



5 WAYS

to support your 12 and older athlete on the

PERFORMANCE PATHWAY

1 Balance training and recovery throughout the year.



2 Encourage your athlete to match behaviors and actions to their goals.



3 Ask for coach evaluations of your athlete.

4 Monitor your athlete's progress.



5 Match the coach's capabilities to your athlete's goals and abilities.



USAFOOTBALL.COM/FDM

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

