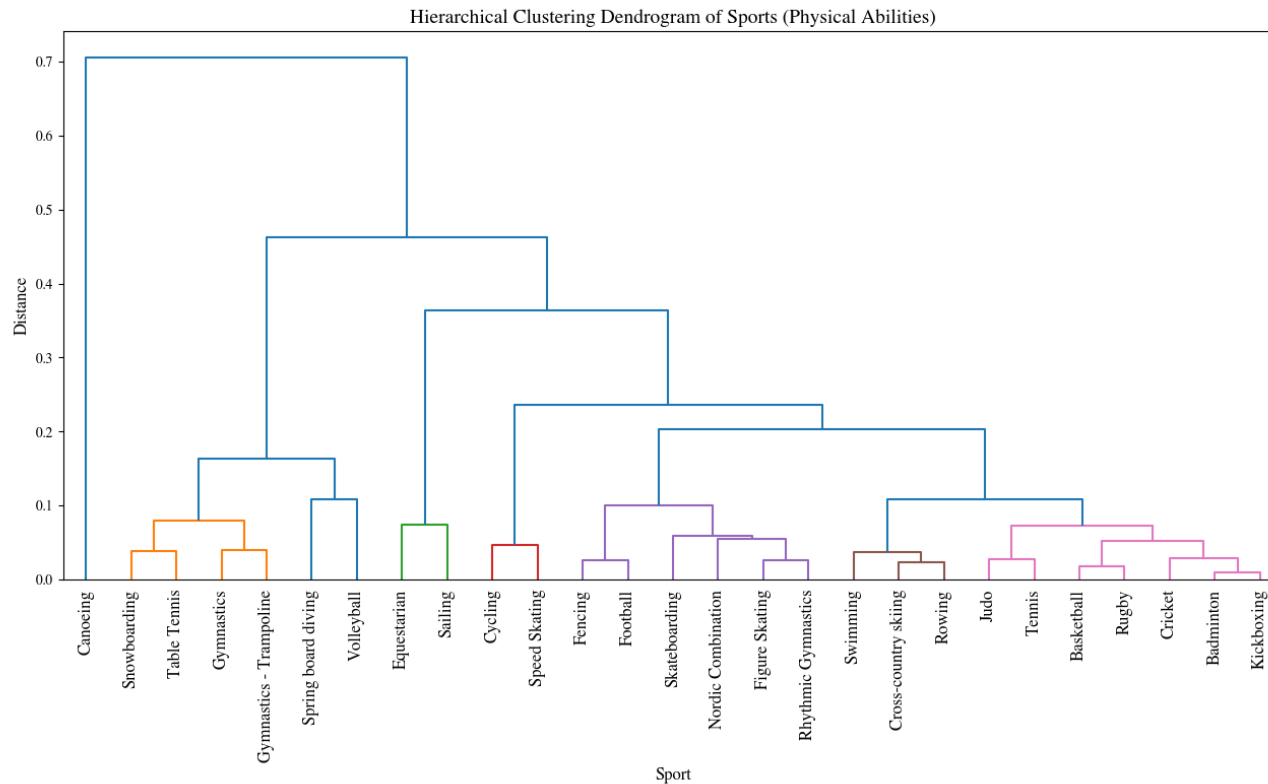


CLUSTERED BY SIMILARITIES

- FUNDAMENTAL MOVEMENT SKILLS (N=28)



CLUSTERED BY SIMILARITIES - PHYSICAL ABILITIES (N=9)



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SPORTS INSPIRATOR

Inspiration

Check out sports and training videos here!

All over the world, skilled trainers are developing (young) people in sports. These trainers have many inspiring forms of training that can empower training for other trainers.

Sports Inspirator ensures that this inspiration is easy to find on one platform. Our video platform combines the power of video inspiration from social platforms (Youtube, Instagram and TikTok) with a quality check and science-based filter function. With attention to transfers between sports (transitions), because training forms from different sports can strengthen each other.

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Filters

Search

Movement

☐ Aiming

Results: 15 of 549

Sort by upload date ☐ Sort by likes ☐



RECOMMENDATION – COMMUNITY OF PRACTICE



Thank you!