

One thing that makes playing sports fun for players is....

Note. The 11 fun factors (bolded) and the fun-determinants within each factor (bulleted) are listed in order of importance from highest to lowest.

Positive team dynamics

- Playing well together as a team
- Being supported by my teammates
- Supporting my teammates
- When players show good sportsmanship
- Getting help from teammates
- Warming up and stretching as a team

Trying hard

- Trying your best
- Exercising and being active
- Working hard
- Playing well during a game
- Being strong and confident
- Getting/staying in shape
- Competing
- Making a good play by scoring, making a big save, etc.
- Setting and achieving goals
- Playing hard

Positive Coaching

- When a coach treats players with respect
- When a coach encourages the team
- Having a coach who is a positive role model
- Getting clear, consistent communication from coaches
- A coach who knows a lot about the sport
- A coach who allows mistakes, while staying positive
- A coach who listens and considers players' opinions
- A coach who you can talk to easily
- A nice, friendly coach
- Getting compliments from coaches
- When a coach participates with players during practice
- When a coach jokes around

Learning and Improving

- Being challenged to improve and get better at your sport
- Learning from mistakes
- Ball touches, including dribbling, passing, shooting, etc.
- Improving athletic skills to play at the next level
- Learning new skills
- Using a skill you learned in practice during a game
- Playing different positions
- Going to sports camp
- Copying the moves and tricks that professional athletes do

Game time support

- When parents show good sportsmanship by being encouraging
- A ref who makes consistent calls
- Being congratulated for playing well
- Having people cheer at the game
- Having your parent(s) watch your games
- Getting complimented by other parents

Games

- Getting playing time
- Playing your favorite position
- Playing against an evenly matched team
- Being known by others for your sport skills
- Playing on a nice field
- Playing in tournaments

Practice

- Having well-organized practices
- Having the freedom to play creatively
- Taking water breaks during practice
- Scrimmaging during practice
- Doing lots of different drills and activities during practice
- Partner and small group drills
- Practicing with specialty trainers/coaches

Team Friendships

- Getting along with your teammates
- Being around your friends
- Having a group of friends outside of school
- Being part of the same team year after year
- Hanging out with teammates outside of practice or games
- Talking and goofing off with teammates
- Meeting new people

Mental bonuses

- Keeping a positive attitude
- Winning
- It relieves stress
- Ignoring the score

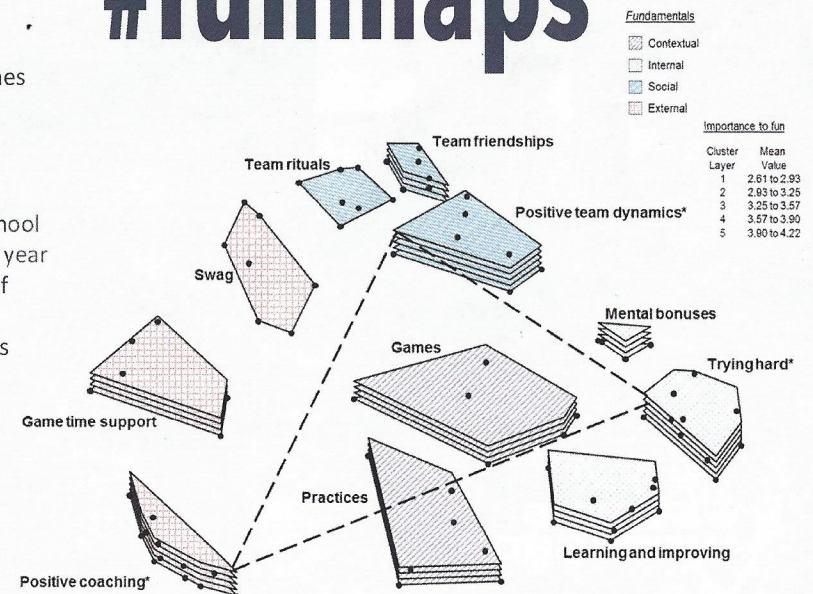
Team Rituals

- High-fiving, fist-bumping, hugging
- Showing team spirit with gear, ribbons, signs, etc.
- Doing team rituals
- End-of-season/team parties
- Carpooling with teammates to practices and games
- Going out to eat as a team
- Doing a cool team cheer

Swag

- Having nice sports gear and equipment
- Earning medals or trophies
- Traveling to new places to play
- Wearing a special, cool uniform
- Eating snacks/treats after the game
- Staying in hotels for games/tournaments
- Getting pictures taken

#funintegrationtheory #funmaps



One thing that gets in the way of players fun is when....

Note. The fun 12 not-fun factors and their determinants are presented from highest to lowest impedance value.

Unwanted parent behavior

- Parents put a lot of pressure on players to win
- Parents yell angrily from the sideline
- Parent contradicts the coach on the field or behind their back
- Parents on the other team yell rude things
- Parents give too many instructions/try to coach from the sidelines

Poor officiating

- Ref makes biased/unfair calls
- Ref is not paying attention to the game
- Ref is rude
- Ref makes a bad call
- Ref gets in the way of the play

Bad team chemistry

- Player gets picked on by teammates
- Teammates are unsupportive of each other
- Team doesn't work together
- Player is blamed by teammates for a mistake
- Teammates yell at each other
- Player is left out by teammates
- Player hogs the ball
- Teammates waste time by goofing off
- Teammates shout different instructions to each other on the field
- Teammates are too aggressive during drills or scrimmages
- Player is not as good as his or her teammates
- Player is not very good at soccer

Family challenges

- Player is not really interested in soccer, but their parent(s) make them play
- Player/family doesn't have enough money for equipment, fees, etc.
- Family things get in the way of soccer

Player sacrifices

- Player is made to play through an injury
- Player is held to expectations that are too high
- Player's efforts or achievements are not recognized
- Players get more playing time than others
- Player doesn't know what to do during practice or a game
- Player sits out on the sidelines a lot
- Player doesn't play the position he or she wants to play

Ineffective coaching

- Coach doesn't know a lot about the sport
- Coach puts down the team
- Coach doesn't listen to players

- Coach is unfriendly
- Coach gets angry easily
- Coach favors some players
- Coach gives more negative feedback than positive feedback
- Coach singles a player out and yells at her or him
- Coach punishes the whole team for something that one player did
- Coach expects soccer to be a player's only activity/#1 priority
- Playing time is taken away as punishment
- Coach is in a bad mood
- Coach yells at the team
- Coach doesn't know the players very well
- Coach puts too much importance on winning
- Coach doesn't have a good game plan
- Team has to do the same drills over and over again
- Running is used as a punishment
- Team has to do boring runs for fitness
- Coach takes too long to explain things
- Coach is strict
- Coach argues with the ref
- Coaches make too many substitutions during a game
- Coach shouts instructions to/at a player

Opponent misconduct

- When the other team breaks the rules
- When the other team plays too rough
- When the other team brags
- When the other team trash talks
- When the other team doesn't shake hands nicely after the game
- When a player gets fouled
- When the other team breaks the rules

Frustrating teammate behavior

- Playing with players who don't take the sport seriously
- Player doesn't get along with teammates
- Player is bossy towards teammates
- Teammate has a bad attitude
- Player is being a bad sport
- Player gets nervous or stressed about playing well
- Player's friend leaves the team

Other responsibilities

- Player has to choose between soccer & something else
- It's hard to get to practices/games on time, or at all
- Player is too stressed out about homework to enjoy soccer
- Player doesn't have enough time for homework because of soccer
- Player has to skip soccer because homework comes first

Scheduling and equipment issues

- Playing with bad equipment, such as a flat ball, torn or missing net, etc.
- Practices/games are far away
- Practices are scheduled too early or too late in the day
- Too many practices are scheduled

Discouraging game time events

- When a team has to forfeit because there aren't enough players for a game
- Player gets hurt or injured while playing
- Teams are unevenly matched in a game
- Player has to sit out because of an injury
- Team loses a game
- Player forgets part of the uniform or a piece of equipment
- Player messes up/makes a bad play
- Teammate makes a mistake in a game

Uncontrollables

- Playing on bumpy or muddy fields
- Playing in bad weather
- When uniforms are ugly or uncomfortable

#NOTFUNMAPS #funintegrationtheory

