

Study of Sports Talent Development Model in America

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Abstract: *Athletes in different ages, growth and development present different characteristics, which not only includes physiological, but also reflected in the psychological different, recognize these laws, help to cultivate sports talents more scientific control. The American sports talent development model is based on these bases to cultivate athletes of different ages according to the physical and psychological needs of athletes at different ages. Athletes of different ages with athletic talent and athletic potential guarantee the number of American athletes. Based on the American sports talent development model of foreign literature and the official website data analysis, this paper further studies the American children and adolescents stage athlete training mechanism, the American youth athletes training mechanism, the American university stage athlete training mechanism, the American professional athletes stage training mechanism and put forward the focus of the development of sports training.*

Keywords: *United States; sports talent training; athletes; revelation*

1. Introduction

In 2016, the United States took part in the summer games in Rio de Janeiro, due to the strong sports talent training system, the United States won 46 gold MEDALS, 37 silver, 38 bronze MEDALS good result, not only in the medal tally first, also in gold and silver bronze many higher than the second Britain, especially the number of gold medal is more than 19. The reason why the United States can achieve such a proud result in the Olympic Games is due to the selection and cultivation of American scientific sports talents. The sports talent development mode pays attention to the grass-roots sports talent training, and cares about the athletes in the specific stage of physical and psychological characteristics of intervention. Therefore, the number of elite athletes was growing rapidly, and these outstanding athletes also got remarkable achievements in the Olympic .^[1]

2. Current situation of American sports talent development model

In the training of sports talents, it is very important to carry out appropriate selection. The selection of sports talents can be observed and selected from many aspects, such as physical quality, psychological endurance, development potential and so on, and the selection mechanism and growth path of different countries are different. As one of the countries with the most powerful sports industry and sports culture in the world, the United States ranks among the best in terms of sports performance and performance in various fields. The United States not only has a complete set of perfect sports talent selection mechanism, but also has a lot to do with following the correct path of sports development.^[2]

2.1. Training mechanism of American child and adolescent athletes

In the United States in the children training target widely, because children's understanding of sports is not comprehensive, also did not received system training, so at this stage, the United States for children sports material main strategy is to observe the various aspects of the physical quality, thus to judge its sports potential. At this stage, the main direction of training is also relatively extensive, and they will allocate their attention and physical educational resources relatively equally to each child. And for the establishment of a close relationship among the children and the coach, at which stage the coaches will make every effort help the children improve their confidence, resilience and perseverance, so that they are ready to explore their own world and have their own future. Coaches will work hard to provide a safe space for children to know how to learn and how to do safe physical action. At this stage,

in the concept of sports development mode in the United States, more attention is paid to the cultivation and improvement of physical quality, as well as the cultivation of interest in sports and sports itself, rather than emphasizing the improvement of special sports skills.^[3]

For children and young athletes, the American sports industry in one hundred development has a certain standard and requirements, and put forward the further development requirements: (1) avoid long continuous practice, (2) consider to use an effective way to detect children sports loss, (3) emphasize the ability to improve and fun and the cultivation of interest, (4) emphasizes the improvement of lifelong physical quality. The goal is to develop healthy, capable, and resilient child and adolescent athletes. According to research, some physical and mental health problems related to exercise in children and adolescents, as well as the display of athletic talent, can even affect their sleep, increase the risk of injury caused by excessive exercise, loss of appetite, and so on. The study suggests that children be encouraged to participate in a variety of sports programs as well as to learn multiple sports skills, and to avoid specialization in this stage and develop good interpersonal relationships with people around them in learning and activities. The researchers noted that early specialization isolated young athletes from their peers (preventing them from developing in a normal capacity) and increased the likelihood of burnout or withdrawal from exercise due to chronic stress. Long-term stress may potentially cause children and adolescents to exhaust their interest in sports and to refuse to participate in sports. Athletes who lose their interest in sports will lose motivation, especially the motivation generated from the inside out, and are full of stress and anxiety, and unable to effectively cope with stress, and emotional control will appear.^[4]

2.2. Training mechanism of American in USA

According to the 2010-2011 association, 7,667,955 students, including 449,406, men and 3,173,549 women. According to the American Amateur Sports Federation, it registered 550,000 members in 2010, including about 140,000 young male athletes and about 100,000 young male and female young athletes. In addition, there are more than 3 million registered youth football players in the United States and more than 420,000 American football players.⁽¹⁾ From these data, we can see that the number of youth sports in the United States had a good mass base, most American teenagers have joined in a variety of sports and competitions. This provides an extensive library of material for the development and selection of future professional athletes.⁽²⁾ The data statistics of sports management agencies in various fields in the United States are relatively perfect, providing very effective data support for the training and selection of young athletes.^[5]

In high school, the selection of American sports talents not only focuses on physical quality and development potential. As students have developed a lot of sports interest and special sports training, they have a deep understanding of a sports project. In the selection of high school sports talent, American sports talent mining is not only limited to individual sports competition performance, but also an important aspect of moral emotion. For example, whether a student athlete has leadership spirit and temperament, whether he has a sense of team honor, whether he has appeal, has a positive impact on his teammates, and the ability to recover in the face of difficulties or failures will be regarded as the basis for continued development. Almost all American high schools have their own varsity teams on various programs and compete in intercollegiate and state competitions. As we all know, the NCAA of the American college competitive sports system plays a vital role in the development and growth of young athletes in the United States. According to the statistics, 80% of the athletes in the United States are from the NCAA. In the United States, it is particularly important to get a good university, or to have the sports tradition of the program. Therefore, the sports training and competition in American high schools is largely established for the development of colleges and universities in the NCAA league.

2.3. The Training mechanism of American college athletes

When it comes to the American college sports system, the NCAA (National Collegiate Athletic Association), the National College Athletic Association, is a league of thousands of American universities. The main purpose of its alliance is to carry out and organize the annual sports events. One of the most closely watched sports is the basketball league in the first half and the rugby league in the second half.^[6]

The NCAA is a sports organization organized by many universities in the United States, and now has more than 40 0,000 college sports. Outside the system, NCAA has made contact with the National Olympic Committee and clubs (Figure 1), and continuously provides reserve competitive sports talents

for professional sports. Among them, athletes trained for NBA, NFL and MLB account for 90%, 100% and 50% of the total number of athletes in the three professional sports organizations respectively. Within the system, NCAA delegate power and responsibilities to relatively independent committees, and exercises power and responsibilities according to their respective rules and operation methods, showing the characteristics of centralization and decentralization, unity and flexibility. According to the NCAA classification, it is divided into three levels and 10 leagues for football, basketball, baseball, and ice hockey, as well as other events such as track and field, gymnastics, and wrestling. As a national college sports event, NCAA is one of the most abundant and important events in the national college students outside their studies.

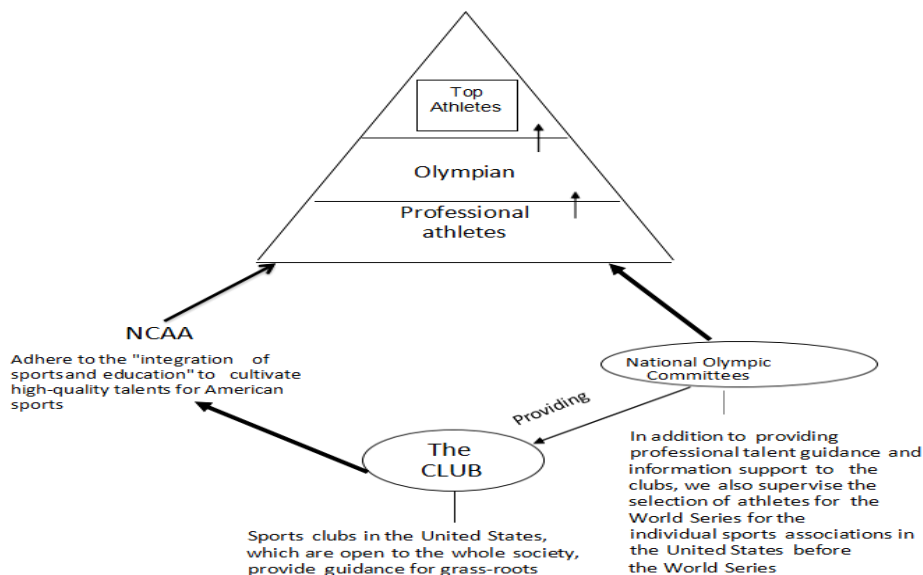


Figure 1: Contact chart of NCAA, National Olympic Committee and clubs.

The development and progress of competitive sports are closely related to school education. Not only in the United States, but also in the world, the ultimate goal of sports is still a kind of education. Therefore, the undergraduate Sports Association is the most unique sports organization in the United States. It always adheres to academic independence and institutional autonomy, and grafted the governance concept of sports on the university education system, rather than taking sports as the main content of college students' life. In the governance system of American universities, we insist on the combination of physical education and education, always follow the basic framework of university education and physical education, always take sports as a way of education, and govern competitive sports according to the law of education. From the perspective of the governance span of competitive sports system in American universities, it is not accidental to regard sports as a way of education, but runs through every stage of sports competition.^[7]

2.4. Training mechanism of American professional athletes

The American Olympic Committee (USOC) is the core management body of sports talent in the United States, and the Individual Sports Association (NGB s) is responsible for promoting specific implementation. The Olympic Committee (USOC) was later renamed the Olympic Committee and the Disabilities (USOPC) to demonstrate the more inclusive nature of the organization. After becoming a professional athlete, the training of athletes under the American sports talent development mode mainly includes five athlete training programs, namely, athletes and NGB basic sports, high performance events, ensuring high quality training facilities for athletes, new media support and promotion for the American team, fundraising and business services.

Athletes and NGB basic project aim at enhancing the overall well-being of professional athletes and the success of NGB operation and management services, including safety sports and anti-doping, etc., in addition, athletes career and education assistance are equally important, which includes the relationship between alumni, inspector service, NGB organization support, diversity and inclusive program and university partnerships. The program consists of five basic components, (1) athlete service

and participation. In February 2019, USOPC established the Athletes Service Department to support American athletes and add additional resources, which is reflected in terms of athlete safety and health, engagement, communication, career and education.(2)The Professional Athletes Appeal Office, which provides confidential, independent and free advice to the athletes, and assists in resolving disputes and grievances. For example, the office had previously distributed over \$65,000 in legal aid to professional athletes and improved service quality by updating the website, and for the first time distributed a survey report to measuring how the office performs its mission to serve professional athletes.(3) Professional athletes should increase their marketing opportunities and enable them to expand their influence and build their own brands.^[8]

3. Training priorities at all stages of American sports talent development

The United States is one of the countries with the most prosperous sports culture industry and the strongest competitive sports strength in the world. Have their own unique understanding of the growth and training methods of its athletes. In the process of growth, athletes of all ages must also have their own training methods and training priorities. In the context of American sports culture, the development and growth of athletes put more emphasis on the "combination of sports and education", so the transformation and progress of training methods also have obvious changes with the growth of athletes' age and the development of teaching progress.

3.1. Focus of physical training in preschool education in the United States

The content of sports training in preschool education in the United States is different from that in China. In China, children with athletic talent or children whose parents want to become professional athletes may receive relatively regular training as early as preschool education, ranging from as little as 2 hours a day to five to 6 hours a day. Sports researchers in the United States have concluded that premature sports specialization, or early individual sports specialization, are believed to cause long-term potential harm to the physical and mental health of athletes and to the long-term development and success in sports. And premature professional sports practice may lead to injuries for young athletes, and reduce or even exhaust athletes' interest in participating in competitions and practice.

3.2. Physical training priorities in primary schools in the United States

In the development of sports talent in the United States, the primary school stage is also an important stage. Because at this age stage, the child's development speed has been greatly improved, the physical quality has been greatly improved. Therefore, in such a special age stage, according to the study on the development model of American sports talents, there are two main tasks and goals during the school period. First of all, the first point should continue to carry out the exercise to improve the physical quality, and consolidate the practice in the preschool education stage. The second task is to let the primary school children exposed to a wide range of sports, to help them establish their interest and hobby in sports and sports competition. At this age, most of the children are exposed to complete sports for the first time, and their understanding of sports competition and sports is established, so many lifelong sports lovers, the cultivation and formation of their interests, are mostly established in primary school. It can be said that according to the development model of sports talents in the United States, primary school physical education is a period to help children establish a wide range of sports cognition and interest training, and is an important period to form lifelong sports habits.

3.3. Focus of physical training in American middle schools

At this stage, according to the requirements of the American sports talent development model, its main purpose is to optimize individual and training for specific locations and programs. In this stage is the period of rapid physical quality of teenagers, especially in this stage, the aerobic ability of teenagers can be greatly improved. In competitive sports, aerobic capacity is called the "sports engine," which means that aerobic capacity is the basis for the development of almost all sports. Therefore, at this age, the main focus of physical fitness cultivation must be on enhancing aerobic capacity. And at this stage, the training mode of low intensity and large exercise amount should be followed, which requires more time input in the training plan. There can be one or two cycles, and specific targets related to performance should be set. Further development of adolescent physical flexibility follows continued

training using their own weight and low resistance of resistance bands, Swiss balls and medical balls for strength training. At the end of the adolescent phase, more antagonistic exercise, strength training and further psychological quality training can be introduced.

3.4. Physical training priorities in the United States

High school stage is the final stage of the physical quality and psychological development of all aspects of the human body. A large number of studies show that the growth and development of high school students play a vital role in their future life. If you do not get good education and guidance in high school, or have some problems, then it is easy to have a bad impact on the future development of teenagers. Lead to its to produce weariness of the mood, appear to drop out of school, violence and even crime and other bad behavior. Because teenagers who like to engage in sports are more likely to get emotional and the development degree of physical quality is higher, sports is more important for the development of their ideological quality and quality. Due to the importance of college league in American sports culture, what kind of college study is usually closely related to the future development of a young athlete. And the decisive factor in determining what kind of university he can enter is the student's performance in high school. At this age, basically most of the students and athletes have determined their own want to continue to study and development, and strive to join the school team for more professional training. Therefore, the development of senior high school young athletes in the field of sports is very important both for their development in the field of sports and for the construction of their ideological quality. A large number of research and practical activities have proved that physical education is very important for the healthy development of high school athletes, and the development of psychological quality (such as willpower, initiative, discipline). In addition, it has played a positive and irreplaceable role in reducing social crimes (such as theft and drug use), maintaining social stability (such as fighting, gathering people and gambling), and reducing the dropout rate, and has become the most important means of education in the growth process of high school students.

3.5. Physical training priorities in the United States

During the most important period of American sports talent from amateur to professional, more than 80 percent of the athletes came from the NCAA (National Collegiate Athletic Association), the National College Sports Association. The establishment of NCAA has established a relatively perfect management system for NCAA and its member universities, established the guiding principles for promoting the comprehensive development of college athletes.

While the NCAA is an important springboard for young American athletes to move from amateur to professional, the percentage of those who compete enters the professional league is small. In the United States, NCAA competitions are still the product of the combination of physical education. Students still focus on their own studies, with sports as an auxiliary or joint education means. Therefore, in the NCAA competition, the NCAA League has made detailed rules that the athletes of NCAA League must complete the prescribed courses and meet the corresponding performance standard, and the training time is 20 hours per week. We have also made strict regulations on the issuance of scholarship. College athletes enjoying the scholarship policy must meet the prescribed standards, the school will conduct an evaluation every academic year, and the unqualified evaluation will be cancelled the next year's scholarship preferential treatment. In terms of the punishment for athletes who violate the rules, measures such as disqualification, reducing scholarships and public criticism is taken.

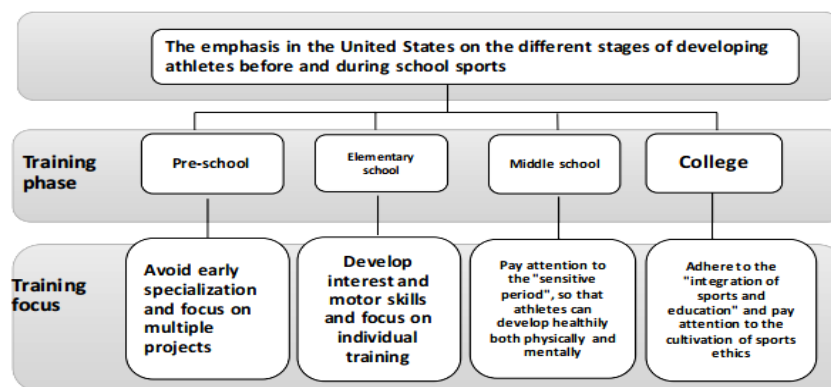


Figure 2: Training of athletes at all stages before school physical education

To sum up, under the sports talent development model in the United States, the emphasis of athletes is different in each stage (Figure 2). Connectivity has a great impact on athletes before school physical education and during school physical education training, because each stage is ready for the next advanced stage. The United States pays full attention to the characteristics of athletes at each stage and intervenes in the training of sports talents, in order to give full play to the potential of each athlete.

3.6. The sports training focus of the American professional athletes stage

Under the sports talent development model of the United States, the emphasis on sports injury prevention is the focus of the career stage, and most modern athletes will experience training throughout the year. They need to be consistently productive, the most importance of which is to prevent accidental injuries that may end their careers. Therefore, the choice of training methods and means should be reasonable and effective, and the load should also consider the individual situation of professional athletes, according to the time, person and item. According to American studies, basketball, football and soccer are the most vulnerable to these injuries. Taking basketball, for example, about 570,000 American basketball players in 2012 received medical injuries, of which 8,000 were hospitalized.

A study on the benefits of hypoxia training said: "Professional athletes are more likely to follow scientific sports guidelines and more actively cooperate with coaches to complete the testing." Real-time monitoring of athletes' sports behavior and potential dangers, can optimize the training effect. The American Sports Talent Development Model not only incorporates many key principles into the injury prevention program for professional athletes, but also takes the achievements of the American Olympic Commission Department of Sports Medicine as the key to preventing injuries in professional athletes to better understand the causes of sports injuries in professional athletes. Therefore, we can understand that under the sports talent development mode in the United States, the focus of the professional athlete stage is to avoid the rationalization training under sports injuries. On this basis, the sports ability cultivated in the previous stage has the opportunity to give full play and further become an elite (as shown in Figure 3).

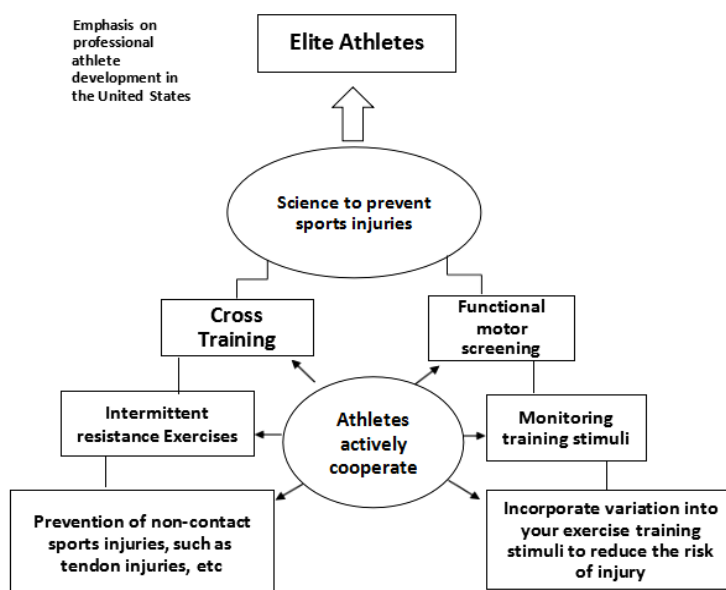


Figure 3: Scientific prevention of sports injuries by professional athletes

4. Conclusion

Sports talent development mode in the United States attaches great importance to the different ages of athletes and training, and combined with the characteristics of different stages physiological and psychological athletes intervention. The aim is tap the potential of athletes, which makes the number of elite athletes.

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