

A PARENTS GUIDE TO DEVELOPING YOUNG ATHLETES



PARENTS, RELAX!

YOU HAVE EVERYTHING
YOU NEED TO DEVELOP
A HEALTHY CHILD,
EVEN WITHOUT
ORGANIZED SPORTS

For generations, elite athletes around the world developed without extended playing seasons, unlimited games, travel teams, personal trainers or their parents having to pay hundreds or thousands of dollars so they could play a sport.

Today's youth sports culture, with its overemphasis on playing games versus recognizing the value of practice can undermine skill development in younger athletes.

More importantly, a narrow focus on the outcomes of competition has been proven to be counterproductive to becoming a healthy, whole child.



DEVELOPING AND IMPROVING ATHLETIC PERFORMANCE IS A DYNAMIC PROCESS, NOT AN EVENT.

Several essential building blocks
form the foundation for
developing a complete athlete.

Speed, agility, muscular strength, flexibility, balance, emotional toughness and proficiency in sport specific skills are actually more important because they are the skills athletes use when they compete.

COMPETITION OR PLAYING IN GAMES IS ONLY ONE OF THOSE ESSENTIAL BUILDING BLOCKS.

Children, particularly younger children, develop social skills, learn to apply rules, tactics and game strategies during real competition that cannot be replicated by other means. It's understandable if sports parents believe their daughters and sons will be hurt athletically if they are not able to play in games because of the efforts to control the spread of the Covid-19 virus.

RATHER THAN WORRY ABOUT WHAT YOUR CHILDREN MAY LOSE, THIS NEW NORMAL MAY OPEN THE DOOR TO AN EXTRAORDINARY OPPORTUNITY

Parents, kids and coaches can take a step back, reflect, reset, refocus and reimagine other ways to develop young healthy athletes and improve performance.

So going forward, follow recommended health guidelines, use this guide to organize some activities, but give your kids the freedom to play on their own.

SELECT THE APPROPRIATE AGE LEVEL AND EXPLORE

Reimagining Youth Sports in a Covid-19 world

LIST OF RESOURCES

THE EARLY YEARS – AGES 2 – 5

1. [First Steps-Video](#): Building physical activity into children's daily lives.
2. [Pre-K Family Activities](#)
3. [Pre-K Activities and Tips for Playing Outdoors](#)
4. [CDC Developmental Milestones Newborn to 5](#)

MIDDLE CHILDHOOD AGES 5 – 10

1. [The Ultimate Sports Parent Road Trip Video](#): Managing your expectations.
2. [Wellness Model for Training Young Athletes Ages 5 – 8](#)
3. [Wellness Model for Training Young Athletes Ages 8 -10](#)
4. [Resources for Developing Sport and Fitness Related Skills](#)

LATE CHILDHOOD AGES 10 TO 12

1. [Success Mindset for Parents-Video](#): Creating Positive sports experiences for families.
2. [Kids Playing Sports - Video](#): Establishing a positive sports experience for children.
3. [Wellness Model For Training Young Athletes Ages 10-12](#)
4. [Resources for Developing Sports and Fitness Related Skills](#)



RESOURCE LIST

Re-Imagining Youth Sports in a Covid-19 world

Developing young healthy athletes and improving performance.

First Steps Video

How to build physical activity into children's daily lives.

Pre-K Family Activities

Activities to teach families the importance of physical activity and nutrition.

Pre-K Activities and Tips for Playing Outdoors

Outdoor activities to get your children moving.

CDC Developmental Milestones Newborn to 5

What to look for as your child grows and matures.

The Ultimate Sports Parent Road Trip Video

Helping parents prepare for what lies ahead.



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WELLNESS MODEL FOR TRAINING YOUNG ATHLETES AGES 5 – 8

Developing the foundation for sports related skills.

Resources for Developing Sport and Fitness Related Skills

Sport skills training videos.

Success Mindset for Parents-Video

Making physical activity a positive experience in children's lives.

Wellness Model for Training Young Athletes

Ages 8 -10

How to refine and apply fundamental athletic movement skills.

Wellness Model for Training Young

Athletes Ages 10 -12

Consolidating skills such as (running jumping and throwing) necessary for participating in sports.



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PRE-K ACTIVITIES FOR FAMILIES

Move – Play - Learn at Home:

These activities teach families the importance of physical activity and nutrition for youngchildren. They offer a variety of ideas, strategies, information and resources for parents to use within their homes.

**There is no particular order to follow,
click on a link and follow the directions.**

Can You Show Me	Scarf Play
Cooperation Carry	Parachute Play
Do 3 With Me	Transport Me
Falling Leaves	Catch and Do
Indoor Blizzard	See It - Move It
Let's Go Bowling	Healthy Heart Boogie
Moving Like the Weather	Basket Sox
Nature Locomotion	Movin through the House
Obstacle Course	Paper Plate Skate
Ride-m Cowboy	Opposites
Throwing Sponges	T-shirt Fun

15 WAYS TO GET MOVING OUTDOORS

MOVING WITH BEACH BALLS

Use a beach ball or other types of balls to help your child practice throwing, catching, collecting, kicking and striking. These skills help children move in new ways and improve their coordination.

MOVING WITH BEACH BALLS (SPANISH)

Usa pelotas de playa o cualquier otro tipo de pelota para ayudarte a practicar lanzando, agarrando, coleccionando, pateando, y golpeando. Estas habilidades ayudan a que los niños se muevan de nuevas maneras y mejoren la coordinación.

MOVING WITH PAPER PLATE

Use paper plates — a common household item — to get your children outdoors and moving. Nurture children's creativity by allowing them to decorate plates with pictures, colors and words before using them in their outdoor activi-

MOVING WITH POOL NOODLES

Pool noodles are inexpensive and typically are not used after summer ends. Pull out your pool noodles to help your child develop a variety of gross motor (large muscle) skills.

MOVING WITH POOL NOODLES (SPANISH)

Tubos de espuma flotantes son baratos y típicamente no los usan una vez que el verano acaba. Saque sus tubos de espuma flotantes para ayudar a su niño desarrollar una variedad de habilidades de motrices grandes (músculos grandes).

MOVING WITH HOOPS (SPANISH)

Hoops son divertidos, pero pueden ser difíciles para que niños pequeños los usen. Traten estas actividades usando hoops en diferentes maneras para desarrollar un sentido de éxito para sus niños. .

WELLNESS MODEL FOR TRAINING YOUNG ATHLETES, 5-8

The Main Focus at this Stage:

- Should be on developing the foundation for sports related skills.
- Activities should be fun and games-based where kids are encouraged to explore and develop fundamental movement skills, such as running, jumping and throwing balance, agility, Locomotion skills (running, hopping, jumping) and ball skills (catching, throwing, kicking) to basic movement patterns.

Appropriate Activities/Training:

- This stage should be fun, games-based and allow kids to explore and develop skills that involve the entire body, particularly the large muscles.

Recommended Amount of Physical Activity:

- Approximately 60 minutes per day of vigorous to moderate intensity activities. This should include a variety of sports and recreational activities as well as unstructured “free play”
- Approximately 5 - 6 hours of activity per week (50 - 75% child led play, 25 - 35% adult led, 15% instruction)

Duration and Frequency of Training Session(s):

- Between 30 – 45 minutes per session and (1) athletics based session per week.

Conditioning and Development:

- Should be broad range of all-round body movement experiences without structured conditioning through games focused activities, low intensity continuous running (e.g. 30 seconds to 3 minutes)
- Short multi-directional speed and acceleration (5 - 10 seconds) General body strength, jumping, hopping, skipping and throwing.

Competition Guidelines:

- No formal individual results based competition. Create fun and achievable mini challenges through activities such as modified games and sports events.



WELLNESS MODEL FOR TRAINING YOUNG ATHLETES, 8-10

The Main Focus at this Stage:

Children should experience a variety of sports and physical activities focusing on motor development.

Activities should be fun and games-based in the early stages of becoming more structured, incrementally progressed and developed as children transition from the beginning to children entering into the end of this phase.

Appropriate Activities/Training:

Refine and apply fundamental athletics movement skills in different situations with and without equipment.

Recommended Amount of Physical Activity:

60 - 90 minutes of activity per day, 6 - 7 hours per week of vigorous to moderate intensity physical activity.

Continue involvement in a variety of sports and physical (skilled) activities

Duration and Frequency of Training Session(s):

1 - 2 (40 - 60 minutes' sessions per week)

Conditioning and Development:

Begin to focus more on flexibility and physical strength to ensure optimal range of motion, good posture and technique.

Competition Guidelines:

Formal low key team focused and modified competitions can be introduced later in this stage (age 8 years +).

One annual competition season of 4 - 10 weeks is recommended.



WELLNESS MODEL FOR TRAINING YOUNG ATHLETES, 10-12

The Main Focus at this Stage:

- Children should experience a variety of sports and physical activities focusing on motor development.
- Activities should be fun and games-based in the early stages of becoming more structured, incrementally progressed and developed as children transition from the beginning to children entering into the end of this phase.

Appropriate Activities/Training:

- Consolidating skills such as (running jumping and throwing) necessary for participating in sports.
- Flexibility becomes important towards the end of stage due to rapid growth and development phase.
- Begin to integrate other aspects of learning and development, such as mental skills, and nutrition.

Recommended Amount of Physical Activity:

- 60 - 90 minutes of activity per day, 6 - 7 hours per week of vigorous to moderate intensity physical activity.
- Continue involvement in a variety of sports and physical (skilled) activities.

Duration and Frequency of Training Session(s):

- 1 - 2 (40 - 60 minutes' sessions per week)

Conditioning and Development:

- Focus on agility, quickness and segmental speed in a multidirectional manner with movements lasting less than 5 seconds.
- General aerobic development should continue to be through fun and games, complementing speed development.

Competition Guidelines:

- One to two annual competition seasons of 6 - 12 weeks is recommended.
- 10 - 16 weeks annual break from all formal competitive activities is recommended.



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RESOURCES FOR DEVELOPING SPORT AND FITNESS RELATED SKILLS

Skill/ Activity	Sport and Fitness Applications	Resource
Striking	(Baseball, Tennis, Hockey) 2-handed, 1-handed, overhead, passing, dribbling & shooting	Video
Bouncing	(Basketball) Dribbling, protecting the ball, cross-overs, shooting	Video
Moving	(Athletics, Gymnastics) Sprinting, dodging, jumping, balancing,	Video
Throwing and catching	(American football, Handball...) Chest & bounce passing, overarm & underarm throwing and catching	Video
Kicking	(Soccer) Passing, controlling, dribbling, shooting, skills, punting	Video
Gymnastics	(Athletics, Gymnastics) Sprinting, dodging, jumping, balancing,	Video
Fitness circuits	Core, flexibility & balance, stamina, leg strength, arm strength, whole body	Video
The basics of movement	7 essential variations of movements that are required across a multitude of sports such as basketball, soccer, volleyball, American football, tennis and more! Running Skipping Hopping Jumping Leaping Galloping Side stepping	Video
Over Head Striking	Baseball bat, Hockey Stick and Tennis Racquet	Cue card
Controlling a Soccer Ball	Dribbling, Inside passing, Traps, Shots on goal drills.	Cue card