



5 WAYS

to help your child have

FUN IN SPORTS



1 Ask them what they enjoy most about practice and games.



2 Help coaches plan fun off-field activities.

3 Lead by example and praise their effort over the results.



4 Display team spirit and cheer on your athlete at events.



5 Avoid overloading your child by finding appropriate balance between organized sports, other activities and free time.



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

