



5 WAYS

to help your child

AVOID BURNOUT

1 Schedule rest periods and vacations to take a break from organized sport.



2 Limits on total weekly/yearly participation based on the child's age.



3 Encourage child to participate in many types of activities.



4 Emphasize the importance of enjoyment over performance.



5 Allow your child to have time for free play.



USAFOOTBALL.COM/FDM

The following organizations contributed to the creation of these resources for use by all sports organizations in the U.S.

