

Overtraining in Youth Sports

Overtraining

As the desire to become more skilled in sports grows, so does the need for repetition, repetition, repetition. This means daily training, multiple game weekends and year-round club involvement. While this does improve skill level, it often is associated with overtraining and injury.

Parents and coaches need to be sensitive to changes in performance and attitude that may suggest the athlete is approaching overtraining. Such changes are often precursors to physical injury.

Symptoms of Overtraining

Decreased sports performance despite intense training

Lack of enthusiasm for practices or games

Non-specific muscle or joint pain

Sleep changes. Fatigue

Personality changes

Changes in weight and appetite

Difficulty completing daily routines.



More than 50% of all injuries seen in pediatric sports medicine are related to overuse. Avoiding overtraining is essential in keeping young athletes healthy.

Is my kid at risk?

Risk factors for overtraining include early sport specialization, multiple teams of same sport, year round season, and parental or coaching pressures.

How much is too much? Every child is different. Taking the time to watch and listen to your child can go a long way in preventing overtraining. When there is a change in performance level, rather than focusing on working harder, take a look at the overall picture and consider overtraining.

