

Developing the 4 Cs

Adapted from Côté and Gilbert, 2009

	Physical	Intellectual	Psychological	Social
Competence	Develop a wide variety of skills that enable athletes to engage in healthy living activities	Encourage athletes to think creatively and imaginatively about how to play each game	Encourage athletes to value skill development as a determinant of optimal play	Teach athletes how to play with others so all improve
Confidence	Teach athletes to participate with confidence, knowing the tactical and strategic dimensions of each game	Teach athletes to apply tactics and skills to the dynamics and artfulness of play	Encourage athletes to apply effort to skills and play performance	Encourage athletes to respect the power of collective effort
Connection	Create opportunities for athletes to experience affiliation with others through physical pursuits	Encourage athletes to work with other participants to develop strategies for success	Teach athletes to value camaraderie with fellow players	Encourage athletes to value the sense of connection and belonging associated with group or team play
Caring and Compassion	Have athletes help others experiences the reward of playing with enthusiasm	Encourage athletes to play in ways that build other players' skills and confidence	Ensure athletes play competitively but with humility and respect for opponents, and lose with dignity	Encourage athletes to support other team or group members, whatever the performance outcome