



5 WAYS

to tell if your child is

BURNING OUT

1 Your child is experiencing a loss of motivation or interest in activity/going to practice.



2 There is a dip in performance or issues with concentration in practice and games.



3 There is irritability and/or anxiety around sport participation.

4 Your child is expressing desire to do something different or quit.



5 Your child is experiencing physical issues (fatigue, loss of appetite, etc.).



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

