

Healthy talent development: The importance of structured play

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The goal of the presentation is to discuss learning environments created by constraints manipulation that facilitate exploration of functional possible movement solutions. These possible solutions increase adaptability. This way, the process of self-organization and the less conscious control of movement and implicit learning is promoted, leading to individualised functional solutions. Three learning environments will be discussed that provide room for exploration, allows emergences of (functional) variability, and foster movement adaptability for beginners as well as for advanced learners (elite). In this context, it will be argued that the concentric approach, the parkour approach and the skill garden provide suitable environments for structuring play and as such provide a solid basis for developing and improving exercise expertise. By encouraging greater diversification of capabilities of the participant, the greater the adaptability (and possible creativity) of the developmental system will be. Overall, it helps the learner by exploring the redundancy of the movement system and exploits the possibilities for the transfer of movements. The structured play view/method motivates and encourages a person for lifelong participation in physical activity and the pursuit of a balance between performance and health.