

# MOTIVATION AND ENJOYMENT: REDISCOVERING THE DESIRE TO ENGAGE

## MOTIVATION AND ENJOYMENT

During adolescence, young people begin to define their preferences, values, and passions. However, at certain points in their athletic journey, even the most passionate athletes may start to associate sport more with obligation, stress, or parental pressure.

To maintain motivation and engagement, sport should not be perceived as work or a source of pressure. This is why it is important to help young people reconnect with the playful side of sport, even in competitive settings, and to remind them of what they truly enjoy about their sport.

### Student-athletes' experiences: insights from the field

- **Perceived obligation:** Sport can become a source of stress when young people participate out of obligation—mainly to please others (especially adults) or to gain recognition.
- **Disconnection from self:** Adolescents may lose sight of their deeper motivations, experience fatigue, and develop a growing lack of interest.
- **Reconnection to enjoyment:** Rediscovering what brings them joy and personally motivates them helps restore energy, engagement, and creativity.



# CONCRETE ACTION

## Organize a “fun moment.”

- Once a week, set aside team time where players collectively choose a fun activity related to sport or not (e.g., internal mini-tournament, creative sport-related workshop, group games, fun challenges).
- Each player can suggest an activity that motivates or brings them enjoyment, and the group votes on which one to do.
- At the end, each player shares what they enjoyed, what motivated them, and how they felt.

This practice helps young people reconnect with their personal motivation, feel a sense of control over shared experiences, and enjoy being part of a team without performance pressure.

