Methods
Participants were 6400 adolescent members of leisure time club-organized Basketball, Handball, Football and Gymnastics in Denmark. In the baseline-season coach-created climate was measured with the EDMCQ-C, Basic Psychological needs satisfaction and frustration was measured with PNSS-S and behavioral regulation (motivation) was measured with BRSQ. The participants’ continuation or dropout the next season was measured with a short SMS based questionnaire the next season.

Results
Task oriented, social supportive and autonomy supportive coach behaviors were associated with higher basic needs satisfaction, autonomous motivation and continuation the next season across sports, ages, levels and genders. Ego-oriented and controlling coaching behaviors were associated with needs frustration, controlled motivation and dropout.

Conclusions
Empowering Coaching behavior is important for young sports participants’ wellbeing and continuation in sport.

Keywords: Empowering coaching, motivation, physical literacy, sport participation