

Aim of the Thesis

The overall research question and aim of the thesis was twofold.

The first aim was to review existing literature on sport psychological training for young elite athletes. This included a review of the research on psychological skills and characteristics for the successful development of young elite athletes. The goal of this review was to acquire an understanding of which skills could be most important for successful talent development across contexts. Furthermore, it included a review of existing literature on sport psychological interventions for young athletes, in order to determine the gaps in the knowledge concerning sport psychological interventions targeted at the most important psychological skills and characteristics for successful talent development.

The second aim of this thesis was to design, conduct and evaluate four sport psychological interventions for young elite athletes. The choice of which sport psychological skills or characteristics were chosen for the interventions was based on the conclusions taken from the performed literature review. The goal was to design methodologically sound research studies to investigate the impact of these sport psychological interventions. These studies were conducted in order to produce knowledge on how the important psychological skills and characteristics for successful talent development can be trained.

The next section will review the existing literature on psychological skills and properties for talent development, as well as the knowledge on sport psychological interventions for young athletes. The review will end with conclusions of what psychological skills and characteristics are most important for successful talent development.