

**Title:** Future Achievements, Passion and Motivation in the Transition from Junior-to-Senior Sport in Spanish Young Elite Soccer Players

**Author(s):** Chamorro, J.L., Torregrosa, Sánchez Oliva, D., García Calvo, T., & León, B.

**Year:** 2016

**Keywords:** Career development, dualistic model of passion, self-determination theory, transitions, youth sport.

**Sport(s):** Football

**Journal:** The Spanish Journal of Psychology

**Main Theme:** Benefits of being a student-athlete

**Secondary Theme:** Dual career support

**Aims:** Within the context of the transition from junior-to-senior sport, the study first aims to explore differences in young Spanish elite soccer players based on the importance given to getting different achievements in their future (including sport, studies and private life) and, second, to explore differences among those players in levels of passion, motivation and basic psychological need.

**Method:** The study included 478 male elite youth soccer players from Spain, between the ages of 15 and 19. Using Questionnaires, participants were measured in importance of future achievements in life domains, passion for soccer, motivation regulations and basic psychological needs satisfaction.

**Results and Practical Implications:** The results of this study show that in young elite Spanish soccer players, a psychological profile characterised by giving importance to future achievements in sport, academic study, and individual private life is associated with a profile more adaptive according to passion, motivation, and satisfaction of basic psychological needs. A number of different groups were found, a sport-oriented group ( $N = 98$ ) only interested in becoming a professional, a life spheres balance group ( $N = 288$ ) characterised

by balancing the importance of achievements in the sport sphere, as well as in education, and a private life and a group ( $N = 91$ ) only interested in private life achievements. The researchers were surprised to find a high presence of players within the private life orientated group and believe that this may be due to data collection occurring just prior to the end of the season, when some player may be knowledgeable that they will not step into the professional senior level. Overall, this study suggests that players who perceive equal future importance in their life spheres appear to be more resourceful than the other two groups regarding athletes' internal resources, such as passion and motivation, to cope with the transition to professional soccer. From a practical perspective, the results highlight the importance for athletes to develop passion towards activities outside of sport to help athletes' cope with the transition into the senior/professional level.

TASS have produced this lay summary. The full article is available (permissions may apply): <https://www.cambridge.org/core/journals/spanish-journal-of-psychology/article/future-achievements-passion-and-motivation-in-the-transition-from-juniortosenior-sport-in-spanish-young-elite-soccer-players/12DF972C94BACCEB400727CAC22126EA>