

The goal of the acclimatization period in football is to gradually increase heat tolerance and enhance the ability to exercise safely and effectively in warm and hot conditions. The period should begin on the first day of practice or conditioning (ideally, start at home a few days beforehand), prior to the start of the regular season.

| FICTION   | FACT   |
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| The process of acclimatization can be rushed or sped up   | The body needs time for changes to take place  |
| Kids are flexible, they don't need to warm-up before playing football   | Children of all ages need to properly warm-up with dynamic movements before starting intense activities  |
| Youth football players should start wearing new football equipment as soon as practice starts                           | Appropriately adding equipment over time helps athletes become more accustomed to the new demands  |
| Kids get enough activity at school  | The CDC recommends kids ages 6-17 should do at least an hour of moderate-to-vigorous physical activity daily   |
| The best and fastest way to get your athlete ready for games is to have them go full-speed and full-contact immediately | Progressive contact skill instruction allows for an athlete's body to adapt to increasing loads and demands  |
| Running and training in a gym is the same as training outdoors  | The body needs to "learn how to sweat" and gain more functional strength and adjust to different playing terrains, which it cannot do in a temperature-controlled gym on standard machines |
| Restricting water breaks with "toughen up" athletes   | Restoring hydration will help the body perform at its peak, allowing for safer and more effective training   |
| Air temperature is the only factor in determining if it's too hot to practice or if extra breaks are needed             | Temperature, humidity, and type of field should be considered when determining safety restrictions for practice  |
| If the child plays football during their offseason, then they will be ready for the start of next season                | Playing the same sport for more than 8 months a year can lead to higher injuries   |